

# INTRODUCTORY COURSE

Aikido of Dallas offers an introductory course for people interested in learning about the Japanese Martial Art of Aikido. It is a 30 minute **one-on-one** lesson with a qualified instructor.

## COURSE FORMAT

The class will involve the following activities:

- Stretching / Warming Up
- Basic Aikido Movements
- Backward & Forward Rolls (Falling)
- Basic Aikido Techniques

## COST

\$10 with no further commitment. If you enjoy Aikido and choose to join the dojo, the cost is applied to your membership.

## CLASS SCHEDULE

Choose from Monday evenings and/or Saturday mornings. Regularly scheduled Beginner Classes are the next day, so you can either watch a regular class or sign-up and practice.

<u>Day</u>	<u>Class Time</u>
Saturday Morning	9:00 AM - 9:30 AM

## DRESS CODE

Wear loose-fitting comfortable clothes that cover your knees and elbows for this class.

## SIGNING UP

Classes are by appointment only. Please:

E-mail us at [IntroClass@aikido.org](mailto:IntroClass@aikido.org) with the following information:

- Name
- Phone Number
- E-mail Address
- The Day/Date you wish to attend