

**Beginning Saturday
September 22, 2018**



Introductory series two cranes aikido

Aikido is known for its beautiful and dynamic techniques, but also for its beautiful rolls and dramatic high falls. Learning how to fall to the floor safely is one of the first valuable skills you will learn. We teach all types of falling down and getting up using safe and low impact methods. In Aikido, falling can feel like flying!!



**8512 20th Ave NE
Seattle, WA 98115
206.523.5503
twocranesaikido.com**

**Saturday 10:00-11:00 am
Tuesday 6:00 -7:00 pm
8 weeks | 16 classes \$200**