

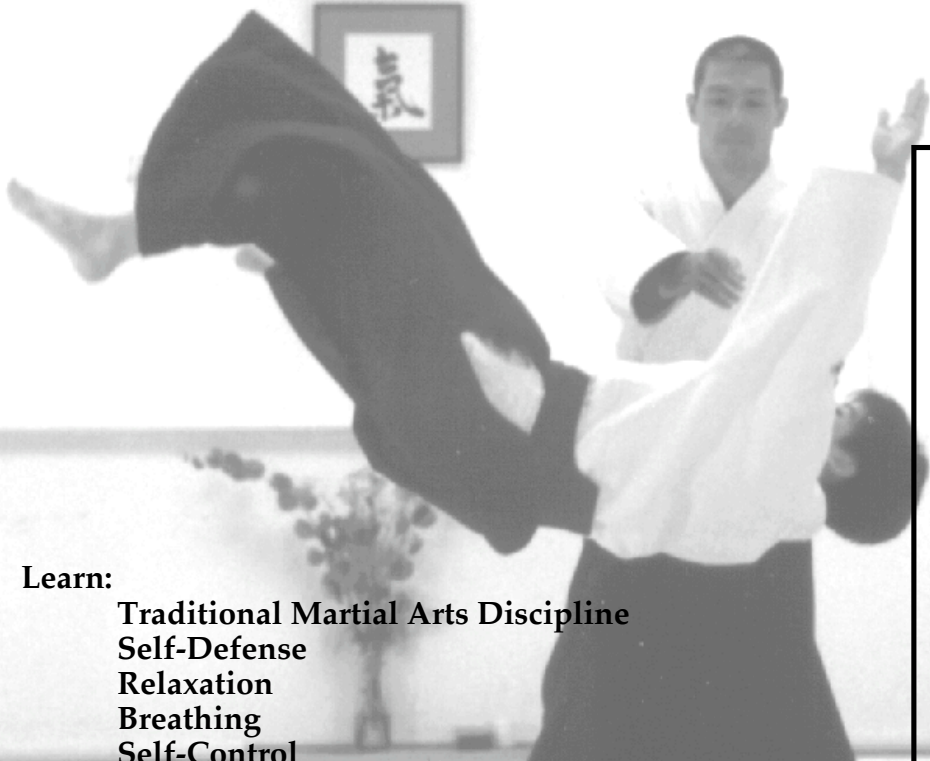


City of Richmond  
Recreation Department

# *Shin Shin Toitsu Aikido*

## *"Peaceful Resolutions to Conflict"*

### *Martial Art Class*



**Learn:**

Traditional Martial Arts Discipline  
Self-Defense  
Relaxation  
Breathing  
Self-Control

Overseen and taught by:  
Maida Sensei and staff\*

Chief Instructor Northern California Ki Society  
7th Dan, Direct Student of Koichi Tohei Sensei (Founder)

\* staff certified by Ki Society Headquarters in Japan

*www.kiaikido.org*

Dates: Ongoing

Mon. & Weds. 6:30 – 8pm

Tues. & Thurs. 10 – 11am

Location:

Booker T. Anderson Community Center

960 S. 47th St. Richmond, CA 94804

510-620-6816

Cost: \$25 per month

Shin Shin Toitsu Aikido means "Mind/Body Coordinated, Harmonious Energy Way"

Our training includes martial arts techniques as well as balance and awareness arts. A calm mind creates a stable body. While the arts of Aikido can be very dynamic they are also applicable for everyone regardless of physical ability or disability.



Registration Information

3230 Macdonald Avenue

Phone: (510) 620-6793

Fax: (510) 620-6583

Mon-Fri 9am – 4pm

Or

960 S. 47th St. Richmond, CA 94804

510-620-6816

"We create Community Through People, Parks and Programs"