

come try two
FREE
CLASSES



Aikijujutsu possesses one of the most complex, unique and comprehensive self-defense techniques to be found in any martial arts. The techniques encompass all major martial arts categories.

- ◆ Rolls & Breakfalls
- ◆ Joint Locks
- ◆ Throws & Pins
- ◆ Patterns (Kata)
- ◆ Self-Defense Tools
- ◆ Meditation



Horikawa Dojo
Fernhill Community Centre
144 Fernhill Boulevard,
Oshawa

www.aikicanada.ca
Visit our website to register

Please make sure to bring a completed and signed waiver form to your first class.



905-718-5096
contact@aikicanada.ca

AIKI CANADA
MARTIAL ARTS
COME LEARN
THE ANCIENT JAPANESE
MARTIAL ART OF
DAITO-RYU
AIKIJUJUTSU



大東流合気柔術
合気加拿大



合気





PERSONAL DEVELOPMENT

In today's society, Aikijujutsu is mostly practiced for self-defense, health and spiritual growth. With it's broad range of techniques, it is well suited for a diversity of body physiques, personalities and life styles. A wide range of children, youth, and adult (all genders) currently practice Aikijujutsu.

PHYSICAL BENEFITS

- ◆ Improved Reflexes &
- ◆ Co-ordination
- ◆ Increase Strength & Stamina
- ◆ Improve Flexibility

MENTAL BENEFITS

- ◆ Improve Self-Esteem
- ◆ Increase Self-Confidence
- ◆ Greater Self-Discipline
- ◆ Improve Concentration

AIKI CANADA MARTIAL ARTS

ALL PROGRAMS

DRAGON KIDS

Ages 4 to 6

Junior Samurai

Ages 7 to 13

Samurai

Ages 14 to 50 plus

Onna-Musha

Women Only, Ages 14 to 50 plus

Kobudo

Weapons Class, Ages 14 to 50 plus

Classes are currently available
**Monday, Wednesday and
Thursday evenings.**



History of Daito-ryu Aikijujutsu

The roots of Daito-ryu Aikijujutsu go back over 900 years and are deeply embedded in Japanese history and tradition. Martial Arts originally developed by the warrior class of Japan (samurai) and as part of the classical jujutsu (Koryu). The martial arts of Aikido, Judo, Hapkido, Nippon Shorinji Kempo and some systems of Karate do all have their roots in Daito-ryu Aikijujutsu.