

An Introduction to Aikido

Course Overview

\$27

"*The Way of Harmony*" Aikido is a traditional Japanese martial art founded in 1925 by Master Morihei Ueshiba (O'Sensei). The techniques that form the basis of modern Aikido are derived from centuries old tactics developed by Samurai warriors. It has evolved in the historic tradition of Japanese warrior arts, but is more than just a science of tactics and self-defense; it is a discipline for perfecting the spirit. These 4 sessions will provide a beginners glance into Aikido.

4 sessions Offered 1 time

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2025S CEWD 160 501

March 5, 12, 19, 26, 2025
Wednesdays | 3:30 - 4:30 pm

Registration is recommended by Feb 26 , 2025.

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Please register before the recommended date as courses under-enrolled as of this date may be cancelled. Registrations after this date will be accepted if space is available.

Additional Information

Please wear comfortable athletic attire and bring a water bottle. Mats will be provided.

***Minimum Age: 16 years**

Ready to register?

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