

The Three R's

Respect yourself

Respect others

Responsible for your own actions

NO Belt Fees

NO Testing Fees

NO Competitions

NO Forms

just realistic martial art training...



201. 203. 0822

“YOU are responsible for YOUR own Training”

819 Van Houten Ave Clifton, NJ

*Located inside of "In-Step Fitness"
Next door to Walgreens*

201.203.0822

<http://NJmartialarts.com>

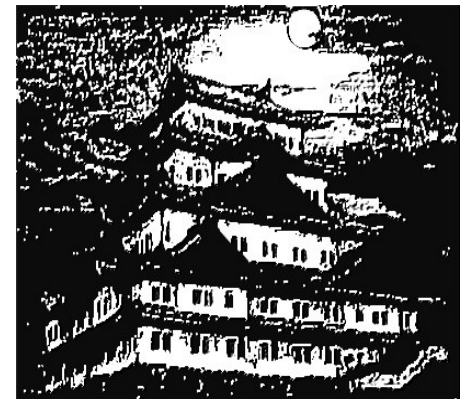
contactus@NJmartialarts.com



Bujinkan Bukeyashiki Dojo



House of Honor and Respect



819 Van Houten Ave Clifton, NJ

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Authentic Ninjutsu Training – Realistic Self defense

Bujinkan Bukeyashiki Dojo offers

a variety of programs suitable for everyone. Here's a brief introduction of each program.

Little Ninja

Age 4 – 9

For children ages 4–9 we provide a fun, age-appropriate curriculum to build basic gross motor and social skills and prepare our students for our Shinobi curriculum. We provide a safe and non-competitive environment to learn jumping, rolling, falling, punching and kicking. We encourage the children to feel comfortable with falling down and rolling on the ground. To improve their eye and hand coordination we teach them the basic punching and kicking drills.



Our main focus at this level is to teach them to feel comfortable in the dojo and how to interact with other children their own age. Parents are always encouraged to participate with their children in order to promote a comfortable family environment.

Ask about a FREE class

201. 203. 0822

Shinobi

Age 10 – 17

For children ages 10 thru 17 we teach a sound Ninjutsu curriculum that engages and challenges all students! Our class is fast paced and exciting. We provide a safe and non-competitive environment to learn the foundations of this martial art. Our class consists of the following: stand up fighting and ground fighting, grappling, rolls and falls. We also introduce them to the foundational use of weapons (traditional and non-traditional).



NO Contracts or Credit Card forms

They also learn to use distance, angling and timing instead of speed or strength. To improve their eye and hand coordination we teach target acquisition and we run through many different martial art punching and kicking drills as well. Our main focus at this level is to make them feel comfortable and confident to be able to defend themselves intelligently.

Monthly themed workshops

Adults

Our adult class is fun and exciting. It's open to men and women age 18 and over and we provide a safe and non-competitive environment to learn. We teach authentic Bujinkan Budo Taijutsu. Our Dojo also teaches self defense techniques (standing and on the ground) from a formal, traditional and realistic standpoint.



Our martial art training is authentic and realistic with safety being our primary concern. We also offer training in traditional and non-traditional weapons. We practice striking, grappling, rolls and falls. We teach our students to learn how to use distance, angling and timing instead of speed or strength.

Our main focus is to teach how to defend themselves and their loved ones. We offer aerobic, strength-building workouts which develops your core, speed, flexibility, improved focus, awareness and concentration.

Private and Corporate lessons available

<http://NJmartialarts.com>