

# 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 6-7:00pm**

**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. AiShinRyu Aikido self-defense techniques are highly-effective yet non-violent, and take attackers off-balance - without causing injury - through the use of redirection and powerful persuasion. Training in AiShinRyu Aikido will help you develop unshakeable calmness and self-confidence while learning to create personal and social harmony. Our practice is fun, aerobic, and suitable for everyone regardless of age, gender, or physical strength. **Free trial class.**

### 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, AiShinRyu Aiki-ken/Aiki-jo, and Muso Shinden Ryu Iaido. Affiliated with the All US Kendo Federation and Pacific Northwest Kendo Federation.

**Free trial class. 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.**

*AiShinKai*  
Japanese Martial Arts & Culture  
[www.aishinkai.com](http://www.aishinkai.com)