

Ninja Kenjutsu Japanese Sword Kihon Fundamentals

Category: » **DVD/CD movies**



Product ID: **SKH0003**

Manufacturer: **SKH Quest Center**

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KUKISHINDEN RYU KENJUTSU KIHON is a 80 minute DVD video home-training long-distance learning program full of exercises, insights, and instructions for passing the test for Kihon Fundamentals diploma licensing in the martial art of Japanese Sengoku-jidai Warring States sword technique taught in Stephen K. Hayes' martial art of To-Shin Do. This one-of-a-kind DVD covers techniques and tactics for developing the kind of skill for which the ninja invisible warriors of Japan became legends.

KUKISHINDEN RYU KENJUTSU KIHON DVD

- Ten Fighting Postures
- Fundamental Cutting Drills
- Formal Salutes
- Mental Focus
- How to take your test

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