

AIKIDO

body, mind and spirit

North Vancouver Aikikai, offering instruction in Traditional Aikido taught by Joel Posluns Shihan, (6th Dan) Chief Instructor. Aikido is a “Budo” - Traditional Japanese Martial Art that offers a highly cardiovascular, full contact workout but without competition.

A great practice for body, mind & spirit!



Adults 18 and over can participate and may attend all Aikido general and basics classes with the permission of the Chief Instructor and which are included in the monthly fee* of \$100 plus GST.

To securely pay on-line go to:

<http://nvaikikai.org/#3-slide>

Online PayPal and onsite credit card/ATM payment available.

North Vancouver Aikikai is a registered B.C. not-for-profit Society and is a member of the United States Aikido Federation.

Class Schedule

Aikido General Class

Saturday 12 noon -1:30 pm

Aikido Basic's Classes

Monday, Tuesday, and Thursday

5:30 - 7:00 pm

Supplemental Member's ONLY Class

Friday 4:00 - 6:00 pm

Ad hoc as required Fall 2018

+Iaijutsu (Ryushin Shouchi Ryu)

Sunday 10:30 am - 12 noon

Wednesday 7:00 - 8:30 pm

Bokken/Jo/Tanto (Weapons) Class

Wednesday 5:30 - 7:00 pm

North Vancouver Aikikai

121 East 1st Street

North Vancouver, BC

V7L 1B2

(604) 983-8730

nvaikikai@telus.net

nvaikikai.org



✿ Plus \$100 Annual Registration Fee plus GST
+ RSR only Monthly Fee \$50 or \$25 with Aikido