



AIKIDO VERENIGING BRUNSSUM FUDO JYUKU DOJO



AIKIDO STAGE MET JOHN LUIJTEN

VRIJDAG 20 September 19U TOT 21U (JO TRAINING)

**ZATERDAG 21 September 10U TOT 12U (BOKKEN
TRAINING)**

合気道

THE MORE YOU SWEAT IN PRACTICE,
THE LESS YOU BLEED IN BATTLE.

EN GRATIS LUNCH

14u tot 16u (tanto)



**KEEP
CALM
AND
PRACTICE
AIKIDO**

AIKIDO
LUNCH

ZONDAG 22 September 11U TOT 13U (AIKIDO)

KOSTEN HELE STAGE 10 EURO

KOSTEN 2UUR 5 EURO

**KOSTEN JEUGD 2^e groep 5 EURO HELE STAGE
2 UUR 2 EURO**

LOKATIE:

**Gymzaal Brede School
Brunssum**

Info: www.Aikido-brunssum.nl

合氣道

"To injure an opponent is to injure yourself.
To control aggression without inflicting injury
is the ART OF PEACE."

Morihei Ueshiba

