

jordaan dojo



SHORINJIKEMPO

Fitness - Awareness - Confidence

Making Our Dojo Together

4th Dan Sensei **Paul King** cordially invites you to weekly classes of this modern Japanese martial art in our Dojo in the Jordaan.

* This card gives you a free try out.



Where:
Westerstraat 202
1015 MS Amsterdam
E: info@paulkingfilm.com
Info: www.jordaandojo.nl

When:
Tuesdays 19:00 - 21:00
Thursdays 19:00 - 21:00
* Please come 15 min earlier

This Dojo is a member of WSKO - World Shorinji Kempo Organization.



Join us. Together we make the dojo! Visit: jordaandojo.nl

shorinji kempo is a martial art with a long history, suitable for all ages. It distinguishes itself from other martial arts in its emphasis on practicing together and its method of training mind and body.

For more information see the explanations given on the website of the WSKO and the information on sk-amsterdam.nl. If you are interested you are welcome to visit the dojo and watch a training or take a trial lesson.

principle(s) -- ritual / balance / path / 無心の心 / 初心 / habit ☀ ...

- kenzen ichinyo -- unity of ken and zen
- riki ai funi -- strength and love in harmony
- shushu koju -- defence primary, offense secondary
- fusatsu katsujin -- not to kill but to awaken
- goju ittai -- hard and soft make one whole
- kumite shutai -- paired practice is primary

Jordaan Branch with Paul King Sensei 4th Dan :: [facebook](#) ☀ ...

[Westerstraat 202](#)

1015 MS Amsterdam

Tuesday 19:00 – 21:00

Thursday 19:00 – 21:00

Email: Info@paulkingfilm.com

Tel: +31 6 286 54197

Please come 15 minutes early. Light sport clothing is recommended.

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