The following self-defence training is proudly sponsored by the SHAPES program at UNE. SHAPES stands for Sexual Harassment and Assault Peer Education and Support and is a program where students actively tackle attitudes and behaviours on campus and in the community that constitute sexual harassment and assault.

Armidale Dojo

Self Defence/Protective behaviour Training

This 6-week course has been tailored to meet the needs of young people and the risks they face in today’s world. It is a proactive form of training that will give the young person an introduction to effective self-defence.

Aikido is a dynamic form of self-defence, developing awareness, balance, timing and strength. Using traditional forms of Kata training and Kinesic principals that Promote harmony not only within the dojo, but in all aspects of life.

AMAI New England, located in the East Armidale Hall on the Corner of Mann & Chapel St., provides a respectful and friendly environment to practice this modern yet Traditional Martial Art.

FOR: UNE Students
When: Saturdays from 1.30pm – 3.30pm
Commencing: Sat. May 7th up to & including Sat. June 11th
Cost: $60 for entire 6 weeks (normally $120)
Booking: Classes are limited to 12 places, please make your booking by 10th April 2011

Contact: Jonathan on 041110571 or amai.smith@live.com