

Trafford Aikido



Do your DofE Physical Section with us

合気道



Do you want to try out martial arts or learn new martial art moves?

The DofE Physical Section gives you that chance !

Trafford Aikido Club will give you a very warm welcome to do it with us - we have already helped several Silver and Gold participants through their Physical Activity using Aikido.

But what is Aikido ? It is a Japanese martial art and is self-defensive. It allows you to firstly avoid an attack, then blend with it and finally redirect the energy right back onto the attacker. However, although it is defensive by nature, make no mistake, it is very effective - that is why it is used by many police and armed forces around the world.

Aikido is suitable for both male and female of all ages and physical ability. It benefits fitness, posture and mental awareness. It will certainly help build self-confidence. And along the way you'll also have fun and make friends !

Our DofE experience has shown that it is an excellent option for Silver and Gold participants.

If you want to know more, have a look at our website. <http://www.traffordaikido.org.uk/>

We are also happy to discuss it with you and your Leader. Give us a call.

Even better, come and see us in action. We train on Sundays at 6.30pm in Altrincham Leisure Centre and in St. John's Church Hall on Tuesdays and Thursdays at 7.30 pm.

You'll be most welcome.

"I chose to do Aikido for my Physical Activity because it is fun, practical and rewarding. It is a great way of meeting new people as well as giving you a great form of exercise. Trafford Aikido Club is full of friendly and kind people, and they are always happy to help you in any way. I really enjoy Aikido, and would recommend it strongly to anyone!"

Hugh, DofE Silver Participant

Notes for Leaders:

1. Trafford Aikido Club has Club-mark status, meeting their high standards
2. All our coaches hold CRB validation
3. One Club member is a DoE Peak Network Expedition Assessor, who understands the Award

**CLUB
MARK**



Contact us: dofe@traffordaikido.org.uk Tel: 0161 980 0083

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For more information go to: www.traffordaikido.org.uk