

# Naginata:

## Samurai Pole Weapon from Japan

**Saturday, April 30, 2011**  
**10:30 am – noon**

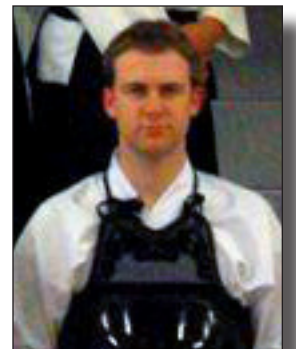


The naginata is a pole weapon with a wooden shaft and a curved blade that was traditionally used in Japan by members of the samurai class. Participants will practice basic stances and strikes as well as learn about the rich history of the naginata.

*No Experience Required • Donations Welcome*

### Visiting Instructor from Maryland!

*Patrick Peplowski, second degree blackbelt, and the team from the South Atlantic Naginata Federation (SANF) will lead the demonstration. The SANF was founded in 2010 under the direction of Dr. Leslee Williams, third degree blackbelt, and under the guidance of the US Naginata Federation and Helen Nakano, Kyoshi.*



**6155 Hickory Ridge Rd • Spotsylvania 22551**

**[www.aikidoinfredericksburg.org](http://www.aikidoinfredericksburg.org) • 540.582.9600**

*Aikido in Fredericksburg is a 501(c)3 non-profit educational corporation*

