

Bujinkan Basics - Bridging the Gap



- Detailed look at the kihon happo (basic techniques) that form the basis of the Bujinkan Training System.
- Creating Flow, the movement between the movements
- Conditioning for a Budo Body.



The seminar is open to all levels of participants and will be taught in a non-competitive atmosphere. There will be a short break during the seminar, so please bring your own lunch or snack, if needed.

For more information, or to register, please contact Jon at Jon@WarriorFitness.org.

When: Saturday, April 24
12 pm - 5 pm

Where: Redemption Kettlebell Gym
879 Rt. 130 North,
Hightstown, NJ, 08520
(New Jerusalem Christian Church)

Cost: \$50

What is Bujinkan Martial Arts?

The Bujinkan or “Divine Warrior House” is an international training association headed by Dr. Masaaki Hatsumi and is based in Chiba Prefecture, Japan. Dr. Hatsumi is the 34th Grandmaster head of nine koryu or feudal-era martial traditions passed on to him by his teacher, Toshitsugu Takamatsu – the last combat Ninja of the 20th Century. The Bujinkan is composed of nine warrior schools.



About Jon - Jon has been training in the Bujinkan for over 20 years and holds the rank of 9th dan. He is also the owner/founder of the Warrior Fitness Training System.



www.WarriorFitness.org