

KWU SENSHI JAPAN NARUSHIMA DO-JO

Short-term Uchi Deshi Program

Duration:

- (1) 7 days (Short-term Uchideshi Program Certificate of Completion awarded)
- (2) 10 days (Short-term Uchi Apprenticeship Program: Certificate of Completion)
- (3) 14 days (Short-term Uchideshi Program: Certificate of Completion and plaque)

*Dates on request.

【Purpose】 :

- (1) Learn kihon, idou, and kata
- (2) Learn how to use your body
- (3) Learn about the techniques you want to master
- (4) Improvement of kumite techniques
- (5) Learn how to train and teach at Narushima Dojo, etc.

Other guidance as requested. Please contact us if you have any requests.

【Target audience】 :

Those who want to learn karate in Japan or abroad, regardless of the style.

*Any dojo is welcome, but if you are a member of a dojo, you must obtain permission from your dojo manager.

*Youth groups are available upon request.

*Parents, children, and groups are also welcome to participate.

【Schedule】 :

Narushima dojo training (daily) & uchideshi program (5 times/week/weekday)

*Dojo training should be tailored to each participant's goals and physical fitness.

*Uchi-deshi programs will be conducted with all participants if there are participants on the same schedule.

【cost】 : 1) ¥75,000 (7 days)

2) ¥105,000 (10 days)

3) ¥145,000 (14 days)

*Japanese Yen price including tax.

*Price per participant

*The same price for youth to general participants.

*Travel and lodging expenses are not included. Please make your own accommodation reservations, etc.

【Accommodations near the Dojo】

○Plaza Inn Hamura

(<http://plazainn-hamura.co.jp>)

*2 minutes walk from the Dojo.

○Hotel Ribmax BUDGET Tokyo Hamura Ekimae

(<https://www.hotel-livemax.com/tokyo/hamurast/>)

*30 seconds walk from the dojo.

○Toyoko INN Fussa Ekimae East Exit

(<https://www.toyoko-inn.com/index.php/search/detail/00231/>)

*1 station from the Hamura Station.

【Other options】

- Dinner boxed lunches for sale (800 yen per meal) *Reservations required
- Original Protein drink sales (10% discount for program participants)
- Karate Private Lessons (60 min ¥10,000 90 min ¥15,000)

【Payment Method】

Cash payment on the first day of the Uchideshi program. Or you can pay by card with The Square payment service.

【How to Apply】

Please send the following information to the following e-mail address

Email Address  narushima.dojo@gmail.com

1. Your name
2. Age (and grade if you are a student)
3. Country and region of residence
4. Preferred dates
5. Duration 7, 10, 14 days (as described)
6. Number of participants
5. If you are enrolled in a karate dojo, the name of the dojo
6. If you have martial arts experience, the martial arts style and years of training (e.g. MMA 3 years)

-----KWU SENSHI JAPAN NARUSHIMADOJO-----

Dojo owner Ryu Narushima

Phone number 042-554-4743

Email Address  narushima.dojo@gmail.com

Address 4-15-18 Gonokami, Hamura-shi, Tokyo 205-0011

Approximately a 1-minute walk from Hamura Station on the JR Ome Line