

Aikido classes

- General class
- Children class
- Private class

Self-defense classes

- Workshop/seminar
- Short courses
- Private class

Classes are available at:

Contact Us:

JM Pang (+6) 016-433 8666

<http://www.aikido-penang.com/>

<http://www.aikido-maa.com/>

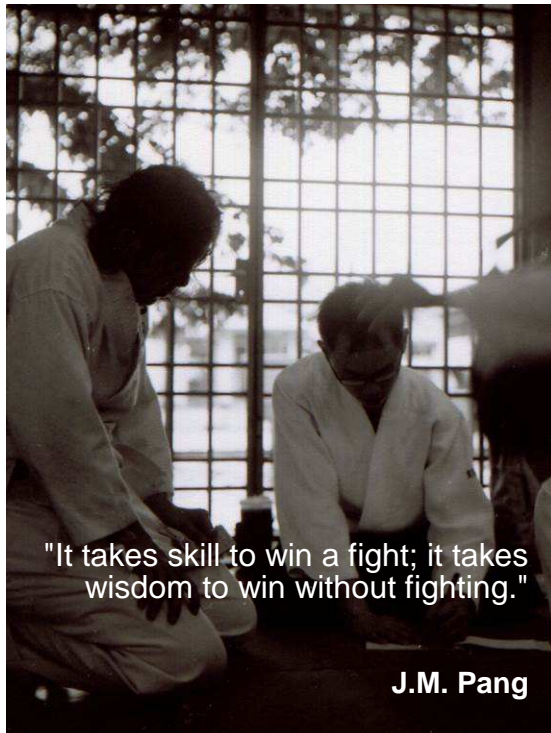


Affiliation:



Penang Aikido Dojo

合氣道
檳城道場



"It takes skill to win a fight; it takes wisdom to win without fighting."

J.M. Pang



Aikido offers practical self-defense based upon principles of non-aggression, non-resistance and non-competitiveness. It is a modern Japanese Martial Art for modern life. Aikido promotes health, self-defense and development of the Mind, Body and Spirit.



Penang Aikido Dojo

Penang Aikido Dojo(s) are under the umbrella of the Malaysia Aikido Association, officially recognized by Aikido World Headquarters (Hombu Dojo), Tokyo Japan.

Please refer to our website for dojo location and class schedule,
<http://www.aikido-penang.com/>



Aikido was founded in Japan by O'Sensei Morihei Ueshiba (1883 - 1969). Before creating aikido, O'Sensei trained extensively in several varieties of jujitsu, as well as sword and spear fighting.

Aikido is not primarily a system of combat but rather a means of **self-cultivation and improvement.**

At the same time, the potential of aikido as a means of **self-defense** should not be ignored. Aikido techniques are being taught in branches of Japan Police, UK Police, and Royal Hong Kong Police etc.