



"An Experience To Remember"

Community and Leisure Services

Presents

# Rideau Lakes Aikikokaido

Aikikokaido is...

More than just a martial art



Exercise

Aikido classes are held Monday & Thursday evenings at the Elgin Municipal Complex. Age 13+

Hikari  
Light

Inner Peace and Harmony

Self-Defense...

Misogi  
Clarity

Rei  
Respect

*A Path of Light*

Shugyo  
Diligent  
Training

For how to register or for further information:  
[www.RideauLakesAikikokaido.com](http://www.RideauLakesAikikokaido.com)