



# AIKIDO BEGINNERS' COURSE

Ever wanted to get involved in a martial art?  
Here is your chance



BAYSIDE BUDOKAI is offering an introductory course in the art of aikido.

- Suitable for adults of all ages.
- Non competitive, supportive training, from qualified instructors.



Thursday evenings from 6.30  
to 7.30 for 6 weeks  
commencing 12 May.  
Cost is \$50 for the 6 classes.



For more details, contact David Kolb on:

Mobile - 0409 250 065

Email - [dkolb@bigpond.net.au](mailto:dkolb@bigpond.net.au)

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