



Athens Nito Ryu 二刀流 Seminar

24-25-26 February - Athens - Greece

www.niten-dojo.com

Nito Ryu is a two sword style based on Miyamoto Musashi-sensei's ancient style, modern kendo use two different shinai

- Kodachi (called *shoto*)
- Katana (called *daito*)

for this seminar it's preferable to have your own Nito set (shoto & daito)

Schedule

Friday 24th February

Short seminar introduction (2 hours)

- first approach to Nito Ryu
- How to work with/against Nito Ryu player
- Opening Keikos

Saturday 25th February

Morning course: Nito Ryu basics (3 hours)

- Seminar introduction
- Warming up (10')
- "How to move": movements and footwork (30')
- Nito Ryu (二刀流) principles & Kihons (基本) (1h30')
- Mawari keikos (30')

Afternoon course: Nito Ryu basics (3 hours)

- *Niten Ichi Ryu Musashi Kai Kendo no kata* (二天一流 武蔵会) (1h-1h15')

- Nito Ryu techniques (Shikake waza and ohji waza) (45'-1h)
- Ji-Keikos (30')
- *Tai-Shiai*: demonstration keikos (30')

Sunday 26th February

More Nito Ryu principles (3 hours)

- Warming up
- Nito Ryu Kirikaeshi
- How to manage Nito Ryu kamae
- More Nito Ryu techniques
- Mawari keiko & Ji-Keiko
- Seminar Conclusion

Δημοσιεύτηκε από τα [Έγγραφα Google](#) – [Αναφορά κατάχρησης](#)
