

***Iaido classes by Zoom***

*Introduction to Iaido (Muso shinden ryu)*

*Course 1*

* Content
* How to tie the belt and the hakama
* How to walk with the sword
* How to sit down and stand up with the sword
* Different bows
* How to put the sword in the belt
* How to tie the sword to the belt
* How to hold the sword
* Posture
* A few warm-up exercises
* The first 4 movements of the series

*Course 2 and 3*

* Prerequisite
* Course 1
* Content
* Additional warm-up exercise
* Course 2
* Revision of the first 4 movements of course 1
* Movements 5 to 8
* Course 3
* Revision of the first 8 movements of the courses 1 and 2
* Movements 9 to 12
* Required material
* Boken with or without a scabbard, or a iaito
* Gi with a Iaido or Aikido belt
* Hakama optional
* Duration and language:
* 2 hours per course
* English and French
* Dates
* Course 1: Sunday July 25th from 12:30pm to 2:30pm
* Course 2: Sunday August 1st from 12:30pm to 2:30pm
* Course 3: Sunday August 8th from 12:30pm to 2:30pm
* Number of participants
* Maximum 10 per course.
* Registration
* [claudeadlm@gmail.com](mailto:claudeadlm@gmail.com)
* [Registration form](https://drive.google.com/file/d/1FaDVs2LjDMgvEyO6stqkIlz39F3Z5KXA/view?usp=sharing)
* You will receive the link to the classes and the payment once you are registered.
* Cost:
* Course 1 only 90$ CAD
* Course 1,2 and 3 150$ CAD
* Instructor
* Claude Berthiaume

6th dan Iaido, Chief instructor Aikido de la Montagne, Technical director of the Kiyoikaze Iaido Federation.

* Assistant instructor (if class is larger than 5 practitioners)
* Liliane Bourgouin

4th dan Iaido, Iaido Instructor Aikido de la Montagne.