

Learn Traditional Japanese Martial Arts in Dublin City Centre.

8 Week Introductory Course starting on
the 7th of March, 2011.

Bujinkan Budo Taijutsu is a complete martial
arts system which combines both armed and
unarmed fighting techniques.

Our syllabus covers throwing, locking and
striking techniques as well as traditional
weapons including sword, staff and halberd.
Training is open to both men and women
over the age of 16 and is conducted in a
relaxed and informal atmosphere.

The course is intended to provide a basic
introduction to Bujinkan Budo Taijutsu
including:

Stretching/warm up exercises
Rei-ho (etiquette)

Ukemi (rolling and breakfalls)
Kamae (postures)

Basic unarmed techniques
Introduction to hanbo (three-foot staff)

If you are interested in viewing a class or in
taking part in our beginners' courses please
visit our website at www.jishindojo.com

Bujinkan Jishin Dojo,
St. Ann's Resource Centre,
Schoolhouse Lane,
Dublin 2.

武神館助命道場



www.jishindojo.com