

Aikido - Way of Harmony with Ki

Okay, but what is ki? Ki is a universal energy that is directed by the mind using principles that coordinate mind and body. This will be shown to increase your power with various tests. Discover you don't have to be isolated from the ki around you and that of others. Discover that by being in harmony with same ki you may lead others. Discover aikido.

AI	合	<i>Harmony</i>
KI	氣	<i>Energy</i>
DO	道	<i>Way</i>

Parkside Self Defense

289 East Ellendale Avenue Suite 501 Dallas, OR 97338

Tuesdays & Thursdays 6-7pm

Cost: \$50/month. Free Intro class.

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