

合
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道

AIKIDO



Classes offered Tues & Wed 5:30-6:30, 6:30-7:30 and Sat 10:00-12:00.

CHENANGO AIKIDO

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Member Aikido Schools of Ueshiba

Aikido is a powerful martial art devoted to the ideals of non-violence and the harmonious reconciliation of conflict. While it has no competition and is not a sport, it is vigorous and athletic - as graceful as a dance, yet as powerful as nature.