

Aikido in the East Mountains

A 6 Week Introduction to Aikido

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Classes:

- Introduction to Traditional Aikido
- Low Impact Aikido

Offered by:

Albuquerque Shin-Budo Kai Aikido
A 501c(3) Nonprofit Educational Organization
www.asbk.org

Contact:

Ralph Bryan, r.t.bryan@icloud.com
Or 506-3973 (cell), 281-4486 (home/office)

Where:

Vista Grande Community Center
15 La Madera Rd.
Sandia Park, NM 87047

When:

May 21 – June 28, 2018
Mondays and Thursdays,
6:30 pm – 7:15 pm (low impact)
7:15 pm – 8:00 pm (traditional)



Sign-up period:

April 16 – May 14
Sign up sheet at Vista Grande or call/e-mail Ralph Bryan

Cost:

\$30.00¹

Ages:

Open to all ages 16 years and up²

Instructors:

Ralph Bryan, 5th Dan
Chief Instructor, Albuquerque Shin-Budo Kai

Ace Atkinson, 4th Dan
Adjunct Instructor, Albuquerque Shin-Budo Kai

¹ Each student should obtain a gi (practice uniform) to wear during class – we will have these available for purchase or you may bring your own

² Exceptions to this age-minimum may be discussed with each instructor, particularly where a parent and son or daughter wish to participate together