



Kutoban Workshop

Topics covered will include the following:

How to hold a kutoban	Surprise attacks
How to strike correctly	Attack scenarios
Striking/Grappling Techniques	Close range kutoban fighting

About the Workshop

- Utilize reality based concepts and techniques in order to learn how to defend yourself
- Realistic kutoban attacks and scenarios
- This will be an open learning and sharing forum
- "Non-competitive" atmosphere geared towards the learning, sharing and communication process

No prior martial arts experience is required in order to participate in this workshop

- Adults only (18+ years old) men and women of all ages and sizes
 - Wear comfortable clothing

Price: \$20 – includes one kutoban (cash only) - please email if you plan on attending

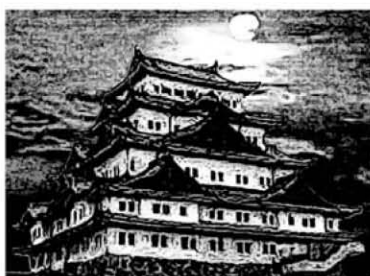
Date: January 23, 2010

Time: 1:30 PM – 3:30 PM

Please visit the website for directions to the dojo: <http://njninja.com>

Email: contactus@bukeyashikidojo.com - Phone: (201) 203-0822

1171 Madison Ave Paterson, NJ -Located in the Aikido Center of NJ dojo second floor



Bujinkan Bukeyashiki Dojo
House of Honor and Respect

武神館武家屋敷道場

