



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
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## **Traditional Japanese Swordsmanship Tuesday Nights 6:30 pm to 7:30 pm**

Japanese Swordsmanship (Iaido) by its very nature cultivates an environment of mental and physical discipline. By adding structure and discipline back into life, we find a calmness of mind and richness of spirit not common to our world today.

Iaido, or the way of drawing the sword, was developed in Feudal Japan as a means for samurai to protect themselves in the street when confronted by other trained swordsmen. Eshin Ryu Iaido, as a traditional martial art, has been around for about 450 years survived thru direct lineage by Miura Takeyuki Hirefusa. Its name means unequaled direct-lineage Eshin-style Iaido

**“saya no naka no kachi”**

“Victory comes while the sword is in the Saya”

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[www.grantspassymca.org](http://www.grantspassymca.org)

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