

KENDO (剣道) FOR WOMEN



If you have ever thought...

"I'm always taking care of other people, but I need to do something to take care of myself too."

"I want to develop myself, both mentally and physically."

"I want to do some kind of meditation stuff..."

"I want to start my day with clean and positive feelings!"

"I want to be stronger and more calm."

Please stop by our dojo, or visit our website. We are for Women, especially beginners!

Kendo is fun! (and addictive?)
Kendo is lifelong learning. You can start at any age and continue even until your 80s - 90s...

Meikyokan Dojo (明鏡館)

Practice is held every weekday morning
(Monday to Friday) 7am-8:30am
at the Japanese Cultural Center of Hawaii.

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