

## DANZAN RYU JUJITSU

Jujitsu is an ancient form of self-defense and self-development created and perfected in Japan. Used by the Samurai to subdue opponents without resorting to their swords, Jujitsu enables the adept practitioner to exploit the strength of an adversary to his own ends.

Containing over 300 specific techniques, Danzan Ryu Jujitsu includes throws, punches, kicks, pins, weapons and hand moves. Unlike most American martial arts styles, Danzan Ryu also includes an extensive curriculum of healing arts.

Our goal is to develop in students a new balance, strength and focus as well as self-confidence and excellence in performance of the art of Jujitsu.



Honshin Kan is a member of  
\*The American Judo & Jujitsu  
Federation

## CURRICULUM

Danzan Ryu Jujitsu is a comprehensive, traditional Japanese martial art, which includes all aspects of self-defense:

- Yawara (Hand Arts)
- Nage Te (Throwing Skills)
- Shime Te (Grappling Skills)
- Oku Te (Advanced Skills)
- Kiai No Maki (Weapons Defenses)
- Atemi (Target Striking)
- Keri Te (Kicking Skills)
- Kappo (Resuscitation Arts)



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## Honshin Kan Martial Arts Academy

## **DANZAN RYU JUJITSU**



51 Middle Rincon Rd.  
Santa Rosa, CA 95409

538-8670

For more information go to:  
**[www.honshinkan.net](http://www.honshinkan.net)**

## JUNIOR CLASSES

Mondays and Wednesdays

6:00 – 7:00 pm

Junior classes are available for all students 7 – 13 years of age.

Students are taught tumbling skills, throwing arts, pinning techniques, and basic escaping techniques.

In addition, students are taught basic dojo etiquette, and respect.



### JUNIOR FEES

Monthly Dues	\$65
Annual A.J.J.F.* Dues	\$30
Jujitsu Uniform	\$50



## INSTRUCTORS

Sensei:

Jeff Penner, 5<sup>th</sup> Dan

Ken Gadbury, 3<sup>rd</sup> Dan

Mark Roberts, 3<sup>rd</sup> Dan

Bob Lindberg, 2<sup>nd</sup> Dan

Werner Armbrust, 2<sup>nd</sup> Dan

## ADULT CLASSES

Mondays, Wednesdays, & Fridays

7:00 – 9:00 pm

Adult classes are available to anyone 14 years of age and older.

Students are taught tumbling skills, basic escapes and joint locks, throwing and grappling techniques, as well as more advanced combination techniques and weapons defenses.



### ADULT FEES

Adult Monthly Fees	\$75
Annual A.J.J.F.* Dues	\$60
Jujitsu Uniform	\$60