

Iaido

Japanese Sword Martial Art

Iaido is a Japanese martial art that emphasizes being aware and capable of quickly drawing the sword and responding to a sudden attack.

This martial art is associated with the smooth, controlled movements of drawing the sword from its scabbard (or saya), striking or cutting.

Iaido encompasses hundreds of styles of swordsmanship, all of which subscribe to non-combative aims and purposes. Iaido is an intrinsic form of Japanese modern budo.

Students will also learn to build their high self-discipline, increase focus and sensitivity, and resolute will.

In classes, students will only use non-cutting swords made from wood.

Date : Every Thursday

Time : 7:00pm-8:00pm

Age : 18 years and above

Fee : \$200 per class

Venue : Squash Court A

Instructor : Ignacio Alba Ruiz
3 DAN Iaido Master

