



FYLDE BUDOKAI



Traditional Japanese Samurai Arts

Shinto Muso Ryū - Jodo

Shinto Muso Ryū Jodo is a traditional martial art from Japan using a 4' staff or **Jo**. **Jodo** comprises of **kata** practiced in pairs, one person using a Sword (**Uchidachi**) and another using the **Jo** (**Shidachi**).

The art was devised by the samurai **Muso Gonnosuke** in the early 1600's. **Gonnosuke**, who supposedly used these techniques successfully in a duel with **Miyamoto Musashi** Japans most famous swordsman. The original art created by **Muso Gonnosuke** has evolved and been added to from its inception until modern times. The art was successfully brought outside of its original domain in **Fukuoka** and outside of Japan itself in the 19th and 20th century. The spreading of **Shinto Muso Ryū** beyond Japan was largely the effort of **Takaji Shimizu Sensei**, considered to be the 25th headmaster of the **Shinto Muso Ryū** lineage.



Muso Jikiden Eishin Ryū - Iaido



Iaido is the Japanese art of drawing and cutting using the **Katana** or long sword. A basic **Iaido** kata combines drawing the sword with either a defensive block or cut, usually followed by a second cut, then **Chiburui** (moving the blade in such a way as to remove blood) and finally **Noto** (returning the blade to the scabbard). Originally **kenjutsu** or traditional swordsmanship and **batto-ho** sword-drawing techniques were taught as battlefield techniques. Today **Iaido** is used not only to teach sword techniques, but as a form of mental and physical discipline, emphasizing correct technique and form, meditation and character development.

Contact:	Venue:	Training Times:
Mark Taylor 07906 583 443 mark@FyldeBudokai.com www.FyldeBudokai.com	St Annes Pensioners Association Hall (Next to YMCA) St Albans Rd Lytham St Annes Lancs FY8 1UZ	Sunday: 19.00–21.00