

## Aikido V

Further progress in aikido study is pursued at the nationally reputed Boulder Aikikai under the tutorship of Naropa's aikido faculty. Students deepen their understanding, skill and strength in ukemi, execution of basic and advanced techniques, participate in bokken, jo, tanto training and randori practice. Readings, discussions and reflective writing are required during weekly off-mat meetings. Students are also required to keep a daily practice journal. This upper-level martial arts course is available for variable credit (2-3). Please contact the Department for further details. Cross-listed as TRA450.

Course Number: TRA573

Unit: 3.0

Program: GRAD/UNDG Trad Estrn Art