

# Aikido class at the University of Utah (Spring 2024)



For the love of Graceful Movement and Harmony

Enrolling in Aikido: ESSF 1440/440 – Section 1 (Monday: 5:00PM – 6:40PM) or ESSF 1440/440 – Section 2 (Friday: 12:00PM – 1:40PM)



**Aikido** (the Path of Harmony with Nature) is a traditional Japanese martial way which utilizes the principles of calm mind, relaxed body and a strong spirit in daily life. Stated in the simplest way, Aikido teaches that the proficiency in its techniques depends upon the unification of the **TOTAL PERSON**.

Register online at [www.utah.edu](http://www.utah.edu) or [www.continue.utah.edu/noncredit](http://www.continue.utah.edu/noncredit)

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