



# Way of the Sword

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](mailto:chemlatte@gmail.com)
- CDC guidelines compliant

An illustration of a Kendo practitioner in a blue gi and white hakama, holding a bamboo sword (shinai) and wearing a red and white face mask (men). The background is a stylized, fiery orange and yellow flame.

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

**Will meet:** Saturday's  
August 22, 29  
September 5, 12, 19, 26  
October 3, 10, 17, 31  
November 7, 14, 21  
December 5, 12

**Time:**  
8:00AM - 9:30AM

**Fall 2026  
Session  
begins  
August 22**

A square QR code with a black and white pixelated pattern.

**Scan to Register**

REGISTRATION FORM (MAIL, EMAIL OR FAX) Kendo – Fall 2026 \$70

Name \_\_\_\_\_ Organization/Business \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Form of Payment	
<input type="checkbox"/>	Check or Money Order Payable to Arizona Western College
<input type="checkbox"/>	VISA, MasterCard, Discover (in person or by phone)
<input type="checkbox"/>	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](mailto: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.