

# AIKIDO WORKSHOP LAS VEGAS

## *Kumi Jo 4-6*

**Sunday August 15, 2010**

**10am-1pm**

### **JAMES STERLING SENSEI SANDAN**

This class will focus on student testing requirements for weapons with SHIDOKAN and ASU, from the basic Kumi Jo 4-6. Understanding that there are many variations to the same movements and techniques in Aikido, and every martial art style and system, the fundamentals of movement and whole body unification with efficiency and effectiveness remains. Repetition for muscle memory, as well as a basic understanding of the purpose of each movement will also be explored. This workshop is open to all skill levels.

This workshop is open to all skill levels. This class provides SHIDOKAN Kyu & ASU Shodan Requirements. All are welcome to observe. Pre-registration is encouraged as there is limited space and all classes will be capped at 20 participants for quality of instruction and safety.

Workshop is conducted by James Sterling, Sandan with the Aikido World Headquarters Dojo in Japan, Sterling Sensei brings a perspective of tactics and strategy from practical application spanning law enforcement & military, personal protection, nightclub & security. Complete bio can be found at [www.desertwindmartialarts.com](http://www.desertwindmartialarts.com).

**\$20.00 pre-registered/pre-paid (recommended)**

**\$30.00 at the door (no guarantee of space availability)**

**Pre-Registration  
& Payment may be made  
at the dojo:**

**SHIDOKAN  
4450 N Tenaya Way Ste. 135  
Las Vegas, NV 89129**

**or on our website:**

**[www.desertwindmartialarts.com](http://www.desertwindmartialarts.com)**

### **ALL ARE WELCOME!**

SHIDOKAN supports the Las Vegas Chapter of Guardian Angels, and all active GA's train free in regularly scheduled Aikido classes.

ALL Police & Military train at 50% OFF  
(AikidoOnly)

**Questions: e-mail  
[shidokandojo@yahoo.com](mailto:shidokandojo@yahoo.com)**



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