

# Beginning Aikido Series

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Kulshan Aikikai will be starting a  
Beginning Aikido Series on Tuesday, January 17th.

Classes will be held twice a week (Tuesdays and Thursdays) at 6:10PM to 7:10PM for five weeks and are designed to introduce beginners to the art of Aikido, and prepare them for Aikido training in "All Levels" classes. The introductory sessions focus on: basic body movements (Aiki taiso), proper rolling and falling technique (ukemi), basic Aikido throws and pins (kihon waza), Dojo etiquette, and terminology.

Adult (14 years and up): \$55  
Adult (14 years and up) with Dogi: \$85  
WWU / WCC Student: \$40  
WWU / WCC Student with Dogi: \$70

For more information, contact Kulshan Aikikai by email:  
[info@kulshanaikikai.org](mailto:info@kulshanaikikai.org)  
or phone: 223-9281  
or stop by the dojo and speak to an instructor

