

Michigan Aikido Academy

Offered by Alex Szygowski Sensei



Martial Arts Training:

I will teach you how to defend against single or multiple attackers. You will learn and use the most effective techniques from Aikido, Brazilian Jiu Jitsu, Kyokushin Full Contact Karate, Kick Boxing and Judo. I will improve your confidence on the ground or standing, with main focus on the street techniques that work against any type of attack.

Class Description:

This class will emphasize on traditional Aikido with main focus on self defense against armed and unarmed attacks learned from 18 years of Martial Arts experience.



Schedule:

Monday, Wednesday, and Friday
From 7:30 – 8:30 PM
Saturday and Sunday (by appointment).

Location:

NEW TIGER CHUNG'S TKD INC

28905 Harper

St. Clair Shores

Michigan 48081

586-722-3885

www.michiganaikidoacademy.com