

May 2015

# BEGINNERS' CLASS



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Experience Japanese Martial Arts

## AIKIDO BEGINNERS' CLASSES IN MAY

Join us for our international Aikido beginners' class!

In the 2-hour introductory class you will learn the basics of this fascinating Japanese martial art.

The non-violent self defense exercises keep you focused and flexible and help you to stand your ground in conflict situations.

Aikido is suitable for all ages and fitness levels, admissions start from age 14. All of our instructors have an international background. Find out more on our English website.

Sunday, 10 May 2015  
Sunday, 17 May 2015  
Sunday, 24 May 2015 (Whitsunday)

18.00 - 20.00  
Please arrive 15 minutes early.

Come to any (or all) of the 3 classes – they do not build on each other.

Classes are held in German and English.

Come in comfortable sports gear (track suit trousers and t-shirt with sleeves) if you don't have a judo gi. We practise barefoot.

Course fee: 10 EUR

Aikido Oberursel (TV Weisskirchen)  
Oberurseler Str. 16  
61440 Oberursel  
Germany  
(ca. 20 mins from Frankfurt)

How to get there:  
<http://aikido-oberursel.de/en/location>

Contact:  
[dojo@aikido-oberursel.de](mailto:dojo@aikido-oberursel.de)  
Mobile +49 (172) 86 36 101 (Klaus)  
<http://aikido-oberursel.de/en>

All participants must accept the dojo's Terms & Conditions for seminar participation (see „Terms & Conditions“ page on our website).  
Aikido Oberursel is a department of TV 1889 Weisskirchen/Ts. e.V.