

LUNENBURG AIKIKAI &
MSVU AIKIKAI

A man in a white Aikido gi is shown in profile, focused on a technique. He is holding a wooden bokken (practice sword) with both hands. The gi has a circular patch on the left sleeve that reads "LUNENBURG AIKIKAI". The background is a blurred indoor setting, possibly a dojo.

Fall Aikido Seminar

- 4 classes with a light lunch served
- Instructors: James Constable 6th Dan, Graham Fraser 5th Dan, Jason Martell 3rd Dan

**Join us for an
opportunity to
connect and
celebrate a legacy**

**SAT OCT 4
10AM - 3:30PM**

**CENTRAL UNITED HALL
283 LINCOLN ST, LUNENBURG NS**

FOR MORE INFORMATION

lunenburg.aikikai@gmail.com

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