

Preparation for Beginners

1. You will need to purchase a **Shinai** (bamboo sword), **Tsuba**, **Tsubadome** (parts that goes with shinai), and Tenugui (kendo towel). Equipments are available to purchase at the Dojo.
2. Dress in comfortable clothes like you would go to the gym. (example: T-shirt and sweat pants, or basket ball shorts)
3. Optional, you can bring hand towel and extra set of clothes.
4. Sensei (Instructors) will be speaking in Japanese from time to time, but they will translate later in English. Be prepared to have an open mind and heart to the Japanese culture and language.
5. Have Fun!

If you have any questions, feel free to ask any of our Sensei (Instructors) or Kenshi (students).

KENDO CLASS DAYS

Saturday

8:30am ~ 10:30am