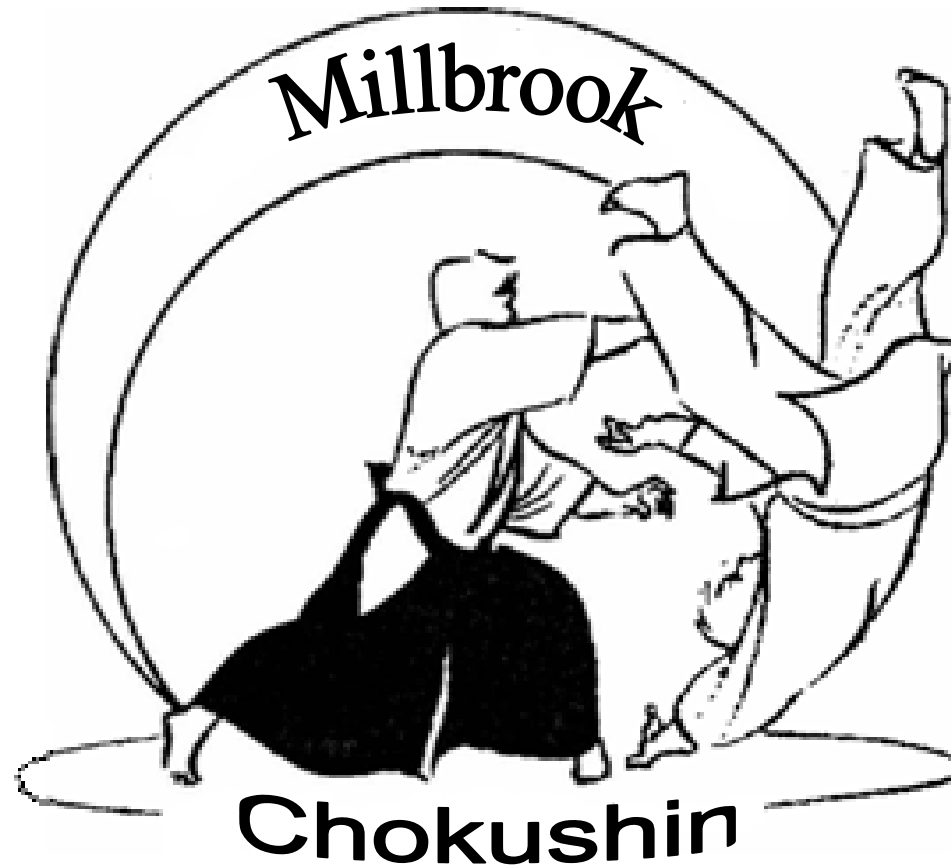




Learn Self Defence

Chokushin Aiki-Jujutsu



Physical Benefits

- Improved reflexes and coordination
- Increased energy level
- Increased strength and stamina
- Improved flexibility
- Weight loss and control
- Increased level of relaxation

Mental Benefits

- Improved self-esteem
- Increased self-confidence
- Greater self-discipline
- Improved concentration
- Stress reduction

For more information call: Jon Mansell (705) 740-9657 or Ian Kurz (705) 768-1414
Visit us at: <http://www.aiki-ju-jutsu.com/>