

AIKIDO SYLLABUS COURSE

With EZRA SHIHAN 7th DAN

At the KOMYOKAN DOJO

21st March 2010

Practice Times:

11.30 - 1.30 Practice

Lunch Break

2.15 - 4.15 Practice

Everyone Welcome

Mat Fee £12 (concessions for unwaged/juniors)

Contact: secretary@aikido.co.uk
0151-652-1526

