



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Traditional Japanese Swordsmanship Tuesday Nights 6:30 pm to 7:30 pm

Japanese Swordsmanship (Iaido) by its very nature cultivates an environment of mental and physical discipline. By adding structure and discipline back into life, we find a calmness of mind and richness of spirit not common to our world today.

Iaido, or the way of drawing the sword, was developed in Feudal Japan as a means for samurai to protect themselves in the street when confronted by other trained swordsmen. Eshin Ryu Iaido, as a traditional martial art, has been around for about 450 years survived thru direct lineage by Miura Takeyuki Hirefusa. Its name means unequaled direct-lineage Eshin-style Iaido

“saya no naka no kachi”

“Victory comes while the sword is in the Saya”

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www.grantspassymca.org

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