



Scottish Iaido Intensive Training

10th February 2019

09:00 – 17:00

The Hub Sports, 39 Wellhouse Crescent, Glasgow G33 4LA

Dear Iaidobu members

On behalf of the British Kendo Association Iaidobu, I would like to invite you to the first Iaido Intensive training session of 2019.

The session will be led by the UK squad coach Greg Drew sensei (Renshi Rokudan) with Hugh Darby sensei (Renshi Rokudan) attending the session as guest teacher.

This will be the first of several IT sessions throughout 2019 leading up to the European Championships in Athens. While there will be some general teaching of seitei, the main focus will be on improving individual performance and effectively handling the pressure of performing in competition/grading.

We have some very talented Iaidoka in the UK, the challenge ahead is how we bring out the best in each of us to allow us to compete with the already high level in Europe.

I also hope that these training sessions will be of use to those who may have a grading coming up or just want to improve their own Iaido but are not concerned with competition.

If you have any questions please feel free to contact me via email:

iaidosquadmanager.bka@gmail.com

I will endeavour to reply as soon as possible.

Kind regards

Kevin McNeill

BKA Iaido Squad Manager