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

5-Ways to Pay

Call: 928-317-7674
Email: ContinuingEd@azwestern.edu
Fax: 928-317-7615
Check payable to A.W.C.

Mail or in person:
1351 S Redondo Center Drive  Yuma, AZ  85365

Held at AWC GYM 115 on Saturday’s

Will meet : May 13, 20, 27
June 3, 10, 17, 24
July 1, 8, 15
(July 29 August 5, 12, and 19, as possible make-up dates)

Time: 9:00am-10:30pm

Requirements:
- Reasonable good health
- Ages 10 and up (under 18 must have instructor approval)
- For more information please contact instructor at chemlatte@gmail.com

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

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**Form of Payment**

- [ ] Check or Money Order Payable to Arizona Western College
- [ ] VISA, MasterCard, Discover (in person or by phone)
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Return Registration Form to : AWC Downtown 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 working days prior to the start of class. A 50% refund will be issued if notice is received less than two working days prior to class start date. No refunds will be issued after the first day of class.