



Steel Stick Workshop

Topics covered will include the following:

How to use the steel stick	Surprise attacks
How to strike correctly	Attack scenarios
How to open/close the stick	Close range fighting
Striking/Grappling Techniques	

About the Workshop

- Utilize reality based concepts and techniques in order to learn how to defend yourself
- Realistic steel stick attacks and scenarios
- This will be an open learning and sharing forum
- "Non-competitive" atmosphere geared towards the learning, sharing and communication process

No prior martial arts experience is required in order to participate in this workshop

- Adults only (18+ years old) men and women of all ages and sizes
- Wear comfortable clothing

Price: \$20 – does NOT include the steel stick (see prices below)

Please email if you plan on attending

Date: February 20, 2010

Time: 1:30 PM – 3:30 PM

Please email the dojo if you would like to purchase a steel stick for the workshop

Steel stick prices (select a size):

16" = \$22

21" = \$25

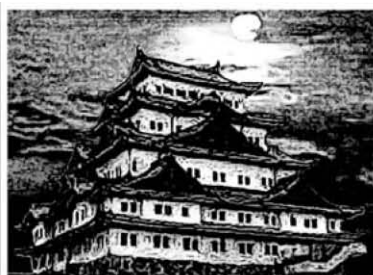
26" = \$27

Steel sticks can be purchased through the website –order by 2/13/2010

Please visit the website for directions to the dojo: <http://njninja.com>

Email: contactus@bukeyashikidojo.com - Phone: (201) 203-0822

1171 Madison Ave Paterson, NJ - Located in the Aikido Center of NJ dojo second floor



Bujinkan Bukeyashiki Dojo
House of Honor and Respect

武神館武家屋敷道場

