

# Traditional Japanese Martial Arts

Sword

Staff

Triangle Aikido is pleased to announce the formation of a study group for *Jodo* and *Iaido*. The group will practice *Shindo Muso Ryu Jodo*, which teaches the use of a staff (jo) to defend against a sword, and *Muso Shinden Ryu Iaido*, which teaches the motions associated with drawing a sword from its scabbard, striking or cutting an opponent, and then replacing the sword.

The study group will be led by Ned Danieleley. Ned is a student of Rick Polland, head of the Beikoku Rembukan Dojo in Annapolis, MD. Ned has over 30 years experience in the martial arts and is the chief instructor of Triangle Aikido. He has studied jo and iai with Polland sensei for over 8 years.

Triangle Aikido Dojo  
4603-G Hillsborough Rd.  
Durham, NC

Class: Tuesday, 7:30 pm – 9:00 pm

\$50/month, \$40/month for students. Visitors welcome!

See our web site for more information on all our classes, including Aikido (for adults and families) and Bagua.

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