As an art of self-defense, Aikido is based on the non violent resolution of conflict. Aikido techniques develop balance, awareness, and inner strength as well as the ability to remain calm, find alternatives to conflict, and protect yourself and others.

$25/Month

Tuesdays & Thursdays

Youth age 7-17    6:00PM - 7:00PM
Adults age 18 and up    7:00PM - 8:00PM

Sessions begin the first Tuesday of the month.

“Achieving gender equity through a continuous commitment to girls and women in sports”
Persons with disabilities are welcome to participate in our programs. Reasonable accommodations will be made with prior arrangements.
Sportsmanship counts. Be a good sport!

PARK PROUD - LA