

# Aikido - Kenshinkai (ALNS)



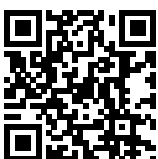
Location

South West, Isle Of Wight

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Yoshinkan Aikido is a Japanese Martial Art taught to the Japanese Riot Police, which, when used for self-defence can counter many different attacks. Ken Shin Kai teaches Yoshinkan Aikido and is a member of the Aikido Yoshinkan Foundation (AYF) based in Tokyo, Japan. Learn to defend yourself by blending with an attackers power, dispersing his energy, and finally, throwing or controlling the attacker. In addition to aiding weight loss, increasing fitness, stamina and balance and developing self-confidence. Traditional Weapons (Jo, Bokken, Tanto) classes are also.



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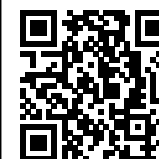
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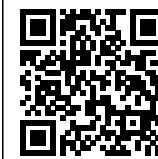
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