

Introduction to AIKIDO

A special four-week course to introduce the principles and practice of Aikido will be offered by Durango Shin-Budo Kai Aikido in October-November at the YogaDurango Studio, 1140 Main Ave. in Durango.

Aikido is a nonviolent martial art that teaches practical self-defense with a peaceful mindset and calmness training through movement. The classes for adults and teens will meet on Mondays and Thursday for four weeks beginning Oct. 23 from 5:30 to 6:30. Price is \$32 (50% off regular monthly membership). All graduates receive 30% discount on their next month's dues (\$45).

SBK-Aikido 4th Dan instructor Steve Self, under the direction of 5th Dan Head Instructor Mark Winkworth, will cover the foundational aspects of aikido training, including etiquette, ki-breathing, warm-ups, ki development and aikido techniques. Participants will receive a DSBK Handbook for reference, and a certificate upon completion.

For more information and registration, visit durangoaikido.com and call Steve at 970-422-2803 or email sself@durangoaikido.com.

DSBK Aikido is a registered 501c3 nonprofit educational organization dedicated to spreading the principles and practice of Aikido.

**4 week, 8 sessions. \$45 ages 15 and up
Mondays and Thursdays • 5:30pm to 6:30pm**

Oct 23 - Nov 16, 2017

(Graduates receive 30% off on next months membership, only \$45)

Tuition Includes:

- 8 introductory training sessions
- DSBK Aikido Handbook
- Access to Ki Development Class Tue 4-5.
- Graduates get 30% off next months dues.
- (No practice uniform required.)



Call to pre-register & arrive 15 min before first class.

Located in YogaDurango Studio,
1140 Main Ave. Durango.

Steve Self 970-422-2803



Beginners, visitors and guests are welcome!

durangoaikido.com