

Martial Arts and Aikido

Age Requirements

18 and over

Available 24/7

No

Other Eligibility Criteria

Open

Family

No

Intake Contact Email

info@aikirichmond.org Phone: 804-325-6130

Intake Process

Call or visit the website. Martial Arts classes can begin at 5 years of age.

Self Refer

Yes

Aikido of Richmond Martial Arts

<http://aikidoofrichmond.com/>

Main

(804) 651-9388

11244 Patterson Avenue

23238 VA

United States

Additional Availability Comments

Call for day and time of classes

Fee Structure

Fee Range

Payment Method(s)

Credit / Debit

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Private Pay

Languages Spoken

English

Aikido is a Japanese art of self defense. It employs locks and throws to redirect an attacker rather than resisting with force. These principles allow Aikido practitioners to control larger, stronger opponents and defend against multiple attackers. Aikido movements are typically flowing and circular. They utilize motion and not strength to off balance and control an opponent. Aikido is unique because it provides an effective form of self defense that does not seek to injure others. This is why Aikido is often called the "Way of Peace".

Aikido of Richmond is committed to the study of traditional Aikido in a safe, fun and positive atmosphere. No previous experience is necessary and visitors are always welcome. Please come by and observe a class for yourself.

Service Area(s)

Chesterfield County

,

Goochland County

,

Hanover County

,

Henrico County

,

Richmond City

Email

ackrichmond@gmail.com