



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

An illustration of a kendo practitioner in a blue gi and white hakama, holding a bamboo sword (shinai). The practitioner is surrounded by stylized orange and red flames.

Held at:
AWC Yuma Campus
GYM 115 on Saturdays

Time:
8:00AM - 9:30AM

**SPRING
SUMMER
FALL
Session**

REGISTRATION FORM

\$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 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.