

Northern California Ki Society SHIN SHIN TOITSU AIKIDO

Start the new year off right!



Self Defense
Self Control
Meditation
Breathing

Aikido trains us to deal with aggression in a decisive and peaceful way while maintaining our own balance and integrity. This applies to daily life situations and helps instill self confidence in Adults & children.

*Sponsored by
The City of Albany
Recreation and
Community Center*

WWW.KIAIKIDO.ORG

Join Anytime

CITY of ALBANY RECREATION COMMUNITY CENTER

1249 MARIN AVE, ALBANY, CA (510) 524-9283

Kids (7 - 14): Mon, Weds, Fri 4 - 5
Adults & Kids Sat. 9 - 11am

attend any or all classes
Additional daily Adult classes:

Booker T. Anderson Community Center & Point Richmond Community Center
(510) 290-8640 www.kiaikido.org

Northern California Ki Society SHIN SHIN TOITSU AIKIDO

Start the new year off right!



Self Defense
Self Control
Meditation
Breathing

Aikido trains us to deal with aggression in a decisive and peaceful way while maintaining our own balance and integrity. This applies to daily life situations and helps instill self confidence in Adults & children.

*Sponsored by
The City of Albany
Recreation and
Community Center*

WWW.KIAIKIDO.ORG

Join Anytime

CITY of ALBANY RECREATION COMMUNITY CENTER

1249 MARIN AVE, ALBANY, CA (510) 524-9283

Kids (7 - 14): Mon, Weds, Fri 4 - 5
Adults & Kids Sat. 9 - 11am

attend any or all classes
Additional daily Adult classes:

Booker T. Anderson Community Center & Point Richmond Community Center
(510) 290-8640 www.kiaikido.org