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Kendo

KENDO

KENDO IS A FASCINATING AND INTERESTING WAY TO EXERCISE. THIS IS A GREAT WAY TO GRADUALLY GET BACK INTO SHAPE. KENDO IS AN EXCELLENT WAY TO RELAX OUR BODIES AND GAIN EMOTIONAL CONFIDENCE. THIS PROGRAM FOSTERS AN APPRECIATION AND RESPECT FOR OTHERS AND A FEELING OF SELF WORTH.

KENDO IS A JAPANESE SPORT OF FENCING WITH BAMBOO SWORDS. DERIVED FROM THE FIGHTING METHODS OF THE ANCIENT SAMURAI, IT WAS INTRODUCED IN THE 18TH CENTURY. PARTICIPANTS WEAR TRADITIONAL PROTECTIVE GARMENTS, AND THE SWORD IS HELD WITH BOTH HANDS.

CLASSES ARE HELD ON FRIDAYS:
7:00-9:00PM

THIS CLASS IS FOR AGES 8+

COST: \$60 PER MONTH

OR \$150 FOR 3-MONTH SESSIONS

WWW.ACTIVITYREG.COM

ONE TIME COST OF \$30 FOR A BAMBOO STICK WHICH WILL BE PAID TO THE INSTRUCTOR

(JIN KANG)

Contact Brad Vaske @ Bvaske@sjc.utah.gov with any questions or call 801.793.5943

South Jordan Fitness & Aquatic Center | 10866 S. Redwood Rd. | South Jordan, UT 84095

