

CITY OF TEMPE
AIKIDO CLASS



Starts 3/21/23 – 5/23/23 On Tuesdays: 6:15PM to 7:30PM



North Tempe Multigenerational Center

1555 N. Bridalwreath St. Tempe AZ 85281 (Near McKellips Rd & Scottsdale Rd)

Introduction to: Aikido for Self-Defense:

Aikido is a Japanese Martial Art involving some throws and joint locks that are derived from Jujitsu and some throws and other techniques derived from Kenjutsu (sword technique). Aikido focuses not on punching or kicking opponents, but rather on using their own energy to gain control of them or to throw them away from you. It is not a static art, but places great emphasis on motion and the dynamics of movement. Aikido does not focus on physical/muscle strength, using a core and whole-body circular motion to take down the opponents, therefore female or younger adults can use Aikido to protect yourself from much stronger and bigger person. We practice on mats with no shoes for safety of students. No experience necessary.

Register Online: www.tempe.gov/play (or click the image above to go directly)

Scroll down & click **online registration link**

It will take you to new page:

Click on **Activities** (picture of child with Karate Gi)

Type Aikido @the search bar.

Found 1 matching result(s) Sort by: **Name** ▾ 📍 Map view

Martial Arts; Aikido for Self-Defense ⓘ **\$55.00**

New

#77151 / Age 13 and up / Openings 6

📍 North Tempe Multigenerational Ctr

📅 March 21, 2023 to May 23, 2023 🕒 Tue 6:15 PM - 7:30 PM

Enroll Now ❤️

Course #77151

Hit Enroll Now.

You have to create new account to register.

It is \$55 for 10 a week session.

Once you have registered, you can register your family members with same account.