Non-violent Martial Arts for the Whole Family!

Aikido (the way of spirit harmony) develops the power of the mind and body working in concert, emphasizing the use of blending and awareness rather than force and resistance. Aikido techniques rely on a calm mind, relaxed body and accurate positioning rather than strength and size. As well as being an effective self-defense, the martial art of Aikido is a healthful exercise, a moving meditation, and an enjoyable work-out for students of all ages. At Triangle Aikido, experienced instructors provide training in a safe and supportive atmosphere, offering a constructive way for adults and children to use their energy more peacefully and effectively.

Enrollment for Adult and Family Classes is ongoing – start today!

Triangle Aikido at Choshinkan Dojo

4603G Hillsborough Road
Durham, NC 27705
919.627.1199
www.TriangleAikido.com

Class Schedule:
Adult: Monday/Wednesday 7-9 PM
Saturday 9:30-11:30 AM
Family: Saturday 11:30 AM – 12:30 PM

www.TriangleAikido.com 919.627.1199	www.TriangleAikido.com 919.627.1199	www.TriangleAikido.com 919.627.1199	www.TriangleAikido.com 919.627.1199	www.TriangleAikido.com 919.627.1199	www.TriangleAikido.com 919.627.1199	www.TriangleAikido.com 919.627.1199	www.TriangleAikido.com 919.627.1199	www.TriangleAikido.com 919.627.1199	www.TriangleAikido.com 919.627.1199	www.TriangleAikido.com 919.627.1199	www.TriangleAikido.com 919.627.1199	www.TriangleAikido.com 919.627.1199	www.TriangleAikido.com 919.627.1199	www.TriangleAikido.com 919.627.1199