

Y o u t h   S p o r t s   &   F i t n e s s

# Kendo

**Tuesdays and Fridays, 6 p.m.  
at School Age Care Gym  
6-18 Years Old / \$40 per month**

Kendo is a traditional Japanese Martial Art designed to mold the mind, body, and spirit. Instruction will be in English, and students will learn basic Japanese kendo terminology and etiquette. Students learn not only the art of fighting with a Bamboo Sword, but the importance of honor, perseverance, hard work, and discipline.

**No prior experience needed, but practicing kendoka are welcome.**



**For more information  
DSN:262-6265**

