

# Martial Arts To Protect

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“Functional and tactical 3 dimensional movement, tactical ukemi, self defense and Aikido techniques as well as martial art protective techniques and strategies.

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Possible weapons techniques.”

**Trent Boudreaux Sensei**

**Flagstaff Aikido**

**March 14th, 2020 (Saturday)**

**10AM-12PM, 2PM-4PM**

**Fee/Donation: \$20 to \$40**

*Arizona Aikido Agatsu Dojo: 939 W Camelback Rd, Phoenix, AZ 85013*

*\* All Proceedings will be donated to Arizona Aikido for this Fundraising seminar.*

- No martial arts experience to take the seminar.
- Dress will be gi or comfortable work out clothes. No hakama needed.