

Focus • Balance • Strength • Fitness • Tradition

AIKIDO

**in
Mt. Prospect**



Tuesdays 7:30-8:30pm

Fridays 6:45-7:45pm

Sundays 2-3pm and 3:15-4:15 pm

A Special Dojo

Aikido Genseikan Dojo, in Mt. Prospect, IL is an open community dedicated to traditional martial art training. All are welcome, and beginners may begin training at any time.

Aikido

Aikido is a dynamic, powerful and graceful art emphasizing decisive techniques of defense as well as traditional weapons training. Aikido is practiced within the framework of a philosophy that seeks to avoid harming others whenever possible. Though a relatively modern art, Aikido is a potent distillation of centuries of martial knowledge.

Adult Classes

Offering training 3 days a week in Aikido; our headquarters in Chicago also offers classes 7 days a week. Your membership allows you to attend both locations.

Convenient Mt. Prospect Location

We are located at the intersection of Rt. 83 (Elmhurst Rd.) and Camp Mc. Donald Rd. within the Midwest Shotokan Karate and Fitness Center.

1502 N. Elmhurst Road, Mt. Prospect, IL 60056



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