### Join & Learn Japanese Martial Art

- NOBUKAWA-HA SHITO-RYU KARATEDO -
- RYUKYU KOBUJUTSU -





## JKNSK INDIA

# KARATE-DO FOR KIDS & ADULT

We are Shito-Ryu Karate-Do International Renshikan internationally & traditionally known by our Japanese name 'Japan Karate-Do Nobukawa-ha Shito-Ryu Kai India. We are extremely passionate and dedicated to helping people learn Karate & Kobujustu and we love empowering our valued members in the best possible way.

### **OUR SPECIALIZATION & TRAINING**



## Karate for Kids

We provide training & education on Japanese martial arts for the physical and mental development of Kids. Learning Karate at our Dojo will help your child in the following areas:

- 1. Develop Discipline
- 2. Learn Self Defense Skills
- 3. Improve Focus & Confidence
- 4. Improve physical abilities like strength, flexibility, agility, stamina, reflexes, etc.
- 5. Develop manners, and etiquette & learnthe value of discipline.



## Karate for Adults

We also provide training & education on Japanese martial arts for ADULTS OF ALL AGE GROUP.
Our training shall help an individual improve in Physical, Mental, and Technical Development.
Through training our Dojos an individual shall improve in the following areas:

- Learn Self Defense Skills
- Improve Focus & Confidence
- Reduce Anxiety and Stress
- Improve physical abilities like strength, flexibility, agility, stamina, reflexes, etc.
- An opportunity to learn and discover the Japanese way of martial "Karate-do A Way of Life".



## Ryukyu Kobujutsu

We provide training & education on Japanese martial arts Kobujutsu to students who have basic proficiency in Karate training. Kobujutsu is an ancient Japanese Martial art using weapons like BO, TONGFA, SAI, NANCHAKU, KAMA, etc.

Training in weapons will enhance your abilities

- Concentration
- Reflexes,
- Physical abilities etc...

#### WHY CHOOSE US

- ★ Internationally Qualified, Experienced & Licensed Instructors
- ★ Proper & Internationally Recognized Certification
- \* Safe & Healthy Environment
- ★ Registered & Recognized Organization in India & Japan.

### **CONTACT FOR JOINING**

Email:	
Phone	No

#### KARATE TRAINING IN TIMES OF COVID

7 Ways Martial Arts Training Defends You Against COVID-19

- IT HELPS YOUR ORGANS RUN EFFICIENTLY
  - IT HELPS IMPROVES HEALTH & BOOST IMUNITY
    - IT IMPROVES BLOOD CIRCULATION
      - STRESS & ANXIETY REDUCTION
        - CARDIO VASCULAR HEALTH
          - IT HELPS WITH WEIGHT LOSS
            - BOOST YOUR MENTAL HEALTH