

HANSHI TONY ANNESI

AIKI-JU-JUTSU

TOOLKIT 7

INTEGRATING HARD AND SOFT AIKI
SUNDAY, AUG. 25, 2024 10:00 AM TO 2:30 PM

Seishinkan AIKI BUDO

1880 Rt. 315, Pittston, PA 18640

718 415-3883



In a stress situation, elegant minimal motion aiki is difficult, but that does not mean one needs to ignore it in favor of slam-dunk ju-jutsu. By mastering subtler aiki first, one can easily adjust or augment one's defense with harder techniques when and if necessary.

Register E A R L Y and take a **\$51 discount.**

EARLY BIRD:

ONLY \$99

After April 1st: \$125

After July 1: Full Price \$150

http://www.bushido-kai.net/seminars_upcoming