



Veterans Train Free

at the

Aikido Center of Dover

16 W. Blackwell St., 3rd floor

Dover, NJ

(973) 879-5510

www.DoverAikido.com

Mondays, Wednesdays, Fridays 7:30 - 9 PM

Saturdays 8:30 - 10 AM

All ages, body types and abilities welcome

Aikido, the "Way of Harmony", is an art of peace. Those who train in Aikido learn to manage stress and conflict by practicing techniques with a partner that channel negative energy into positive energy and offer a path for aggression that does not result in more aggression.