



# Shin Shin Aikido Association

## Cheltenham & Gloucester Course

### Venue:

Uckington and Elmstone Hardwicke Village Hall  
The Green, Uckington,  
Cheltenham, GL51 9SR

### Saturday 16<sup>th</sup> November

11.30 - 13.00 Ki Development

13.00 - 14.30 Lunch

14.30 - 16.00 Ki Aikido

16.10 Kyu Grading

17.30 – 19.00 High Grade

Social 19.45 Gloucester Old Spot, GL51 9SY

### Sunday 17<sup>th</sup> November

10.30 - 12.00 Ki Development

12.00 - 13.30 Lunch

13.30 - 15.00 Ki Aikido

15.30 - 17.00 High Grade

All sessions taught by

Sensei Peter Hughes 8<sup>th</sup> Dan

The Shin Shin Aikido Association is a non-profit making organisation whose aims are to cultivate an understanding of how to coordinate mind and body (Ki Development) and express it in the movements and techniques of Ki Aikido. Membership available at course

