

AIKIDO

The Japanese Art
of Self Defence

Aikido trains you to use the minimum of force (as required by Law). We do not teach or encourage aggression. The aim is always to neutralise any attack with the minimum of force and harm to the attacker, by the application of skill and self-discipline. Aikido is the preferred martial art of many police forces throughout the world, including the Tokyo Police and the elite Japanese Kidotai Riot Police.

Come and join us!



Training Times & Venues

**Ridge County Primary School, Keswick Road,
Ridge Estate, Lancaster, LA1 3LE.**

- Monday: 7pm-8pm (Juniors), 8pm-10pm (Adults)
 - Thursday: 7pm-9:30pm (Adults)
 - Sunday 1pm-3pm (Adults)

Lancaster University, Branrigg Room, Cartmel College. LA2 0LT

- Wednesday: 7.30pm-9.30pm (Adults)
- Saturday: 1pm-3pm (Adults)

For more information please contact one of our four black belt instructors:-

Steve Nardone : 841936

Ron Holmes : 62766

Oliver Thorne : 07514- 904812

Paul Ralph - Email:- paul@paulralph.name

Or Visit our Website :-

<http://www.lancasteraikikwai.co.uk>