

B u j i n k a n B u k e y a s h i k i D o j o

819 Van Houten Ave Clifton, NJ

(Located inside of "In-Step Fitness" – next door to Walgreens)

Phone: 201-203-0822

E-mail: contactus@bukeyashikidojo.com Website: <http://NJninja.com>

What is the Bujinkan Bukeyashiki Dojo all about?

The Bujinkan Bukeyashiki Dojo (BBD) is a dojo led by Shidoshi Mike Reina, Godan (5th degree). He has been training in the martial arts for over 30 years. Mike travels to Japan once a year to continue his martial art education with the Grand Master, Dr. Massaki Hatsumi of Noda, Japan. Along with traveling to Japan yearly he also participate in countless seminars and workshops throughout the NY/NJ and PA area, training and learning from some of the leading martial art instructors in the world.

What can I expect from a typical training session?

Most of our sessions will consist of the following: authentic martial art techniques, realistic self defense techniques and scenarios, grappling and weapons training. We learn to use distance, angling and timing instead of using speed or strength. At **BBD**, training involves "safety first" - we all have to go to work the next day.

Do I need to buy a uniform?

We do NOT require you to buy a uniform however most students do buy them. We do ask you to wear comfortable clothing and bring water to drink. The **BBD** does sell uniforms & they are to be purchased by the student at their discretion.

Do I need to have previous martial art experience?

Absolutely not! Beginners as well as experienced martial artist of other styles and disciplines can come and train. We teach realistic self defense techniques for real people.

Class schedule

Please check the website for all details and driving directions. Your first class is always **FREE**.

Class fees: Adults \$70 per month or \$20 per class – **Minors** \$55 per month or \$20 per class

Adults – Wed & Thurs 7:30 PM – 9:30 PM and Sat 10:00 AM – 12:00 PM & 1:30 PM – 3:30 PM (2 classes)

Women Only - Wed & Thurs 8:30 PM – 9:30 PM and Sat 3:30 PM – 4:15 PM

Little Ninja Age 4–9 Wed 6:30 PM – 7:00 PM and Sat 12:00 PM – 12:45 PM

Shinobi Age 10–17 Wed 7:00 PM – 7:30 PM and Sat 12:45 PM – 1:30 PM

Present this flyer at the dojo to receive ONE FREE WEEK of training. Offer valid till December 31, 2011

New students ONLY