

Learn the martial art of...

laido

Traditional Japanese Swordsmanship

Iaido (pronounced ee-eye-do) is the traditional martial art of Japanese swordsmanship, which evolved from the combat techniques of feudal Japan into the modern system of movement and poise practiced today. Students learn how to draw and cut with the Japanese sword. Practice is meditative but also rigorous through repetition of a number of ancient forms.

Beginner program

Summer session starts: Tuesday July 7th

Tuesday & Thursday 4:45pm – 5:45pm

The courses are taught in French and English

To register, observe or inquire about Iaido classes, please contact the beginner program instructor, Joshua Layton at info@aikidodelamontagne.com

Member: **KAZE NO KAI Iaido Association**
kazenokaiiaido.com
Technical Director: Claude Berthiaume



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