



# SEITEI JODO

Jodo uses strikes, thrusts, and parries with a 50" staff to disable someone with a sword. Learn body control and mental awareness with this light contact martial art.

## **Minnehaha Kendo Dojo**

Saturdays starting March 11, 2023

3pm - 4pm

4744 Chicago Ave Minneapolis, MN 55316

<http://minnehaha-kendo.com/>