

# TUG GETTLING SENSEI

Japanese Aikido, Brazilian Jiu-jitsu, Thai Kickboxing

Beginning Oct. 19, 2010

6:00 pm—7:15 pm



# TACTICAL AIKIDO

Tactical Aikido is a powerful system of self protection that utilizes the principles of Japanese Aikido, the effective grappling techniques of Brazilian Jiu-jitsu, and the formidable striking skills of Thai Kickboxing. Students of this progressive martial art enjoy a multitude of benefits including greater physical fitness, amplified mental clarity, and an increased ability to protect themselves against violent crime.



Classes are held at the Santaquin City Center at 68 East 100 South in Santaquin, Utah 84655. Tuesdays and Thursdays from 6:00—7:15 pm. For more information or to register call the Santaquin Recreation Department @ (801) 754-5805.

