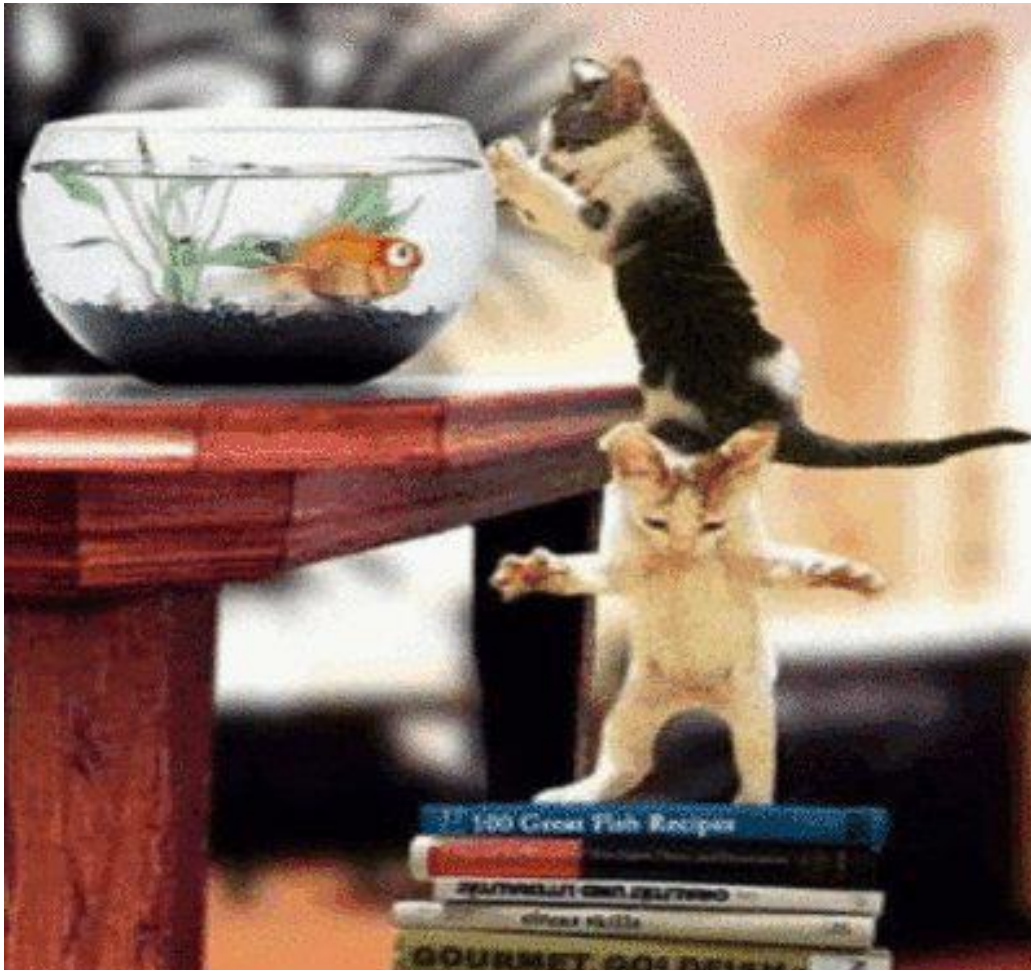


TWO CRANES AIKIDO



TAI CHI & AIKIDO INTENSIVE

February 9, 2020 2-4 PM

Ken Wright Sifu

Kimberly Richardson Sensei

Aikido and Tai Chi are internal arts that encourage us to focus on balance, co-ordination and energetic awareness. In this intensive, we will explore basic tai chi form as well as basic paired practices of Aikido. Special attention will be on distinguishing between muscular force and internal energy.

All students of Aikido & Tai Chi are welcome. Falling not required.

fee: \$30