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Tsubomi Seishin Kan Dojo

Basic Principles for Life

- **Create a Calm Center**
- **Be Comfortably Relaxed**
- **Practice Dependable Posture**
- **Seek the Simplest Solution**
- **Smile and Be Natural**

Jonathan Bannister

Founder & President

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Tsubomi Seishin Kan Dojo

Basic Principles of Swordsmanship

- **Correct Footwork**
- **Correct Grip**
- **Correct Action**
- **Correct Blade Angle**
- **Correct Distance**

Jonathan Bannister

Founder & President