



LONG ISLAND AIKIKAI

Women's Self-Defense Seminar



Long Island Aikikai is pleased to offer a special three-hour seminar focusing on women's self-defense. In this seminar participants will learn how to utilize Aikido techniques and philosophy in order to evade and neutralize a variety of real-world attacks. Aikido is a traditional Japanese martial art that is ideally suited to women, as it emphasizes natural movements that do not rely on brute strength.

Saturday
June 19, 2010
1pm to 4pm
\$50/per person

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