

# Triangle Aikido

The art of Aikido (*the way of spirit harmony*) develops the power of the mind and body working in concert. Encouraging a calm mind and a relaxed body, Aikido relies on technique and timing rather than strength and muscle. Aikido is a healthful exercise and effective self-defense for adults of all ages, sizes, and experience.

Instructors Ned Danieleley (5th degree black belt) and Mark Hazelrigg (4th degree black belt) are committed to providing quality Aikido training in a relaxed, supportive setting. Under their direction, all classes are taught by internationally certified black belts of the Aikido Association of America.

Choshinkan Aikido Dojo  
4603-G Hillsborough Rd.  
Durham, NC

[www.TriangleAikido.com](http://www.TriangleAikido.com)

\$55/month, \$45/month for students.  
3 one hour introductory lessons for \$25.

See the web site for more information on: Aikido for kids, Jodo, Iaido and Bagua.

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