



# **SAMURAI SWORD CLASS**



**What does it mean to be SAMURAI?**

**All ages welcome!!**

# Iaido - Japanese Swordsmanship

Iaido is a form of modern budo (way of the warrior) based on the traditional sword techniques of the samurai.

The essence of iaido is to draw the sword, defeat your opponent and resheathe the sword.

Anyone from teenagers to older adults can attain the physical and mental benefits of iaido practice.



Deborah Klens-Bigman has studied iaido for over 25 years. She holds dan (black belt) rankings in three styles of iaido, and has studied other weapon arts. She is the chief instructor of laikai dojo.

ALL MATERIALS WILL BE PROVIDED TO ROOKIE SAMURAI

**Date & Time:** Once a week on Thursday  
at 6:30 PM - 7:45PM

**Fee:** \$20 for adults / \$15 for students

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