

POUND RIDGE RECREATION

JODO

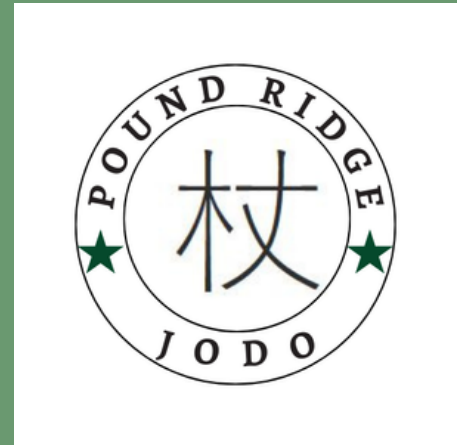
SPRING 8 WEEK COURSE

DATES: 4/8, 4/10, 4/14, 4/17,
4/21, 4/24, 4/28, 5/1, 5/5, 5/8,
5/13, 5/15, 5/20, 5/22, 5/27, 5/29

6:00-8:00 PM

CONANT HALL

**\$100 REGISTER ON COMMUNITY
PASS**



JODO, OR "THE WAY OF THE STICK", IS A CLASSICAL MARTIAL ART THAT DATES BACK 400 YEARS TO THE TIME OF THE SAMURAI. CENTERED AROUND A 4-5 FT. LONG SIMPLE WOODEN STAFF CALLED A JO.

POUND RIDGE JODO IS CURRENTLY OFFERING AN EIGHT WEEK INTRODUCTORY COURSE COVERING:

STICK PHILOSOPHY AND SAFETY

BASIC JO POSTURES AND MOVEMENTS

PAIRING THE JO EXERCISES WITH JAPANESE BOKKEN, (WOODEN SWORD)

INTRODUCTION TO KATAS, OR FORMS OF SCRIPTED MOVEMENTS AND ACTIONS.

THE FOCUS OF THE TRAINING WILL BE ON TECHNIQUE, RHYTHM, AND TIMING. THE ROOT OF THIS ART IS COMBATIVE AND AS SUCH THE BEARING AND CONCENTRATION REFLECT THAT, HOWEVER, THE PURPOSE OF PRACTICE TODAY IS SELF-PERFECTION OF THE PARTICIPANT. PARTICIPATION IS PHYSICAL BUT SAFE SINCE ACTUAL PHYSICAL CONTACT IS LIMITED TO THE JO AND BOKKEN AND NOT TO THE BODY OF THE PARTICIPATE.

THROUGH JODO PRACTICE ONE CAN EXPECT TO GAIN STRENGTH AND DEXTERITY OF MOVEMENT, WHILE IMPROVING POSTURE, JUDGEMENT, AND CONFIDENCE.

[CLICK HERE FOR WEBSITE](#)
EMAIL: INFO@POUNDRIDGEJODO.COM