

合気道



Aikido

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Traditional Japanese Martial Art

Aikido Training Weekend

Hengar Manor Country Park
Saturday 28th & Sunday 29th April

With special guest instructor and president of the
Aikido Union of England:

Sensei John Gaynor (6th Dan)

and host instructor

Sensei Kestran Wilson (5th Dan)

- All welcome regardless of style or affiliation
- Try Aikido for the first time or just come & watch
- A cold buffet will be available for a small cost

TRAINING TIMES

Saturday 10am–4.30pm

Sunday 10am–4.30pm

ADMISSION COST

Seniors: £20 per day

Juniors: £10 per day

For more information
contact Kestran Wilson on:

07971 598828

Accommodation available at
Hengar Manor Country Park
St Tudy, Bodmin,
Cornwall PL30 3PL

01208 850382

Please call to book your
accommodation on the
above number & quote
AIKIDO SEMINAR



A member of the AUE

Where applicable, please bring valid proof of insurance & passbooks