

Iaido (pronounced ee-eye-dough in English) is a martial Art for the mature individual seeking to 1. Calm the mind, 2. Maintain martial acuity, 3. Honor their military and combat experiential awareness i.e. *Zanshin*. Iaido is strongly rooted in the Japanese Bushido Traditions. "...the primary emphasis in 'iai' is on the psychological state of being present." Ms. Rancourt has trained 15+ years, holds the rank of *Sandan*, and is a member of the AUSKF. Iaido is a solo art that allows the mind to still without negating ones military training.