

AIKIDO MARTIAL ARTS

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 opponent's energy to gain control of them or to throw them away from you. Sensei Steven Macillas has been instructing in different types of Martial Arts since 1980.

FEES: \$35.00 per month

DAY, TIME, CLASS & AGES:

Friday 6:30-7:30 pm OPEN ALL AGES

Saturday 9:30-10:30 am 5-10 years

Saturday 11:00-noon Women's Self Defense

Saturday 12:30-1:30 pm OPEN to TEEN

Classes are held at the Recreation Hall located in Pacheco Park.

For more information please call 658-2407

