

Discipline

紀律

Respect

尊敬

Spirit

精神

KENDO

Traditional Japanese Fencing



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.



*No class during Public Holidays

Day : **Sunday (Advanced)**

Time : 9:00am-10:30pm

Fee : \$240 per class

Age Group: 8 years old & above

Venue : Squash Court A



Kendo Master Ignacio Alba Ruiz (4 Dan) is the 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, Iaido, Taekwondo and Hapkido in Japan, Korea, China and Europe.

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