

Learn to defend yourself

AIKIDO

18 & 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!