

NKS QUEST EVENTS



HANSHI'S QUEST EVENT KORYU JIU-JITSU SAMURAI DEFENCE

In an homage to our samurai 'ancestors', Master Borkowski acquainted NKS Midtown Masters students with the six principles of *Koryu Bujutsu*:

<i>Rei</i>	Correct Formal Personal Conduct
<i>Metsuke</i>	Eye Contact
<i>Maai</i>	Distancing
<i>Kokyu</i>	Breathing
<i>Kuzushi</i>	Unbalancing
<i>Zanshin</i>	Remaining Mind/Full Effort

NKS' CURRICULUM FEATURES A UNIQUE BLEND OF TRADITIONAL AND CONTEMPORARY TRAINING.

In keeping with our commitment to *provide the best martial arts and life skills education*, there are no additional fees for special activities.

For information about QUEST EVENTS and other program benefits, consult NKS Student Care reps.

