

UMSL Campus Recreation

AIKIDO Classes

JAN 19 - MAR 11
(8 Weeks)

Tuesdays & Thursdays
1:30-2:45pm
Mark Twain, Aerobics Room

FEES: Students- **\$10**
Fac/Staff/Alum- **\$30**
Others- **\$40**

One-time fee for 8-week program.



A Unique Martial Art

BALANCE ▪ POSTURE ▪ MOVEMENT ▪ RELAXATION ▪ CALMNESS

Learn the power of calmness. Improve your ability to respond to stress and conflict positively and creatively with calmness and relaxation. Learn more about Aikido at- www.stlki.org

INSTRUCTOR: Mark Rubbert

The Head Instructor for the Saint Louis Ki Society, Mark Rubbert, has practiced Aikido and Mind and Body Unification since 1980 and has taught regularly for over eighteen years. He holds the ranks of Godan (fifth degree black belt) in Aikido and Chuden (second-degree black belt) in Ki Development. Mr. Rubbert is certified to teach by Ki Society International as an Associate Ki Lecturer. He continues his studies under various teachers, especially Koichi Kashiwaya, Chief Instructor of the United States. Mr. Rubbert has attended classes with Koichi Tohei in the United States and Japan. Regular classes are taught by the Head Instructor and other instructors under his direction and certification.

Sign up in the Campus Rec Office, 203 Mark Twain, 516-5326

www.umsl.edu/services/recsport