

FEMA Iaido Club

Nishio Ryu Aiki Toho

Iaido (The Way of the Sword) is a Japanese martial art that is the root of Aikido, Judo and Jujitsu.

We practice and train awareness, precision, control and compassion to hone our mind, body and spirit in the lineage of O'Sensei to the late Shoji Nishio Shihan, to Koji Yoshida Shihan, to Michele Benzamin-Miki Sensei, and to us.

Members and Dojo Affiliation with the Nishikaze Federation



Mindfulness



FEMA IAIDO CLUB
(FIVE ELEMENT MARTIAL ARTS & HEALING CENTER)
3743 Cedar Avenue South
Minneapolis, MN 55407
612-729-7233
www.femamartialarts.org

Tuesdays- 7:00-8:30 PM (Zoom)

Wednesdays- 6:45-7:30/8 PM

Cost: \$45-120 per month Sliding Scale
Scholarships Available for Families, Seniors & FT Students.

Iaido classes at FEMA are open to both women and men, ages 13 and older.
To get started, wear loose, comfortable clothing and arrive 15 minutes early to register on either night. You do not need to have any previous martial arts experience to join the Iaido class.

The Way of the Sword is a path to the Truth