

Ninjutsu Training Group

Bujinkan is a martial arts organization practicing the art commonly referred to as *Bujinkan-Budo Taijutsu*. The art is widely considered to be the last legitimate ninpo, or ninja, martial art.

The fighting techniques include many different types of strikes, kicks, locks and body throws. These techniques are combined with many different types of weapons from the very early stages of training.

The way of training builds flexibility, strength, coordination, body awareness, aerobic endurance and self-confidence. The large variety of techniques and weapon skills makes it very efficient for self-defense, as it is a survival martial art.

The Ninjutsu training group is affiliated with **Bujinkan-Israel**, which is a branch of the Japan centered international Bujinkan school. The group is instructed by Bujinkan certified 8th dan Shidoshi and Wingate Institute certified Martial Arts Instructor.

No prerequisite skills are needed to start training with our group.

Group meetings:

Every Sunday 18:00-20:00 in the Student Club of Sami Cohen dorms.

For more information visit www.bujinkan-israel.co.il

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