

# 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](http://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](http://www.jishindojo.com)