



AIKIDO

SHO-BU-KAN CARDIFF MEWN YSBRYDA GWIRIONEDD CAERDYDD



AIKIDO IS A NON-COMPETITIVE MARTIAL ART THAT HELPS FLEXIBILITY, FITNESS, GOOD HEALTH IN MIND AND BODY, SUITABLE FOR MEN AND WOMEN OF ALL AGES

**CARDIFF'S OFFICIAL INTERNATIONAL AIKIDO FEDERATION DOJO,
PRINCIPAL INSTRUCTOR PETER GILLARD SHIDOIN 5th DAN HOMBU AIKIKAI FOUNDATION,**

**REGULAR COURSES WITH SENIOR JAPANESE INSTRUCTORS
SPIRIT MIND AND BODY AS ONE**

MONDAY

8.00 - 9.30
BUDOKAN JUDO CLUB
St John The Baptist
Church Hall
Beechwood Road
Sully, CF64 5SE

TUESDAY

8.00 - 10.00
PLASNEWYDD COMMUNITY
CENTER
Shakespeare St,
Plasnewydd, Cardiff,
CF24 3ES

THURSDAY

8.30 - 10.30
EASTERN LEISURE CENTER
Llanrumney Ave
Llanrumney
Cardiff

PETER G. GILLARD. TEL: 029 20481808 OR VISIT WWW.SHOBUKAN.ORG.UK

MEMBER OF THE BRITISH AIKIDO FEDERATION, INTERNATIONAL AIKIDO FEDERATION AND A MEMBER OF THE BRITISH AIKIDO BOARD