

TAKENOUCHI-RYU BITCHUDEN KOBUDO
SHOUFUKAN DOJO

竹内流松風館



BEGINNERS COURSES - FREE!

ADULTS: THURSDAYS 17 SEPTEMBER 8:00 PM

JUNIORS: SATURDAYS 19 SEPTEMBER 10:00 AM

8 WEEKS, JOIN AT ANY TIME. MIRFIELD COMMUNITY CENTRE, WATER ROYD LANE, WF14 9SG

Open to adults (Thursdays) young people aged 10+ (Saturdays). We offer you an insight into the training methods and techniques of the samurai. You will get to try things out; see demos; videos; and learn some basic self-defence techniques. Contact us for more info, look at our website or just come along.

☎ **0844 870 1532** **SHOUFUKAN@GMAIL.COM** **WWW.SHOUFUKAN.MYZEN.CO.UK**

TAKENOUCHI-RYU: TEACHING SURVIVAL SINCE 1532