

Adults & Children Join the Fun!

Self-defense at the **Spartan Recreation Center**
18560 First Avenue NE • Shoreline, WA 98133

Aikido

Gentle Self-Defense



Adults Tu & Th 7-8:30pm

Children Th 5-6:00pm

Your personal power need never come at another's expense! Discover tools for self-mastery in a friendly community club where men, women, and children from all walks of life train vigorously together with joy and gentleness. Aikido self-defense is non-violent, and strives to take attackers off-balance without causing injury through the use of redirection and gentle grappling techniques. Develop unshakeable calmness and self-confidence while learning how to create personal and social harmony. Our non-competitive training is aerobic, fun, and suitable for everyone regardless of age, gender, experience, or physical strength. **Free trial class. Free uniform upon registration.**

Iaido

Japanese Swordsmanship



Thursdays 7:15-8:45pm

Saturdays 1:30-3:00pm

Release your inner samurai! Japanese sword arts combine ancient techniques with a modern goal of character development: discover what it means to "live a life worth living" through the beautiful forms and discipline of Japanese swordsmanship. We offer high-quality, low-cost instruction in three sword arts: All Japan Kendo Federation Iaido, Tsubomi Aiki-ken/Aiki-jo, and Muso Shinden Ryu Iaido. Our club is affiliated with the Tsubomi Seishin Kan Iaido Kai, okyo, Japan. Travel with us each Fall to train, compete, and test in Japan! **Visitors always welcome.**

All classes at the Spartan Recreation Center, 18560 First Ave NE, Shoreline, WA 98133.
Call Shoreline Parks & Recreation for registration information 206-801-2600.

Tsubomi Seishin Kan Dojo
Japanese Martial Arts & Culture
www.tsubomidojo.com