

AIKIDO AGES 5-ADULT

YOUTH & ADULT AIKIDO

Aikido is a Japanese martial art developed by Morihei Ueshiba. This is an art of physical systems and constant movement which involves throws and joint locks that are derived from Jiu-Jitsu and other Kenjutsu techniques. Aikido focuses not on punching or kicking opponents, but on using their opponents energy to gain control of them or throw them away from you.

Location:

Rec. Hall in Pacheco Park
903 Pacheco Blvd.
Sensei Steven Macillas
209.658.2407

\$35 - All Ages:

Friday 6:30-7:30pm

\$35 - All Ages:

Saturday 8:30-9:30a

Saturday 9:30-10:30a



**ALL SKILL
LEVELS
WELCOME
AIKIDO**

**FOR MORE INFORMATION FOR THESE
CLASSES: CONTACT INSTRUCTOR
REGISTER AT LOSBANOS.ORG
ALL PROGRAMS SUBJECT TO CHANGE**



City of
Los Banos
At the Crossroads of California