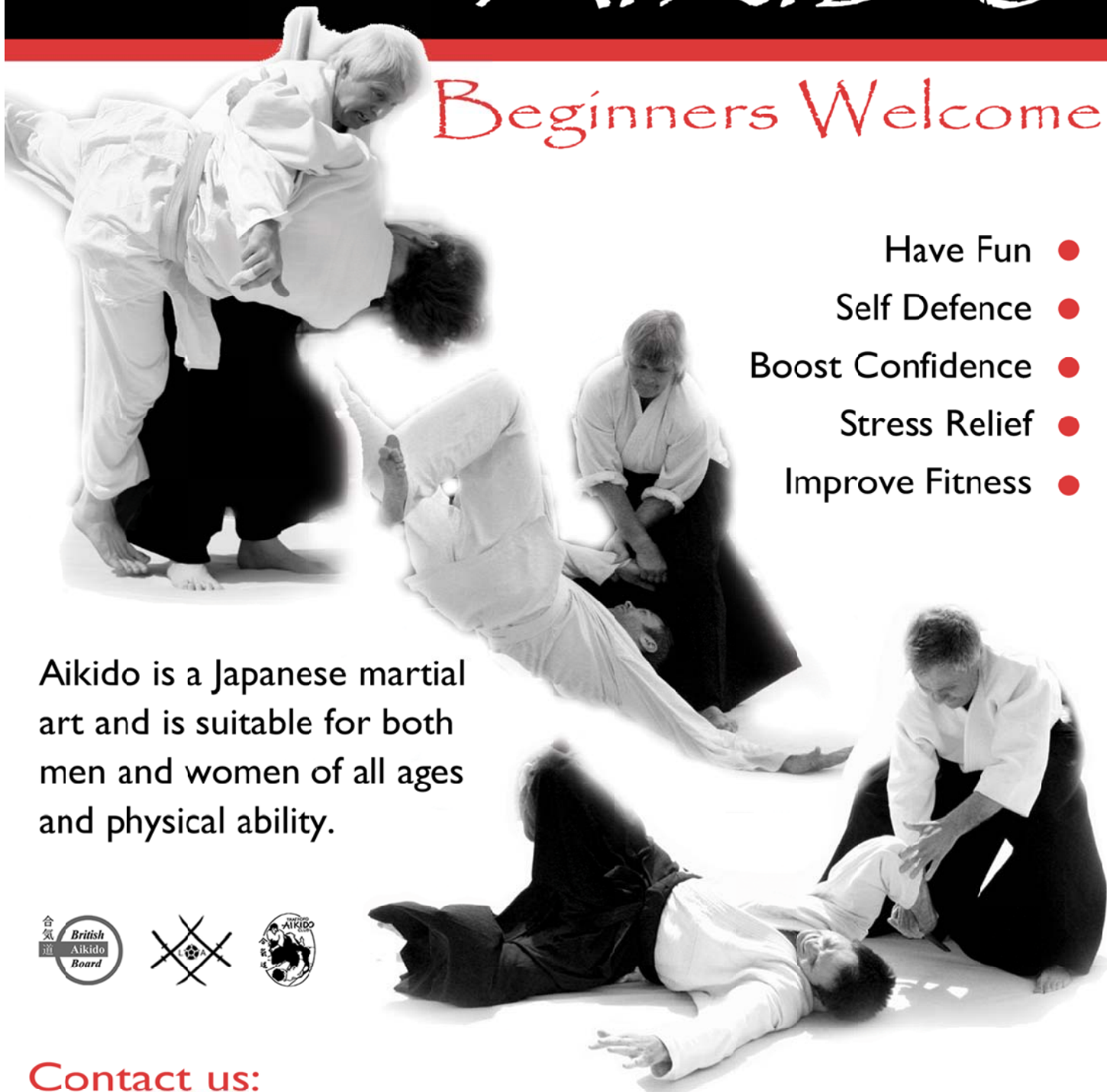


TRAFFORD AIKIDO

Beginners Welcome



- Have Fun ●
- Self Defence ●
- Boost Confidence ●
- Stress Relief ●
- Improve Fitness ●

Aikido is a Japanese martial art and is suitable for both men and women of all ages and physical ability.



Contact us:

email: info@traffordaikido.org.uk

tel: 0161 929 9813

For more information go to:

0161 928 8147 / 07769 790340

www.traffordaikido.org.uk or www.lancashireaikikai.org