



# KYUDO - Japanese Archery

## Introduction Sessions for Complete Beginners

### 弓道初心者入門セッション



**Dates:** Session 1: October 7, 2017 (Sat) 1:30 pm to 4:30 pm  
Session 2: October 8, 2017 (Sun) 1:30 pm to 4:30 pm

**Place:** Jersey City Education and Recreation Center (CERC)  
180 9<sup>th</sup> Street, Jersey City, NJ 07302

It is conveniently located to both driving and mass transit (PATH & Lite Rail). It has its own parking.

**Participation Fees:** Session 1 and 2: Total: \$60-  
to be paid in cash on the date of Session 1 当日現金でお支払下さい

**Registration:** Required in advance by email 申込: 事前に E メールにて受付中

- **Who can attend:** Anyone 15 years old or older  
(Youth 15-18 years of age must be accompanied  
by a parent or guardian.) 対象者: 15 歳以上の方ならどなたでも  
但し 15 歳から 18 歳の参加者は  
保護者の同伴が必要となります。

- **What we will learn in the sessions**  
1) Basic understanding of what Kyudo is  
2) Basic shooting technique  
3) Basic steps in performing Kyudo  
4) Shooting with and without arrows in short distances  
セッションの内容:  
1) 弓道の基礎知識  
2) 基本技術  
3) 基本の作法  
4) 近距離での実射

- **What you need to bring**  
No equipment required, but wear comfortable  
clothing and bring a pair of white socks. 持参いただくもの:  
道具等は必要ありません。動きやすい  
服装で白の靴下をご持参ください。

- Upon completion of both sessions, participants  
will be accepted to attend our regular classes.

**Inquiries:** Fumiko Takada  
**Email to:** info@nynjkyudo.org

両日のセッションに参加・終了された後  
毎週 2 回の稽古に参加出来ます。  
問合せ・参加申込: 高田史子  
<http://nynjkyudo.org/>