

IF YOU ARE LOOKING FOR...

a non-violent self defense class, core strength and fitness, a community of dedicated practitioners and experienced teachers... Aikido of Roseville has it!

Aikido is the path of non-resistance. Because it does not rely on size and strength to overcome an opponent, it is effective for anyone, any age, shape or size to learn. Aikido, is simply leading an attackers energy towards a path of resolution.

USE THIS FLYER AS YOUR FREE CLASS PASS

(first-time students only, please.) visit our website for more info, and full class schedule at www.rosevilleaikidocenter.com!



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www.rosevilleaikidocenter.com