

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), Mark Hazelrigg, and Charlene Reiss (4th degree black belts) are committed to providing quality Aikido training in a relaxed, supportive setting. Under their direction, all classes are taught by black belts certified by the Aikikai Foundation, Tokyo, Japan.

Choshinkan Aikido Dojo
4603-G Hillsborough Rd.
Durham, NC
919-627-1199

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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