



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
- CDC guidelines compliant



Held at:

AWC Yuma Campus
GYM 115 on Saturdays

Will meet:

Aug. 30
Sep. 6, 13, 20, 27
Oct. 4, 11, 25
Nov. 1, 8, 15, 29

Make up dates:

Dec. 6, 13

Time:

Saturday's
8:00AM - 9:30AM

**Fall session
begins**

August 30



Register here



Email: ContinuingEd@azwestern.edu

Contact if interested: (928) 317- 7674

REGISTRATION HOURS: MON - THURS 8AM - 5PM, FRI 8AM - 4PM. PAYMENTS ACCEPTED VIA PHONE OR WALK IN. PLEASE MAKE CHECKS PAYABLE TO AWC. VISA, MASTERCARD, AND DISCOVER CARDS ACCEPTED.
REFUND/CANCELLATION POLICY: A 100% REFUND WILL BE GRANTED IF A REQUEST IS MADE 2 BUSINESS DAYS PRIOR TO THE START OF CLASS. A 50% REFUND WILL BE ISSUED IF NOTICE IS RECEIVED LESS THAN 2 BUSINESS DAYS PRIOR TO CLASS. 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.