



# OC AIKIDO

**MARTIAL ARTS SUMMER SPECIAL!**

**3 MONTHS OF CLASSES FOR ONLY \$49 PER MONTH**

Aikido is a dynamic martial art, which is suitable for Men, Women, and Kids of all ages. Aikido connects body, mind and spirit by bringing together three dimensions: self-defense, mental training, and a philosophical framework.

Aikido is *fantastic* for children as it:

合氣道

- Fosters Self-Discipline
- Boosts Socialization Skills
- Encourages Physical Activity
- Increases Self-Esteem
- Instills A Sense Of Respect
- Improves Listening Skills
- Develops Teamwork Skills

**FREE UNIFORM  
WITH 3 MONTH  
SIGN UP!**

**OC Aikido is the family dojo with programs for children and adults!**



**Orange County Aiki Kai**

610 E. Katella Ave.

Orange, CA 92867

(714) 997-4831

[dojo@ocaikido.com](mailto:dojo@ocaikido.com) / [www.ocaikido.com](http://www.ocaikido.com)