

Mindful Action through Martial Arts (Aikido) (Uptown, Chicago)

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Location

Illinois

<https://www.genclassifieds.com/x-747477-z>

QR Code Link to This Post AIKIDO is a mental and physical exercise studied for fitness, self-defense and centering. Dynamic non-aggression and non-resistance is applied to traditional Japanese martial arts techniques. Instead of using force, conflicts are resolved through redirection by calming the mind and relaxing the body. In addition to enhancing strength and coordination, this leads to better confidence, energy and focus. Aikido has been embraced by people ranging from psychotherapists and performers to police and military personnel, as well as those seeking a way to navigate everyday stress and distractions. Please join us in exploring Aikido (あゝゑゝ—ゑゝ), "the way of harmonious spirit."

at Chicago Aikido Club (CAC)

Now accepting new members (ages 13 and up)

Located at 4427 North Clark Street (Japanese American Service Committee)

FREE PARKING available.

Classes;

Sunday 11:30am-1:00pm

Monday 6:30pm-7:45pm

Friday 6:30pm-7:45pm

www.chicagoaikidoclub.com

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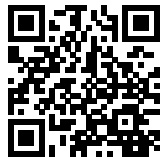
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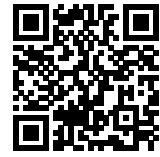
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