

THE ART OF THE JAPANESE SWORD

IAIDO



Free Introduction

Authentic Lineage

Discover the Samurai within at Seishinkan Dojo

The Japanese martial art Iaido (“Ee-eye-doe”) was used by samurai to prepare mentally and physically for combat. Learn to draw a real (or *almost* real) sword to cut down imaginary opponents, while developing concentration, coordination and strength.

That said, Iaido techniques are defensive; rather than teach how to kill, they teach us the value of human life. In that way, Iaido has evolved to infuse proper spirit over all else.

Join us *Tues, Thurs evenings or Sat mornings* as we polish our skills and our souls.

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