



**Next Session  
Starts**

**January 19, 2016**

**REGISTER AT:  
Dahlgren Fitness  
Center**

**For more  
information contact:  
540-653-8580**



# LEARN BUJINKAN BUDO TAIJUTSU

**Instructed by Shidoshi Calvin Price  
(5<sup>th</sup> Degree Black Belt)**

**Tuesdays 6:30 p.m. - 9 p.m.  
\$50 for 3 months for Active Duty  
All others \$75  
16 yrs old & up**

## **WHY LEARN BUDO TAIJUTSU?**

Society today, of course, is no longer feudal. We don't have Samurai riding through the neighborhood trying to cut our heads off, rather, we now have drive-by shootings, car-jackings, gang related crimes, road-rage, etc. This art does not involve sport competition in tournaments. Budo Taijutsu is more suited to today's lifestyle, where there are no rules, no time-keepers, judges, referees, no weight divisions, etc. It involves getting home safely.

## **HOW ARE BUJINKAN MARTIAL ARTS DIFFERENT?**

Bujinkan Budo Taijutsu (combat body skills), is one of the few surviving complete martial arts. Undiluted by an emphasis on tournaments, sport technique, or artificial rules, it teaches shinkengata - actual combat consciousness.

You will learn aggressive and defensive techniques to help you defend yourself. Budo Taijutsu is a complete martial art, incorporating strikes, punches, kicks, throws, locks, tumbling, weaponry, stealth, meditation, spiritual empowerment, and a literally unlimited universe of henka (variations).

This 1000-year old tradition is ideal for actual personal defense since it requires neither speed nor strength, but relies on distance, interval and natural movement.

## **CLASS ORGANIZATION**

This is a 2.5 hour class. You can attend the whole class, or any 1.5 hours within the 2.5 hours. You will need to attend for at least 1.5 hours per week in order to make progress. Each time you attend you will work at your own pace and receive individual attention and instruction.