

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 Tuesday**

Fee : \$160 per class

Time : **4:00pm-5:00pm**

Venue : Squash Court A

Age : 13 years old and above



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.