

AIKIDO

A martial art, self-defence system & more!

Aikido can be practised by almost anyone, by men and women and by children, without the necessity of being athletic or strong. **Aikido** defeats the aggression of an attack without brute force, by harmonious movement with the aggressor, to render their attack harmless without harming them.

MK Keihatsu Aikido Club has been in existence for over 25 years and trains at **Stantonbury Campus Leisure Centre** on Mondays, Wednesdays & Fridays.

- Stantonbury Leisure Centre, Stantonbury, Milton Keynes. MK14 6BN
- Monday 8-9.30pm - Wednesday 6.45-8.15pm
Friday 7.00-8.00pm (kids) then 8-9.30pm (adults)



For more information see
our website at

www.mkkac.com

or call

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