

Download Beginner Self Defense Training Guide

Boston Kendo Kyokai. Welcome to Boston Kendo Kyokai. You are about to embark on a path of self discovery that will challenge you to persevere in the face of adversity, to accept setbacks with equanimity, and change the way you think about yourself. The articles are designed for total gun newbies and will help you acquire a safe mindset, confident knowledge in firearms, and a foundation for shooting. And if videos are more your fancy...check out our Beginner Handgun Course. The most important stuff...if you get anything out of this series ...Our MMA, Kung Fu, Tai Chi, and Self-Defense programs transform lives. We are one of San Diego's Oldest and Largest Martial Arts Schools. Find Out More! We often get asked about self-defense classes. What are the best classes to take, where can I find one, what are the differences between them... Well, I have asked all of these questions, too, and know that I am training to become an expert on personal safety and self-defense, I decided to do the research for you and share my findings on this lovely little blog!