Interested in a unique Japanese martial art? Kendo, "Way of the Sword", is a very traditional and immensely popular sport in Japan. This martial art of Samurai origin will develop the technical and mental skills associated with this Japanese philosophy. The focus of the course will be on the basic skills associated within the discipline of Kendo. Emphasis will be placed on physical conditioning, mental discipline, and self-awareness. This is a fun course and people of all fitness levels are welcome.

**Francisco Villa, Instructor - All US Kendo Federation rank of 2-Dan**

**Now Registering**

Fee $70

Requirements:
- Reasonable good health
- For information please contact Instructor at chemlatte@gmail.com
- CDC guidelines compliant

**Held at:**
AWC Yuma Campus
GYM 115 on Saturdays

**Will meet:**
Jan. 13, 20, 27
Feb. 3, 10, 17, 24
Mar. 2, 9, 16
(Make-up dates Mar 23, Apr 6, 13, 20, 27, May 4, & 11)
**Time:**
8:00AM - 9:30AM

**Spring 2024 Session begins January 13**

“Space is limited, Register early”

**REGISTRATION FORM (MAIL, EMAIL OR FAX)**

Name ____________________ Organization/Business ____________________

Phone ____________________ Email ____________________

**Form of Payment**
- [ ] Check or Money Order Payable to Arizona Western College
- [ ] VISA, MasterCard, Discover (in person or by phone)
- [ ] Third Party Billing or Purchase Order

Return Registration Form to: AWC Reskilling and Technology Center, 1351 S. Redondo Center Drive, Yuma, AZ 85365
Email: ContinuingEd@azwestern.edu  Phone (928) 317-7674  Fax (928) 317-7615

**Refund/Cancellation Policy**
A 100% refund is granted or another individual may attend in your place if a request is made two business days prior to the start of class. A 50% refund will be issued if notice is received less than two business days prior to class start date. No refunds will be issued after the first day of class. If a class is canceled due to low registration, we will contact you 2 business days prior.