



THE FUN WAY TO FITNESS, HEALTH AND CONFIDENCE

MARTIAL ARTS CLASSES IN MELKSHAM

Monday & Thursday 7.30-9pm

Christie Miller Leisure Centre



INSTRUCTOR: Matt Hill 5th Dan Aikido
and certified Systema Instructor in Training.

- ✧ **Peace of mind** with a Nationally Accredited Self Defence Instructor,
 - ✧ Member of the British Aikido Board,
 - ✧ UK Representative for Iwama Aikido
 - ✧ Regular grading to help you progress
- ✧ **Holistic** approach to well being and martial arts – suitable beginners & all fitness levels
- ✧ **Authentic & traditional** approach after 2 years living in Japan as an apprentice to Aikido Grand Master Morihiro Saito

- ✧ **Improve your fitness** with an ex- Parachute Regiment Captain and Instructor
- ✧ Newly affiliated to Vladimir Vasiliev as an Instructor in Training in **Systema**, the Russian Martial Art and health system of the Russian Special Forces
- ✧ **Call 07584025206 now** and begin your journey to new levels of health, fitness and wellbeing



**Call
07584025206
NOW to get
*1 years Free
Insurance
when you start
up in October!**



Find us on facebook – Seend Aikido Club

Email: hillmattc@gmail.com Tel: 07584025206 Web: www.matthill.co.uk