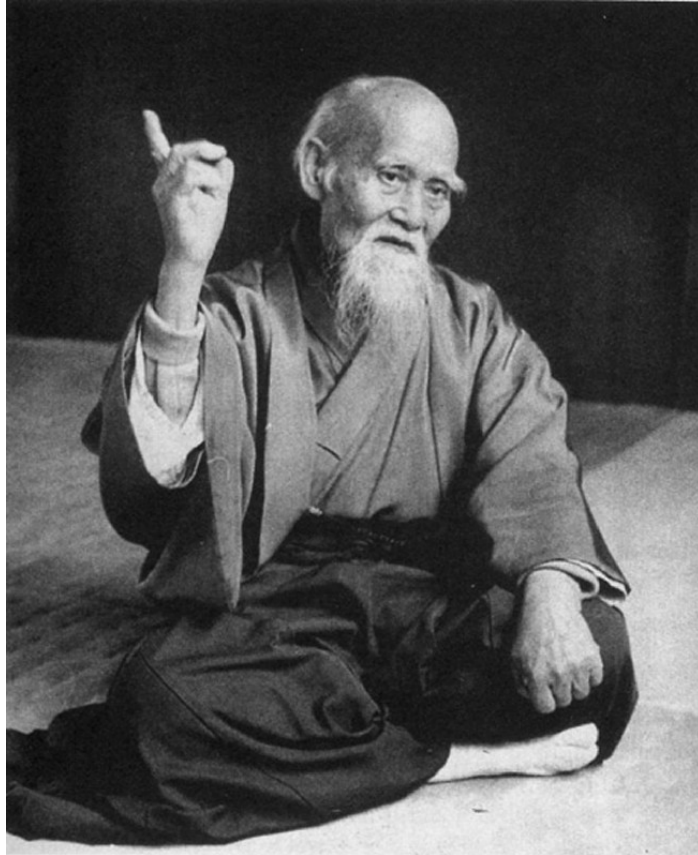


- "Whenever I move, that's Aikido."
- O' Sensei Morihei Ueshiba (founder of
Aikido)



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).