

Iaido

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.

Date : Every Sunday

Time : 10:30am-11:30pm

Course Fee : \$200 per class

Age : 14 years and above

Venue : Squash Court A

Instructor : Ignacio Alba Ruiz
3 DAN Iaido Master



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

***No class during Public Holidays**

Japanese Sword Martial Art



To sign up, scan the QR code or call The Fitness Centre on 2657 8292 for enquiries.