With Classes Coming in January 2023

IAIDO PROGRAM
(The Art of the Japanese Sword)

Iaido is the formal art of 'Drawing the Sword'.
        This Program will offer classes in the style of Muso Jikiden Eishin Ryu Iaido, as well as reinforcing the use of the Japanese Sword through Solor Forms, Partner Drills, 'Kendo Kata', and Tameshigiri (the art of cutting targets).

IAIDO PROGRAM – Starting Tuesday, January 3, 2023, from 6:00-7:15 pm**.
        This class is open to Teen & Adult Ages (12 years and above),. No previous martial arts experience needed, and New Members need not be enrolled in karate to attend these classes.

(Please note: Classes in Iaido are not included in the monthly tuition for Karate. Please contact our office for Program Details & Pricing. Thank you!)
        **Schedule Note: Starting Jan.3, 2023, the Adult Karate Class will be held from 7:15-8:15 pm

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Join us for a FREE "Intro to Iaido" Class,
Dec.6th, 6-7:30 pm.
With Sensei Barry Poitras (5th Degree Black Belt in Iaido/Kendo)
Space is Limited, Email us to Register.

NO Experience needed, for ages 12 yrs & above, This class is open to non-students as well.

**Schedule Note: On Dec.6th only, the Adult Karate Class has been changed to 7:30-8:30 pm

What is Iaido?
        Iaidō is a Japanese martial art that emphasizes being aware and capable of quickly drawing the sword and responding to sudden attacks.

        Iaido consists of four main components, as practiced in the Kata (Solo Forms): the smooth, controlled movements of drawing the sword, striking or cutting an opponent, cleaning the blade, and resheathing the sword in the scabbard.

        In Iaido, the emphasis is on precise, controlled, fluid motions. This art is sometimes referred to as "moving Zen (meditation).

        New students begin their practice of Iaido with a wooden sword (bokken). With time, these students will begin to practice using a blunt-edged sword called an iaitō. Only at the top levels of experience will iaido practitioners use a sharp-edged sword (shinken).

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