

# every Monday, Tuesday and Thursday

martial  
art

AIKIDO

Adults 20:00 - 21:30

Youth group

(12+ years old) Tuesday + Thursday 18:00 - 19:00

Welcome.

If you want to get moving, have fun together and get to know the peaceful martial art AIKIDO, you are invited to come and train with us.

Our training is friendly, relaxed, without violence and without competition, but with many new movements.

Both men and women practice aikido with us, and young people can join when they are 12 years old.

Come to the course and try it. It's a great free-time activity with new friends - especially for the children.

Refugees are very welcome and can train with us for free. You can meet nice people, learn the language better and do something for your body and mind.

Ricarda-Huch-Schule  
Gym on the 5th Floor  
Bonifatiusplatz 15  
30161 Hannover / List  
register now: [info@kyushindo.de](mailto:info@kyushindo.de)

[www.kyushindo.de](http://www.kyushindo.de)  
[www.facebook.com/AikidoHannover](https://www.facebook.com/AikidoHannover)

*we practice  
together*

