



LAGUNA
LIFESTYLE



AIKIDO

Aikido is a Japanese martial art developed by Morihei Ueshiba (often referred to by his title 'O Sensei' or 'Great Teacher'). It is a form of martial art that does not focus on punching or kicking opponents, but uses an opponent's own energy through the use of throws and joint locks to gain control of them or to throw them away from you. It is a free-flowing form of martial art that places great emphasis on motion and the dynamics of movement.

Aside to its self-defense technique and purposes, Aikido practitioners will find emphasis on the moral and spiritual aspects of this art, placing great weight on the development of harmony and peace, or "The Way of Harmony of the Spirit", an English translation of "Aikido".



AIKIDO CLASSES

	Group 1 (6 to 10 years old)	Group 2 (11 to 16 years old)
Class frequency	4 classes per month	
Date & Time	Saturday, 10:00am to 11:00am	Saturday, 11:15am to 12:15pm
One-time Entrance Fee	\$50	
Annual Subscription Fee	\$30	\$50
Price*	Member: \$200 / month , Guest: \$210 / month	

*Class fees must be paid 3 months in advance for subsequent classes.

Note:

1. A minimum of 8 participants per group is required for the Aikido lesson to commence.
2. All participants are required to sign up as a member of Aikido Federation (Singapore).
3. All prices are in Singapore dollars and subjected to government prevailing tax.

Register your interest and enquiries by emailing lifestyle@lagunanational.com or call **6326 1949**.