

## Weekend training Japanese martial arts

Train a long weekend in Japanese martial arts like the samurai, practiced under the guidance of a grandmaster-teacher, in a beautiful Japanese dojo with a Japanese garden and bamboo garden!



**There is a big choice in Japanese martial arts and original Japanese martial traditions. In consultation, a group leader (the leader of a group, gym, company, association, etc.), can form a program to be arranged according to his and his students wishes.**

This is an example of how to program of a training weekend can be. This is the most extensive weekend program, but it can also be shorter (less days), several different martial arts, etc.

There are many different possibilities. This is just an example in order to get an impression of what is possible. **Specifically designed for groups from abroad** who want to get acquainted with one or several Japanese martial arts

(Kobudo -bujutsu) or who would like to practice a particular martial traditions (koryu) (see list of options).

The training sessions are given in English.

The courses are suitable for all graduations and for women and men (aged 8 years and older).

Suitable for a group of about 20 people (minimum 10 people).

Duration: Friday 18:30 to Sunday 12:00 hours.

It can be held almost every weekend of the year. Beforehand we speak together on a possible date.

The teacher is the headmaster of the Shin tai ryu, drs. Mark WJM Sterke, grandmasterteacher, 9th Dan.

The weekend will be held at the premises of the Shin tai ryu in Tilburg, Netherlands. We have access to a dojo (practice room), gyoba (outside practice place), chatei (tea pavilion with kitchen), take niwa (bamboo garden and Japanese garden) and changing rooms, shower and toilet.

## **Program training weekend (Friday-Sunday):**

### **Friday**

17:30 to 18:30 hours	Arrival and change for training
18:30 to 20:30 hours	Training with short breaks
20:30 hours	Preparing for the night

### **Saturday**

7:00 hours	Zazen (seated meditation)
8:00 hours	Breakfast
9:00 to 12:00 hours	Kokyu-ho (breathing exercise) and training with short breaks
12:30 hours	Lunch
14:00 to 17:00 hours	Training with short breaks
18.00 hours	Dinner at a Japanese restaurant (not included)
20:30 hours	Preparing for the night

## Sunday

7:00 hours	Zazen (seated meditation)
8:00 hours	Breakfast
9:00 to 11:30 hours	Kokyu-ho (breathing exercise) and training with short breaks
11:30 to 12:00 hours	Presentation certificate, group photo and a drink ("Hupsaké").
12:00 hours	End and safe journey home!

Requirements: appropriate clothing (minimum loose clothing), practice weapons (depending on the martial arts), sleeping bag for overnight stays, towel and personal care products.



**Shin tai ryu Tai jitsu**

**Jiu jitsu**  
Zelfverdediging  
**Bugu jitsu**  
**Iai jitsu**

**心泰流**

Cost: € 150, - per person for the whole weekend training with a minimum of 10 people. If less than 10 people, an appointment is made in advance on the scope, nature, dates and costs. Beforehand, the group leader will receive a quote/proposition. For more information: [info@shintairyu.nl](mailto:info@shintairyu.nl) (English spoken).

**Registration and payment beforehand via the account of the Shin tai ryu-ha foundation: ING bank number NL10 INGB 0007 6997 00.**

After registration and payment you will receive a confirmation by e-mail. This is also the agreement. Cancelling the contract may until to 14 days before the agreed date of the weekend. A fee will be charged by shorter notice.

**The price includes:** training, zazen, twice breakfast, once lunch, coffee and tea, overnight in the dojo, usage of the accommodation (including kitchen, shower, toilet, etc.), participation certificate (in Japanese) and end drink ("Hupsaké").

In case of doing an exam (eg, a test pilot for Shin tai ryu kata, see below), this is also included.



**Not included in the price** are the dinner and other beverages. In the vicinity are several Japanese restaurants. Drinks and snacks are available for a fee in the tea pavilion. For people who want a hotel: in Tilburg there are some good hotels available.

**For more information [www.shintairyu.nl](http://www.shintairyu.nl) & tel.: +31 (0) 6-11220232.**

**You are welcome in our dojo!**

Sincerely,



Mark Sterke

Attachments:



### **Address and information:**

Shin tai ryu, Asian cultural center in the heart of Tilburg!

Lanciersstraat 90, Tilburg, The Netherlands

Tel .: +31 (0)6-11220232 · www.shintairyu.nl · info@shintairyu.nl.

Chamber of Commerce 41097270 · ING Bank No. NL10 INGB 0007 6997 00

### **Teacher:**

drs. Mark W.J.M. Sterke (ステルケマルク - 素手礼九丸空)

5th generation family head 'Dotaiken'

Grandmaster- teacher Bujutsu, 9th dan

Master Sho Sho Ryu & Muhen Yogan Ryu (Japan)

Member Nihon Kobudo Shinkokai (Japan)

Knight in the Order of Oranje Nassau

author of more than 40 martial arts books

### **Master List of martial arts schools:**

Shin tai ryu (Tai jitsu), including the nine kata (movement patterns)

Sho sho ryu (Yawara)

Muhen Yogan ryu (Bo jitsu)

Muso Jikiden Eishin Ryu (Iai jitsu)

### **List of martial arts schools 'Jiu jitsu':**

Daito ryu

Yoshin ryu and Shin no Shindo Ryu and Tenshin Shinyo ryu

Tenshin koryu

Asayama ichiden ryu

Sanada ryu

Take no uchi ryu

### **List of martial arts schools 'Bugu jitsu':**

Shingan Yagyū ryū (Katchu Yawara)

Tamiya Ryu (Iai jitsu)

Tenshin koryu (Tasubuki - many weapons)

Shinto muso ryu (Jo jitsu)

Hyoho nitenichi ryu / Nito ryu (Nito jitsu)

Onnoha Itto Ryu (Ken jitsu)

Katori Shinto Ryu (Iai Jitsu and Ken jitsu)

### **Other information**

**By train:** Tilburg Centraal Station (15 minutes walk to Shin tai ryu).

**Airport:** Eindhoven Airport (35 minutes by car to Shin tai ryu).

**Hotels:** Mercure Hotel Tilburg Centrum; City Hotel Tilburg & Bastion Tilburg (within walking distance).

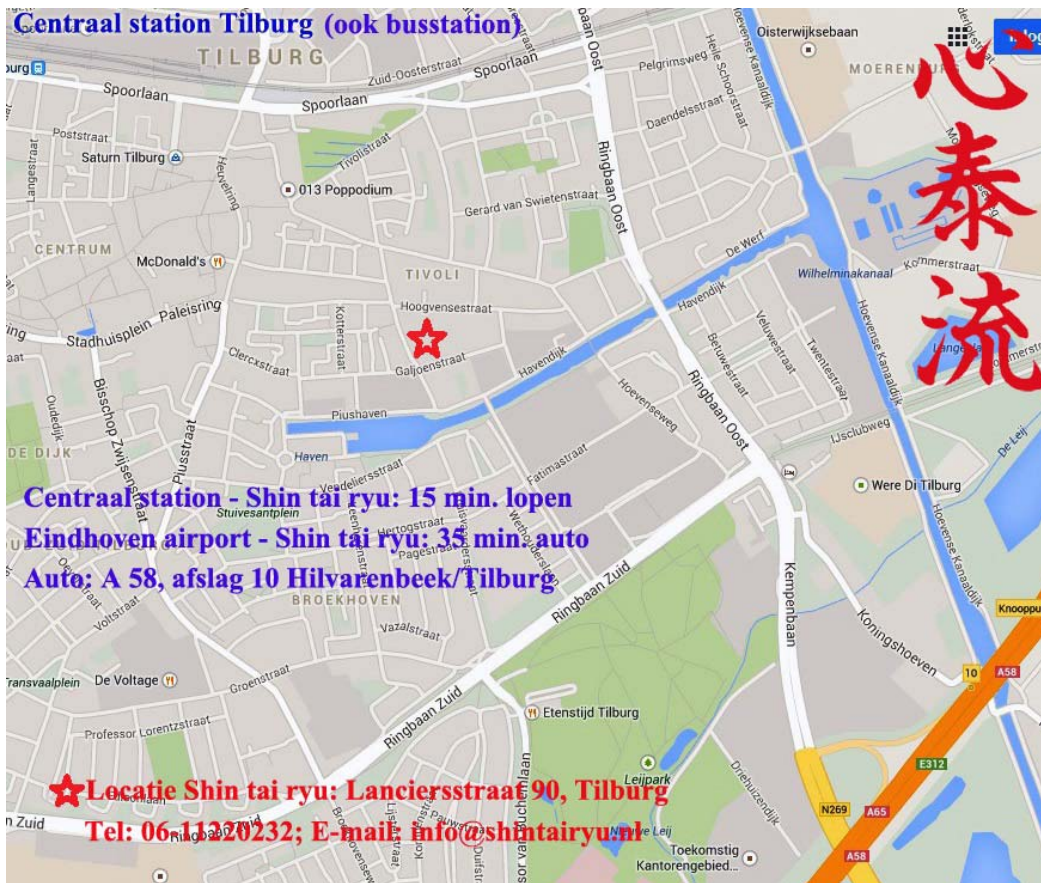
**Parking:** Near the Pius harbour (Piushaven) there are free car parking places (5 minutes walk). Do not park in the Lanciersstraat without paying parkingfee.

**Tourist information Tilburg:** [www.vvvtilburg.nl](http://www.vvvtilburg.nl) (English available).

### **Address:**

Dojo address: Lanciersstraat 90 – Tilburg – The Netherlands – Europe.  
Telephone: (+) 0031 (0)6-11220232.

This Training Program is facilitated by the Shin tai ryu-ha Foundation.  
The rules of this organization are applicable. Changes are reserved.  
The Shin tai ryu is a non-profit organisation.



The red star is the location of the Shin tai ryu.

