



- Excellent workout and conditioning
- Work at your own pace
- Join anytime
- Effective style of self defence
- Suitable for men and women of all ages



- Stay fit and de-stress
- Learn self defense in a friendly, high energy environment
- Gain self confidence and have fun



# 生氣道

sei ki do

## WHAT IS SEIKIDO?

Seikido is a relatively new martial art based on Tae Kwon Do and Aikido, both of which are founded in older martial arts, including Japanese Shotokan Karate and Jujitsu. The blending of the most modern and scientifically correct techniques is what makes Seikido unique.

Techniques include throwing and pinning to neutralize high kicks, and striking to disable grappling attacks.

In addition to sparring practice, releases from holds, throws and pins are essential aspects of self defense training.

Seikido was founded by Master Zeke Petkovic, Master Doug Gagel, and Master Phil Rikley in September of 1987.

Instructors are qualified black belts with many years of experience.

# 合氣道 태권도

ai ki do

tae kwon do



## OTHER SEIKIDO SCHOOLS

### Sir Issac Brock Seikido

Sir Issac Brock Elementary School  
80 St. Lawrence Boulevard

London

*Grand Master Doug Gagel*

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### Lakeside Seikido

[www.lakesideseikido.com](http://www.lakesideseikido.com)

Forest

*Master Russ Taylor*

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### Ryoku Seikido

[www.ryokuseikido.com](http://www.ryokuseikido.com)

London

*Master Dave Wilkins*

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### Strathroy TaeKwonDo

[www.strathroytkd.com](http://www.strathroytkd.com)

Strathroy

*Master Bryan Johnstone*

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### Wind of Change TaeKwonDo

Strathroy Portuguese Club  
375 York Ave

Strathroy

*Master Joe Azevedo*

GRAND MASTER INSTRUCTOR:  
**ZEKE PETKOVIC**

### Seikido Main Club

LHSC Health Services Building

Mondays | Wednesdays | Fridays

6:00 p.m. - 7:30 p.m.



### Seikido UWO Club (September - April)

UWO Student Recreation Centre

Studio # 2

Sundays: 11:30 a.m. - 1:00 p.m.

Tuesdays: 8:30 p.m. - 10:00 p.m.

Thursdays: 8:00 p.m. - 9:30 p.m.

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*Contact Zeke or Linda Petkovic  
for more information*

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[www.worldseikido.com](http://www.worldseikido.com)

SEIKIDO BROCHURE CREATED BY ALEX PETKOVIC



# SEIKIDO

THE WAY OF UNIVERSAL FORCE

*BASED ON THE PRINCIPALS OF  
TAE-KWON-DO AND AIKIDO*



[www.worldseikido.com](http://www.worldseikido.com)