

*Aiki Dojo Downpatrick  
& Belfast Aikido  
Autumn Aikido Course*



*with Fiona Mc Auley (Aikido Now Dublin)*

**18 November 2017 11am – 1pm and 2–4pm**

**45 Ravenhill Road, Belfast, BT6 8DQ**

**Fee: £10. More Info from [info@belfastaikido.org.uk](mailto:info@belfastaikido.org.uk)**

*In any discipline, it is important to master the basics in order to fully benefit from the hours of practice required to truly understand the essence of the art.*