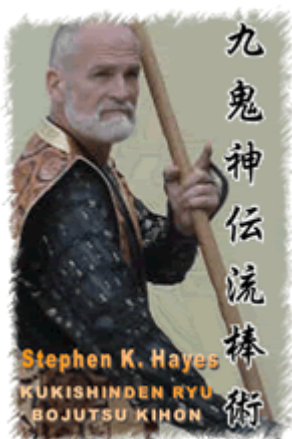


Ninja Bojutsu Long Staff Kihon Fundamentals

Category: » **DVD/CD movies**



Product ID: SKH0002

Manufacturer: SKH Quest Center

Price: 50,00 EUR

Availability: In stock

See it in our store.

KUKISHINDEN RYU BOJUTSU KIHON is an 80 minute DVD video home-training long-distance learning program full of exercises, insights, and instructions for passing the test for Kihon Fundamentals diploma licensing in the martial art of Japanese rokushakubo 6-foot staff technique taught in Stephen K. Hayes' martial art of To-Shin Do. This one-of-a-kind DVD covers techniques and tactics for developing the kind of skill for which the ninja invisible warriors of Japan became legends.

ROKUSHAKUBOJUTSU DVD

- Nine Fighting Postures
- Nine Fundamental Strike Drills
- Long Staff Rolling Shield
- Formal Salutes
- Mental Focus
- How to take your test