



# NIHON TAI JITSU TRAINING BY VIDEO



**Laurent LARIVIERE**  
**NTJ / FFK 6<sup>th</sup> Dan**



## Free Training

**SATURDAY 19<sup>th</sup> JUNE - 5.00 - 7.00 pm - SUNDAY 20<sup>th</sup> JUNE - 09.00 - 12.00 am**

Mandatory pre-registration

Contact : Laurent

[stage.zoom@nihontaijitsu.net](mailto:stage.zoom@nihontaijitsu.net)

+33 6 87 19 76 89



Saturday :

Nihon Tai Jitsu 1<sup>st</sup> Kata and Shodan

Sunday : Basic Techniques

Joint Lock Techniques