

## TANREN

The Japanese word tanren describes conditioning systems that strengthen the body and increase the life force. Tanren or 'forging' refers to the making of Japanese swords, which are renowned for their combination of elasticity and durability. This way of training develops concentration, flexibility and strength. Once the beginner has mastered the warm ups, basic stances and arm movements they begin the practice of the Kurikara Kata (The Dragon Form). This achieves fluid strength throughout the body by integrating core breathing with spiralling movements wielding short steel rods. These slow movements are derived from the practice of Japanese swordsmanship.