

# JULY 2009 QUEST EVENT

Classical Ken-jutsu and Batto-jutsu

FEATURING

**MASTER HANSHI CEZAR BORKOWSKI,**

9th Dan, International Director, Northern Karate Schools

Earlier this month, NKS Masters Club members were provided the opportunity to practice traditional Japanese fencing techniques. Brown and Black Belt students and teachers reviewed etiquette, fundamental postures, draws, kata (forms), and partner exchange drills (kumitachi) of Katori Shinto Ryu and Yagiu Shinkage. Students also viewed rare historical footage of Japanese Ken-jutsu and Batto-jutsu masters preparing and cutting tamashiwara.

The workshop culminated in tamashiwara, or “spirit testing techniques”, where each participant demonstrated their cutting prowess.



For more information regarding FREE Quest Events and other advanced program benefits, please see NKS student care representatives.

***The NKS Martial Arts System features empty-hand, traditional and modern weapons training, as well as cutting-edge hybrid programs including Combat Veritas® (mixed martial arts), Cardio Combat® (combat fitness) and Budo Bliss® (martial arts+yoga+zen fusion).***