



Bradford Tomiki Aikido Club

Aikido training for juniors and adults



P. Hargreaves,
9th International Tournament,
London, 2011

Aikido is a Japanese martial art that emphasises technique over physical strength, making Aikido suitable for both juniors and adults (of all ages).

Bradford Tomiki Aikido Club is a member of the **British Aikido Association** and follows the BAA grading syllabus.

Club members can take part in the:

- ♦ **British Aikido Association (BAA)** Junior and Adult Championships
- ♦ **European Tomiki Aikido Network (ETAN)** Championships
- ♦ **Japan Aikido Association (JAA)** International Tournament

Aikido classes are held at the **Southfield Grange Sports Centre** every:

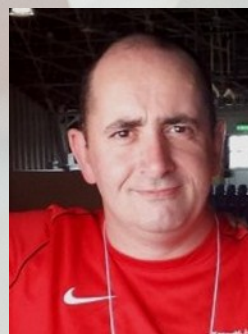
Wednesday

6.45 - 8.15 Juniors (5 -15 yrs)
8.15 - 9.45 Adults (16 yr+)

Friday

6.45 - 8.15 Juniors (5 -15 yrs)
8.15 - 9.45 Adults (16 yr+)

Club Instructors:



G. Baxter 4th Dan P. Hargreaves 2nd Dan

www.bradfordaikido.co.uk

