

AIKIDO WORKSHOP LAS VEGAS

Kaishi Waza (Reversals)

Sunday September 19, 2010

10am-1pm

JAMES STERLING SENSEI SANDAN

This class will be focused on reversals. Understanding that there are many variations to the same movements and techniques in Aikido, and every martial arts style and system, the fundamentals of movement and whole body unification with efficiency and effectiveness remains. This class will explore transitions in movement and direction of energy, keeping a continuous flow of that energy to effectively control a situation.

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.

\$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

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**



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