

# AIKIDO



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## 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.

18 & up

\$40 per month

Mon & Wed

7-8 pm

Recreation Center: Room #2

wear loose fitting clothing



Boulder City Parks & Recreation  
900 Arizona St 702-293-9256

