

Saturday Afternoon **Safety Workshops**



Falling Safely

with **Aikido Black Belts**—the Experts of Safe Falling
led by Aikido Centers of New Jersey's Chief Instructor
Greg O'Connor 6th degree Aikido Black Belt

A variety of soft, comfortable mats will be used to safely introduce participants to easy, no impact ways to calmly and safely recover falling to the ground.

- Open to the general public—children, teens, men, women, families and senior citizens.
- All falling techniques are elective and will be introduced in a safe and controlled manner.

To be held at

Aikido Centers-East Hanover

55 Eagle Rock Ave. East Hanover, NJ 07936

email: info@aikidocenters.com www.AikidoCenters.com

Saturday Afternoon **Safety Workshops**

July 15

Security & Law Enforcement Safety

Pins & Come-alongs

July 29

E-Z Self Defense for Women

Teens and Adults

August 12

Falling Safely at All Ages

Children, Teens, Men, Women,
Families and Senior Citizens

August 26

E-Z Self Defense for Kids

Parents and Their Kids Ages 5-12

Saturday
August 12
2017

1-2 pm

Participant fee: \$20

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