



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
- Ages 10 and up (under 18 must have instructor approval)
- For information please contact Instructor at chemlatte@gmail.com
- CDC guidelines compliant

Held at:
AWC Yuma Campus
GYM 115 on Saturdays

Will meet :
Aug 22, 29,
Sep 5, 12, 19, 26,
Oct 3, 10, 17, 24
(Oct 31, Nov 7, 14, 21,
Dec 5 & 12 make-up dates)

Time:
10:00AM - 11:30AM

**Fall 2020
Session
begins
August 22nd**

**"Space is limited,
Register early"**

REGISTRATION FORM (MAIL, EMAIL OR FAX) Kendo-Fall Session 2020 **\$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 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.