



**TRAIN TO DRAW AND USE THE
JAPANESE SWORD TO FOSTER
SELF DISCIPLINE, PATIENCE,
AND STRENGTH OF SPIRIT.**

**BATTODO OF
MONMOUTH COUNTY WILL BE
HOLDING REGULAR BATTODO
CLASSES AT AIKIDO OF RED
BANK!**

MONDAYS, 8:00 TO 9:00 PM

Russ Gordon (Instructor, Battodo of Monmouth County) will be holding regular weekly classes Mondays at 8:00 PM at Aikido of Red Bank beginning September 19th.

The curriculum will be US Federation of Battodo and Toyama Ryu kata, kumitachi, tameshigiri, and gekken.

No registration and no fees for the 19th and 26th of September so come in and participate or observe.

No uniform is required, just comfortable, loose fitting clothing like sweats. If you already possess gi, hakama, and bokken or iaito feel free to bring them.

See you on the mat!

Aikido of Red Bank is located:

350 Route 35 (South) | Middletown, NJ (behind Gloria Nilson Realty)

Battodo of Monmouth County | russ.j.gordon@gmail.com | 848-218-3396

Aikido of Red Bank | info@aikidoredbank.com | 732-224-8910