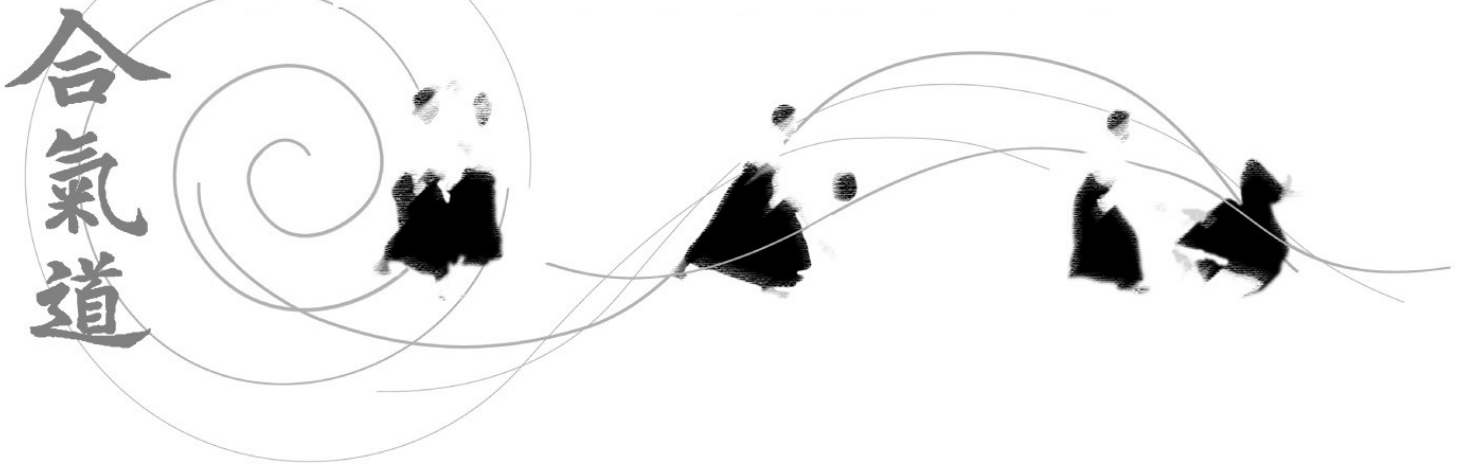


A I K I D O



International Aiki Peace Week **September 19-26, 2010**

When you are attacked, the body's reflex is to counter-attack.
To learn to respond peacefully, you must practice receiving the
Attack in a state of calm alertness and compassionate power.
The martial art founded on this nonviolent training is Aikido.

You are invited to experience Aikido during this special week at **Aikidojo Berlin**.

- Most classes will be regular Aikido training - throwing and falling - but with a focus on peacemaking.
- Special classes will focus on simplified methods of teaching peace - without the usual throwing and falling.

