

Ten-Gen-Kai-Noosa-Martial-Arts

Iaido - Japanese sword art - Kenjutsu - sword fighting - Kendo - way of the sword

Martial Arts - Fitness

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When you train at Ten Gen Kai Noosa Martial Arts you'll be learning authentic Japanese Sword skills by studying the art of Iaido.

IAIDO - is a 450 year old traditional Japanese sword art. A typical action consists of drawing and cutting with the blade then returning it to the scabbard. The focus is on form and precision sword handling. (We use a non sharpened training blade for this practice).

KENJUTSU - was primarily designed to prepare samurai, as well as ordinary soldiers for combat on the battlefield. At the simplest level, it can be viewed as the practical application of the samurai sword. (We use safe padded swords and helmets for this practice). BOTH ARTS cover many physical aspects such as balance, co-ordination and strength; however the goal is not just to learn techniques, but also to cultivate the mind and spirit.

Please see our [website](#) for more details.

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