

Fundraising Event – Sat Feb 2nd – 11am/3pm

Traditional and Modern Japanese Martial Arts – Phil Relnick Sensei



19112 152nd Ave N.E.
\$10 per person or \$25 per family

Concerned Neighbors of Wellington

"Dedicated to Preserving the Character of the Wellington Neighborhood"

What it is

Phil Relnick Sensei is a world-reknowned and respected expert in the Japanese martial arts. A Woodinville resident, he will host two demonstrations in weaponry and unarmed combat rarely seen in public. These will be held at 11am and 3pm this Saturday, February 2nd. The training facility, known as a dojo, is located at Phil's home at 19112 152nd Ave NE, off Woodinville-Duvall Road.

Some Interesting Information

During the demonstrations you will see a number of traditional and modern martial arts that are seldom seen in public. These include the techniques of *Katori Shinto Ryu*, considered by the Japanese government to be the most distinguished of all Japanese traditional martial traditions. This 600 year old tradition is the source from which many classical Japanese martial traditions have evolved. *Katori Shinto Ryu* has become a well-known and much sought after traditional martial art in many countries around the world.

Included in its martial curriculum are the arts of sword drawing (*iai-jutsu*), swordsmanship (*kenjutsu*), staff (*bojutsu*), glaive (*naginata-jutsu*), unarmed combat (*jujutsu*), throwing blade (*shuriken-jutsu*), espionage (*ninjutsu*), spear (*sojutsu*), combative tactics (*senjutsu*), and field fortification (*chikujo-jutsu*).

Another tradition that will be demonstrated, *Shinto Muso Ryu*, is said to be the oldest style of martial combat that uses a stick (*jo*) in combat in Japan. It was founded about 400 years ago by an exponent of *Katori Shinto Ryu*.

There will also be demonstrations of *Uchida Ryu* short stick techniques (*tanjo-jutsu*), and *Isshin Ryu* ball-sickle-chain techniques (*kusarigama-jutsu*).

Two modern martial arts will be demonstrated. These are *judo* and *aikido*, both, in their sportive forms, are practiced widely throughout the United States and other countries and have become a part of educational curricula in many schools. They are excellent forms of physical activity for young people.

Young children, both boys and girls, will have the opportunity to have a little safe and enjoyable, hands-on playtime with the instructors after the demonstrations.

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