Shin Sen Dojo

PRESENTS AN INTENSIVE TRAINING COURSE IN

AIKIDO SWORD & STAFF

with Ken McLean Sensei

Learn the arts of enlightened action through the practise of Sword and Staff. Sword develops clarity, decisiveness, focus and effective action. It is related to the linear mind. Staff develops expanding energy, coordinated fluidity and creative response. It is related to the lateral mind. Together they make up part of what is called the cross of Aiki. They bring out in one's character and action the full expression of Yin and Yang and the principles of Fire (KA) and Water (MI).

Covering all aspects including:

- Preliminary exercises for Sword and Staff (Juki and Aiki Jo and Ken Taiso).
- Ki training for Bokken and Jo.
- The four expressions of Solo Kata (Go-ju-ryu and Ki).
- Partner training (Kumitachi and Kumijo).
- Standard – Reversed and Two Sword method.
- Misogi no jo and Misogi no bokken.
- Freestyle spiritual fencing (Shin Jiyu Ken).
- The inner and outer factors (Kami).
- Multiple partners.
- Philosophy of Sword and Staff and the Spiritual Dimension.

START: Monday 12th Oct 2026 (10 weeks - 4 terms a year)

TIME: Monday morning - 6.30am-7.30am

PLACE: Shin Sen Dojo, 59A Boronia Street, Kensington

TERM FEES: $240

or $200 for those who are monthly Aikido students *or*
or $190 for those who are monthly and do Ki training *or*
or $180 for those who are monthly and do both Ki or Shiatsu training, or Counselling course
or $160 for those who are monthly and do both Ki and Shiatsu, or both Ki and Counselling course
or $32 Casual per class

It is preferred only those who are able to maintain their usual Aikido schedule add this training to their practise.

For all bookings phone 0414 614 169

email: shinsen.sydney@gmail.com