

# Martial Arts



# AIKIDO



## Japanese Martial Arts: Kokikai Aikido

Learn to redirect the force, energy and balance of an attack in the traditional Japanese martial art of Kokikai Aikido. Develop practical self-defense skills, confidence, calm, harmony and self-mastery. Training also includes ukemi, uchiwaza, bukiwaza, bukitori, kiatsu acupressure and ki meditation. Contact Thomas Holmes at [www.kokikaidurango.com](http://www.kokikaidurango.com) or 970-799-7632 for information on classes and equipment.

Age	Month	Day/Time	Price	Code
10 & Up	September *	M/Th/F 5:30 - 6:30 pm	\$50	272012-70
10 & Up	October	M/Th/F 5:30 - 6:30 pm	\$50	272012-80
10 & Up	November *	M/Th/F 5:30 - 6:30 pm	\$50	272012-87
10 & Up	December *	M/Th/F 5:30 - 6:30 pm	\$50	272012-92

### Ages 10 & Up

**Location: Durango Community Recreation Center**

**Start Class at anytime. Drop-in price \$12/class**

**\* No Class 9/7, 11/26, 12/24, 12/31**