



KENDŌ

剣道

THE DISCIPLINE OF A MARTIAL ART
THE EXCITEMENT OF A SPORT



Darwin Kendō Club

will be holding a 12-week beginners' course commencing on
Wednesday 2 August 2017 from **7:00pm to 8:30pm**
at **Darwin Squash Centre, 6 Marrara Drive, Marrara**

All enquiries to : **Bernard Yehuda (Kendō 4th Dan)**

E-mail : **Bernard.Yehuda @ GMail.com**

Phone : **0430 398 358**

Website : **www.DarwinKendo.com**

Cost : **\$300 ***

* Includes annual membership to the *Australian Kendo Renmei*,
plus your own uniform, bamboo sword, and sword bag.

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" There is no success without friends. "

Kendō 剣道 *The Way of the Sword*



Kendō (剣道), meaning the “the way of the sword”, is a Japanese martial art based on traditional swordsmanship that dates back hundreds of years. Modern Kendō however is more than just a martial art – it is also a sport widely practised internationally, with 57 countries currently under the banner of the international federation.

Kendō practitioners wear traditional uniform (*keiko-gi* and *hakama*) and a set of padded armour (*bōgu*), striking with a bamboo sword (*shinai*). Practitioners of all ages and background practise *Kendō* for many reasons – fitness, competition, self-development, or even fun.

The concept of Kendō is to *discipline the human character through the application of the principles of the sword*.

Darwin Kendō Club - 2017 Beginners' Course

The Beginners' Course is open to everyone, generally above 15 years old. The course is designed to provide an introduction to the martial art and sport of Kendō, as well as a basic understanding of foundational Kendō practice, including: etiquette, footwork, techniques, history, kata, and competition.

Kendō in Darwin started in 2013, and Darwin Kendō Club was established in November 2015. The club is affiliated with the national organisation *Australian Kendo Renmei* and *International Kendo Federation*.

Instructors

Bernard Yehuda

Chief Instructor, Kendō 4th Dan

Nigel O'Brien

Instructor, Kendō 3rd Dan

Club Training Sessions

Wednesdays 7:00pm – 8:30pm

Saturdays 10:00am – 11:30am

Darwin Squash Centre

6 Marrara Drive, Marrara

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