

Learn to defend yourself  
**AIKIDO**

**14 & up**

**\$40 per month**

**Mon & Wed**

**7-8 pm**

**Recreation**

**Center #2**

**wear loose fitting clothing**



**MARTIAL ARTS ~ AIKIDO**

A Japanese self defense martial art based on non-resistance against an aggressor's force to subdue an attack. Circular & centered body movements are used as a means of defense. It is especially beneficial for women as Aikido does not depend on physical strength & is suitable for any age. Aikido ranks are available.

Instructor **BUD HINDMAN**, a third degree black belt, is a member of Birankai North America.



Boulder City Parks and Recreation Department  
900 Arizona Street 702-293-9256

**Sign up now!**