

KENDŌ

(the way of the sword – the formal art and practice of Japanese swordsmanship)

- Kendō is a vigorous physical activity, but it is more than just a sport.
- Kendō has elegance and beauty, but it is more than just a “martial art”.
- There are codes of behavior and a focus on the correct state of mind that make kendō a philosophy, a way of life. It is, most importantly, a way to discipline the human character through the application of the principles of the katana.
- **Sēdōkan Kendō is not for profit so classes are free.** We practice at the Zoo Health Club: 546 Woolbright Road, Boynton Beach, FL 33435. You can join us by becoming a member of the Zoo Health Club or by paying for a day pass. Please check the website for more information and contact us to arrange a visit.

正道館

For questions:

- About the Zoo: (561) 736-2081.
- About kendo: Sedokan.Kendo@hotmail.com
<http://sedokankendo.yolasite.com/>.
- Hablo Español. 日本語も話せます。

剣道

