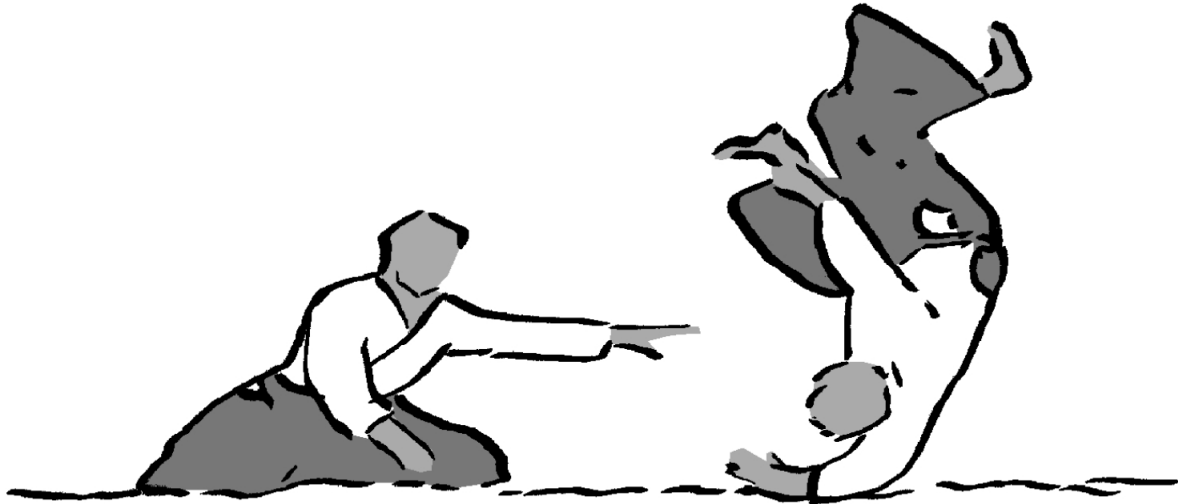


Aikido for refugees (free of charge)



If you are refugee and interested to stay fit, we invite you – women and men, girls and boys – to do Aikido with us. Aikido is a co-operative form of practicing throws and joint locks. *Ai* means harmony, *ki* is the energy and *do* is the way. The goal is to harmonize the forces of “attacker” and “defender” into one single movement. Men and women train together. Aikido does not have competitions, and it is not about self-defense.

Adults can train on

Mondays 19:00 – 20:30
Tuesdays 18:30 – 20:00
Thursdays 19:00 – 20:30 and 20.30 – 22:00
Fridays 19:00 – 21:00
Saturdays 09:30 – 11:00

Children between 7 – 12 years can join the kid’s sessions on Mondays 17:30 – 18:45, young people aged 12 – 16 years are invited to come on Wednesdays 17:00 - 18:30.

Bring comfortable clothes and flip-flops (if you have these).

Questions?

Write an email to uwe.kerkow@gmail.com or ina.zeuch@gmail.com. Tel: 0228 / 18 498 605.

The dojos’ website (German only) is: www.aikido-bonn.org.

How to get there:

From the central railway station (Bonn Hauptbahnhof) you follow Poppelsdorfer Allee. Turn left at the first traffic light and follow Bonner Talweg for about one kilometer until you reach Reuterstraße. Cross Reuterstraße and follow the small road (Heinrich-Körner-Straße, see map).

From the central railway station (Bonn Hauptbahnhof) or Stadthaus (City Hall) you can also use the tram number 61 or 62 going to Dottendorf. The fourth stop ("H" on the map) is Rittershausstraße. You follow the tram until the rails turn left at Reuterstraße. Cross Reuterstraße and follow the small road (Heinrich-Körner-Straße, see map).

