



Saturday Afternoon Intensive

Intro to

Pins

& Come-a-longs

with **Greg O'Connor**

Saturday
July 15
2017
1-3:30 pm

Law Enforcement and Security professionals take note:

All Aikido techniques are designed for non-violent neutralization and control and compliance and enable one to perform come-a-longs to move someone from the scene, or perform effective takedowns and pins for restraint or arrest.

Open to all Aikido levels as well as any law enforcement. Participants may wear comfortable street clothes, uniforms, or keikogi.

Intensive fee: \$40

To be held at

Aikido Centers-East Hanover

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