



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



### Held at:

AWC Yuma Campus  
GYM 115 on Saturdays

### Will meet :

Jan 16, 23, 30,  
Feb 6, 13, 20, 27,  
Mar 6, 13, 20,  
(April 3, 10, 17, 24,  
May 1 make-up dates)

### Time:

10:00AM - 11:30AM

**Spring 2021  
Session  
begins  
January 16th**

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

REGISTRATION FORM (MAIL, EMAIL OR FAX)

Kendo- Spring Session 2021

\$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](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 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.