



New Martial Arts Class

Shizenden Ryu

自然伝流

The Art of Effortless Movement

Shizenden Ryu is a set of effective and efficient Martial Art movements and exercises for self defense deeply rooted in the ancient Ninjutsu schools of Japan. Developed by Soke (Grandmaster) John Willson, this martial art can be used for self defense and also help combat modern forms of stress due to improper body posture, structuring and balancing, stress on joints, ligaments, tendons and connective tissue. Students will learn how to defend and strengthen themselves effectively and efficiently through the use of natural body movement.

Ramtin Zakikhani, Shodan, has trained under Soke Willson, and Shihan Michel Belisle (Godan Shizenden Ryu, 10th Dan Budo Taijutsu, Shihan Combat Ki) since 2001. Originally from Montreal, Canada he has recently relocated to Rhode Island and is a current member of the YMCA. He welcomes all to his class.

This class is offered Tuesday and Thursdays @ 7:30pm and is free to members.

"WE BUILD STRONG KIDS, STRONG FAMILIES, STRONG COMMUNITIES"