

**Discipline**

紀律

**Respect**

尊敬

**Spirit**

精神



# KENDO

**Traditional Japanese Fencing**  
(course for Adults and Children)

Ken 劍 'sword' and Do 道 'way', means 'the way of the sword'. Kendo is a modern martial art originated from Japan, descended from swordsmanship 'kenjutsu' and practitioners or 'kendoka' uses bamboo sticks 'shinai', head gear 'men' and protective armour 'bogu'. Kendo is an activity that combines martial arts practices and values with strenuous sport-like physical activity.

Date : **Every Wednesday**

Age : 12-18 years

Time : **4:00pm-5:00pm (12-14 years old)**  
**5:00pm-6:00pm (15 years old & above)**

Fee : \$160 per class

Venue : Squash Court A



**Ignacio Alba Ruiz**  
*Kendo 4th Dan Master*

Chairman and Instructor of Spain Hong Kong Martial Art Association  
Technical Director (National of Kendo) of Federation of Spain Arte  
Martial Instructor International of FEDAMC Kendo Federation.

Sense Ignacio has more than 30 years of experience in Martial Art practice including Kendo, Laido, Taekwondo and Hapkido in Japan, Korea, China and Europe.

For further enquiries and registration, please contact the Fitness Centre on 2657 8292