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mind in its practitioners. Some of the major schools of Iaido are: Muso Shinden Ryu, Muso Jikiden Eishin Ryu, and Shinkage Ryu. Iaido training builds arm and leg strength and provides a gentle cardiovascular workout.

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ZNKR Seitei Iaido. The following links lead to (heavily) illustrated descriptions of the twelve ZNKR seitei Iai kata. The illustrations are from a demonstration by Miyata Tadayuki sensei, Iaido 8-dan Kyoshi, Kendo 7-dan Kyoshi, during the 8th European Iaido Championships - November 2001 in Brussels.

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Black Belt Hall of Famer, Shihan Dana Abbott, is a renowned expert in Japanese swordsmanship and sword training. He travels worldwide conducting intensive one-on-one and group, single and multi-day, "hands on" practical application workshops along with teaching various kata, combatives and traditional techniques.

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