

# 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](mailto: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](mailto: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**