

TAKENOUCHI-RYU BITCHUDEN KOBUDO

SHOUFUKAN DOJO

竹内流松風館



JUJITSU (LOCKS, RELEASES, THROWS), STAFF, SHORT STICK, SWORD...



BEGINNERS COURSE - FREE!

THURSDAY 18 SEPTEMBER, 8:00 PM
FOR EIGHT WEEKS

MIRFIELD COMMUNITY CENTRE
WATER ROYD LANE WF14 9SG

Open to adults or young people aged 14+ we aim to give an insight into the training methods and techniques of the Samurai. Activities will include hands on sessions; demonstrations; videos; and some basic self-defence techniques. Contact us for more info, look at our website or come along on the night.

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TAKENOUCHI-RYU: TEACHING SURVIVAL SINCE 1532