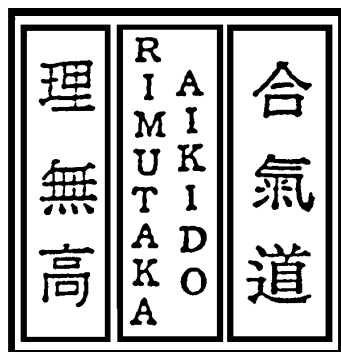


Aikido Yuishinkai
New Zealand



Rimutaka Aikido Club

Maidstone Park
Upper Hutt

Phone: 04 475 8669 or
04 5277723



Class Times

Monday 7.45 - 9.30 pm

Wednesday 6.30 - 8.00 pm

Wednesday 8.00 - 9.30 pm

Sunday 9.00 - 11.00 am

All ages and levels of
experience are welcome.

www.huttaikido.org.nz

Aikido

Aikido is a highly refined martial art, developed last century as a means of self-defence and spiritual training. Aikido develops coordination of mind and body. Through its philosophy and techniques, Aikido brings us into harmony with our environment, other people and ourselves.

Unlike many martial arts, Aikido requires no advantage in strength or speed, and is practised successfully by people of all ages and abilities. Aikido practice develops flexibility, coordination, concentration, improved health and fitness, effective communication skills and self-esteem.

There is no competition in Aikido and it is not about learning to fight. Training partners take the role of defender or attacker to help the each other learn the techniques and the equally important skill of falling safely.

Aikido Yuishinkai

Aikido Yuishinkai was founded by Master Koretoshi Maruyama to promote universal values and principles of peace throughout the world. Maruyama Sensei is widely admired and respected as a teacher who has dedicated his life to communicating the benefits of 'positive mid' through Aikido training.

Students from all styles of aikido are welcome to train with us. Friendship with other dojos is encouraged in keeping with the harmonious spirit of Aikido. Aikido Yuishinkai is truly 'Aikido without boundaries'.



Drive in behind the rugby club and we are upstairs above the boxing club