

Learn to defend yourself
AIKIDO

14 & up

\$40 per month

Mon & Wed

7-9 pm

Saturday

9-11am

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 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.

Instructor **GENE SINNETT** is a second degree black belt & has been teaching since 2002. Sensei James Goggin, sixth degree black belt, as advisory council.



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

Sign up now!