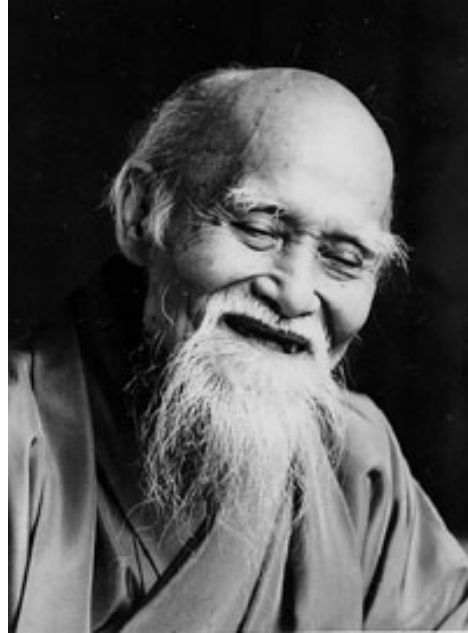


Before Case Aikido:



After Case Aikido:



Questions anyone?

Classes and practice (in the Veale aerobics room):

Wednesday open hand class (9-10 P.M.)

Friday open practice (5:30-7:30 P.M.)

Sunday open hand and weapons classes (6:30-8:30 P.M.)

For more information, visit the Case Aikido site at <http://aikido.case.edu> or e-mail Patrick Langer (ptl5) or Zach Legg (zal).

Aikido is a lifelong learning process; feel free to join anytime (dues are \$40/semester or \$60/year).