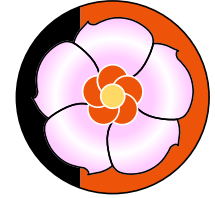


# Darwin Kendo Club



## 2021 Beginners' Course (Stage 1) Syllabus

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### PURPOSE

The purpose of this document is to outline the syllabus for *Darwin Kendo Club's Seven Swords Training Programme*, Stage 1: Beginners' Course.

This syllabus is not intended to provide a comprehensive list of all lessons, concepts, techniques etc.; but rather, to provide members with a handy reminder / notes, particularly for Japanese terminologies.

This document is continually being developed, so please look forward for a more complete version later.

Questions, comments, feedback:

**Bernard Yehuda**

*Darwin Kendo Club* Instructor

[Contact@DarwinKendo.com](mailto:Contact@DarwinKendo.com)

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## COURSE OVERVIEW

| Week  | Dates                    | Summary / New Lessons   |
|---|--------------------------|---|
| <b>Week 1</b><br>Introduction                       | Wed 13 Oct<br>Sun 17 Oct | <ul style="list-style-type: none"> <li>• <i>Reiho</i> (etiquette)</li> <li>• <i>Ashi-sabaki</i> (footwork)</li> <li>• Strikes: <i>men, kote, dō, tsuki</i></li> <li>• <i>Kiai</i> (yelling)</li> </ul>  |
| <b>Week 2</b><br>Suburi and Footwork                | Wed 20 Oct<br>Sun 24 Oct | <ul style="list-style-type: none"> <li>• Group warm-up</li> <li>• <i>Sonkyo</i> (squatting)</li> <li>• <i>Suburi</i> (swinging)</li> <li>• <i>Ayumi-ashi</i> (walking footwork)</li> <li>• <i>Fumikomi</i> (stomping)</li> <li>• <i>Zanshin</i> (follow through)</li> </ul> |
| <b>Week 3</b><br>Uniform and Partner Work           | Wed 27 Oct<br>Sun 31 Oct | <ul style="list-style-type: none"> <li>• Wearing uniform</li> <li>• <i>Maai</i> (distance)</li> <li>• Working with partners</li> <li>• <i>Kihon Waza 1: men, kote, dō, tsuki</i></li> <li>• Folding uniform</li> </ul>  |
| <b>Week 4</b><br>Striking with Shinai               | Wed 3 Nov<br>Sun 7 Nov   | <ul style="list-style-type: none"> <li>• <i>Joge-buri</i></li> <li>• <i>Hayasuburi</i></li> <li>• Striking with <i>shinai</i></li> </ul>  |
| <b>Week 5</b><br>Refining Basics                    | Wed 10 Nov<br>Sun 14 Nov | <ul style="list-style-type: none"> <li>• <i>Hiraki-ashi</i> (diagonal footwork)</li> <li>• <i>Kihon Waza 2: kote men</i></li> </ul>   |
| <b>Week 6</b><br>Advanced Concepts                  | Wed 17 Nov<br>Sun 21 Nov | <ul style="list-style-type: none"> <li>• “<i>Dōjō Tour</i>”</li> <li>• <i>Tenouchi</i></li> </ul>   |
| <b>Week 7</b><br>Waza (Technique)                   | Wed 24 Nov<br>Sun 28 Nov | <ul style="list-style-type: none"> <li>• <i>Kihon Waza 3: harai men</i></li> </ul>  |
| <b>Week 8</b><br>Bōgu and Shinai                    | Wed 1 Dec<br>Sun 5 Dec   | <ul style="list-style-type: none"> <li>• <i>Bōgu</i> (armour) overview</li> <li>• <i>Shinai</i> maintenance</li> </ul>  |
| <b>Week 9</b><br>Review and Revision                | Wed 8 Dec<br>Sun 12 Dec  | <ul style="list-style-type: none"> <li>• Review / revision</li> </ul>   |
| <b>Week 10</b><br>Formal Feedback<br>+ Social Event | Wed 15 Dec               | <ul style="list-style-type: none"> <li>• Review / revision</li> </ul>   |
|   | Sat 18 Dec               | <ul style="list-style-type: none"> <li>• Formal feedback session</li> <li>• Seniors’ balloon-geiko</li> <li>• Barbecue + social stuff</li> <li>• Movie night</li> </ul>   |

# 1. WEEK 1: INTRODUCTION

## 1.1. Housekeeping Stuff!

*Darwin Kendo Club acknowledges the Larrakia people as the Traditional Owners of the Darwin region.  
We pay our respects to the Larrakia elders past and present.*

*Kendō* is considered a full-contact indoor sport, and all members must follow the guideline set by the Northern Territory Government.

We train at the *Darwin Squash Centre*, therefore we are obligated to follow all the rules of this venue. This includes complying with any COVID-19 safety requirements, such as checking-in using the *Territory Check-In App* or on paper.

Anytime you feel unwell or in pain, stop what you're doing for a bit, reassess, and decide whether to rejoin or stop. If you have any question, feel free to ask - but if it's going to be a long answer, please allow us to cover it after training.

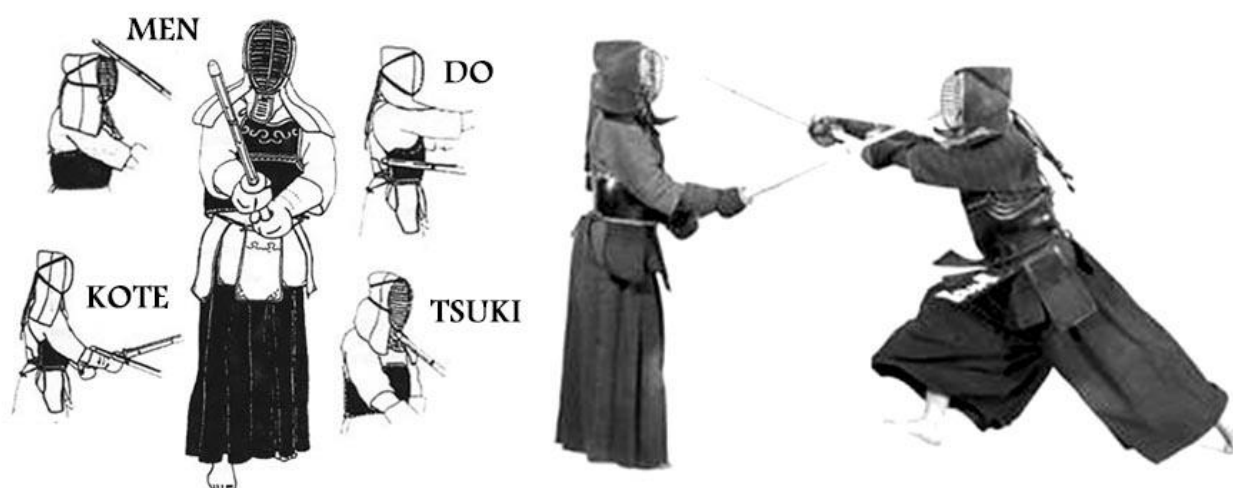
Your instructors are: **Bernard Yehuda** (*Kendo 4<sup>th</sup> Dan*) and **Audrey Looi** (*Kendo 4<sup>th</sup> Dan*).

## 1.2. What is Kendo?

*Kendō* (剣道), meaning the way of the sword, originated in Japan and is based on a mixture of different sword styles and schools dating back hundreds of years. Kendo is a mix of traditional martial art and modern sport - providing an opportunity for character development and improvement through discipline and respect, as well as challenge players through friendly competitions at various levels across many divisions – as individuals or teams.

*The concept of Kendō is to discipline the human character through the application of the principles of the katana (sword).*

Kendo senior practitioners wear protective gear (*bōgu*) designed after the traditional samurai armour, and use bamboo swords (*shinai*) to practice the strikes. Despite being a full-contact combat sport, techniques in Kendo are very controlled, with a large focus on proper form and elegance in the way we move our body. Kendo is a group sport that emphasises teamwork where members must learn to practise with each other.



Four target areas of Kendo: *men* (head), *kote* (forearm), *dō* (torso), and *tsuki* (throat) for advanced players.

Kendo allows practitioners to work on self-improvement and discipline, improve their fitness, and participate in the growing local, interstate, and international community of Kendo or fans of martial arts in general; as

well as experience a unique aspect of the Japanese culture, woven into our own Australian lifestyle and values. Kendo in Australia is practised by over 1,200 members, growing steadily.

**What is NOT Kendo:** Kendo is NOT a combat or self-defence art with any application in a real fight situation. The only practical thing you may learn from Kendo would be: 1) stay calm, 2) run away.

### **1.3. History of Kendo**

For as long as swords had existed, so did the techniques to use them.

The origin of the sword is debatable - but it had gone through many forms. Swords first entered Japan in the form of double-edged straight swords - *tsurugi* (剣) - similar to the *gladius* in Ancient Rome. Sword crafting in Japan advanced out of necessity, and due to the use of different types of ores and heating / cooling methods, curved swords were born - the *tachi* (太刀) and eventually the *katana* (刀).

Sword techniques or *kenjutsu* (剣術) evolved throughout the centuries, with hundreds of different styles or schools. During the warring period (*Sengoku Jidai*), techniques were developed for warfare, fighting against soldiers in armour. However during the more peaceful era (*Edo / Tokugawa Jidai*), the techniques adapted to be more duel-focused, with no armour. The wooden sword, *bokutō* (木刀) was used for training; then eventually the bamboo sword, *shinai* (竹刀) as well as protective armour, *bōgu* (防具) were developed to minimise injury.

During the *Meiji Restoration Era*, Japan went through a modernisation period where martial arts were banned, and the samurai caste was abolished. Sword-fighting techniques were considered barbaric and was practically useless. In order to preserve these arts, a group of masters founded an organisation with the intention to blend the old techniques into a modern version that is detached from its original warfare purpose, and make it something that is positive, healthy, fun, and promotes discipline, self-development, and appreciation of the history and culture of the sword.

*Kendo, the way of the sword*, was eventually born - designed specifically as a hybrid of traditional martial art and modern sport, with its own set of internationally-recognised training methods, rules and regulations, and governing bodies. Kendo is now practised all over the world, with 59 countries and regions affiliated with the international federation.

Read more: <http://www.kendo-fik.org/kendo/kendo-history>

### **1.4. This Beginners' Course and the Seven Swords Training Programme**

The *Seven Swords Training Programme* was initially about training a team of seven men and seven women to compete at the annual *Australian Kendo Championships*. The programme takes members through three stages:



- **Stage 1, Beginners' Course:** Learning the foundational techniques of Kendo, with no armour.
- **Stage 2, Intermediate Course:** Continue developing the foundational techniques, in armour - including introduction to sparring.
- **Stage 3, Advanced Course:** Further develop foundational techniques, and introduction to competition rules and procedures.

This is Week 1 of the course, and we train on Wednesdays (6:30pm - 8:00pm) and Sundays (9:00am - 10:30am). Stage 1 will be 10-weeks long. Until Stage 2 commences, training across the christmas / new years break will be free. Members are encouraged to attend as many training sessions as possible.

To enrol, we need you to either register an account on the website, or with us directly (by e-mail or on paper). We will need the following information from you at minimum:

- First Name and Surname.

- Date of Birth.
- Gender for Equipment.
- Measurement for Equipment (height in cm).

Payment is to be made by the end of Week 2 (Sunday 24 October 2021), as we will need to order your equipment (uniform and swords). Until then, you will be using club equipment.

The course fee of \$250 will give you:

- Uniform (*keiko-gi* and *hakama*).
- Wooden sword (*bokutō*).
- Bamboo sword (*shinai*).
- Sword bag (*shinai-bukuro*).
- Membership to the national organisation that provides insurance for injuries.

Until you have your uniform, please wear comfortable exercise clothes. Do not wear pants that cover beyond your ankles.

If you have any question about the course, or any concern about payment, please let us know, and we'd be happy to work something out.

## 1.5. Lesson

Etiquette (*reiho*): As a traditional martial art, there are appropriate conducts or procedures that practitioners must pay attention to during training.

- Bowing (*rei*): The proper way to bow is to stand upright, arms down on the side, and bow with a straight back, bending slightly using your hips.
  - Standard bow: When bowing to other people, bow down 15°, and maintain eye contact.
  - Deep bow: When bowing towards *shōmen* (the "face" of the dojo), bow down 30°, and lower your eyes. You should use this bow when entering or leaving the dojo.
- Sitting (*seiza*): At the start and end of training, we sit down on our knees to meditate (*mokusō*), and bow to each other.
- Handling equipment: Ensure that you handle your *bokutō* carefully - even though it is not a real sword, it can still injure people.
  - Ensure you maintain control at all times - do not swing it around carelessly.
  - When relaxing, hold it with both hands pointing down in front of you, or on one hand "sheathed" by your side.
  - Do not let the tip touch the floor, or lean on it like a stick.
  - Do not step over the sword.
- Follow instructions, respect your fellow members, and have fun!

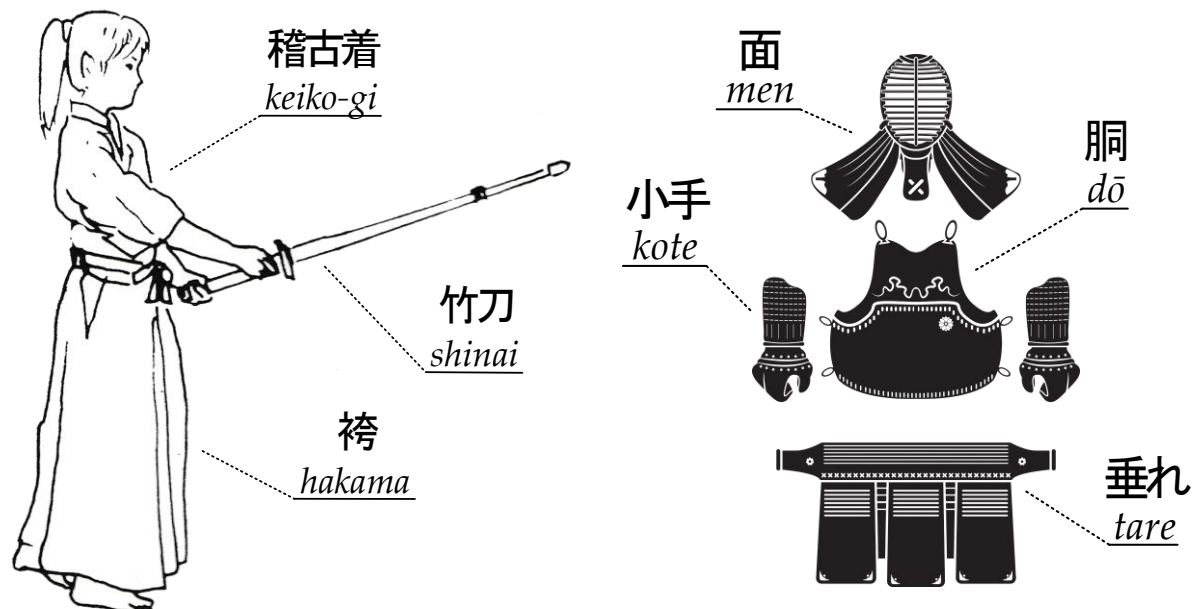
Warm-up: After the initial kneeling bow, we usually warm-up as a group. This includes counting in Japanese:

|             |           |            |            |           |             |               |              |            |            |
|-------------|-----------|------------|------------|-----------|-------------|---------------|--------------|------------|------------|
| 1           | 2         | 3          | 4          | 5         | 6           | 7             | 8            | 9          | 10         |
| <i>ichi</i> | <i>ni</i> | <i>san</i> | <i>shi</i> | <i>go</i> | <i>roku</i> | <i>shichi</i> | <i>hachi</i> | <i>kyū</i> | <i>jyū</i> |

Equipment:

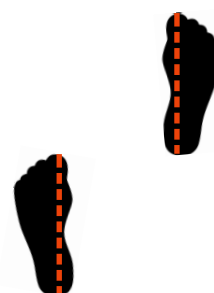
- Uniform (*dōgi*): The traditional Kendo uniform consists of the jacket *keiko-gi* (or just "*gi*"); and the parachute pants *hakama*, which was appropriate for horse-riding. The *koshi-ita* on the back helps keep the back straight. The deep blue colour came from the traditional dye *aizome*, which is also called the "Japanese indigo".

- Wooden sword: The *bokutō* or *bokken* represents the *katana*, and must be handled with care. This is used for non-contact practice.
- Bamboo sword: The *shinai* is used for contact practice - whether hitting someone in armour (*bōgu*), or someone holding their *shinai* up as target.
- Steel sword: The *mugitō* or *katayō* is used for *kata* demonstration only. Because it's cool.



#### Footwork (*ashi-sabaki*):

- Kendo footwork utilises a "sliding" technique (*suri-ashi*). The heels are slightly raised, leaving the toes and the balls of your feet in contact.
- Generally the "leading footwork" (*okuri-ashi*) has the right foot forward, and left foot apart and very slightly behind.
- Basic movements are: *mae* (forward), *ato* (backward), *migi* (right), *hidari* (left).



Footwork position

#### Holding the sword:

- When relaxed (*shizentai*), stand with your heels together and keep your sword "sheathed" on your left hand by your side.
- When preparing to draw (*tai-tō*), prop the sword up to your hip.
- When drawing the sword (*nuke-tō*), put your right foot forward (*okuri-ashi*) and draw the sword with your right hand, making a slow slicing motion forward, before assuming your stance (*kamae*).
- The sword (*bokutō* or *shinai*) is held with the left hand at the bottom, and right hand at the top.
- With your back straight and elbows relaxed, aim the tip of the sword towards the opponent's throat.
- This basic stance (*kamae*) is called *chūdan-no-kamae* (middle guard stance).

#### Strikes:

- Strike to the head (*men*): Aiming to strike down to the nose level.
- Strike to the forearm (*kote*): Aiming to slice the opponent's hand off.
- Strike to the torso (*dō*): Aiming to strike the opponent's stomach on their right side (your left).
- Thrust (*tsuki*): Aiming to thrust straight into the opponent's throat, aiming to stop around half-way into the neck.

Vocalisation (*kakegoe*), or usually referred to as *kiai*, is vocalising as part of your actions. This allows better focus and to relax your body better. For example:

- Counting during warm-up.
- When attacking a specific target (*men, kote, dō, tsuki*).
- When performing exercises, such as footwork (*mae, ato, migi, hidari*).

## 1.6. Video Study

**Title:** NHK Sports Japan — Kendo / Nito

**Link:** <https://www.youtube.com/watch?v=vKlsoMc4nv4>

**Uploaded by:** KendoWorld (<https://www.youtube.com/channel/UCuEFJrxMVizlix3QVD5mkUA>)

**Published:** 12 March 2015

**Duration:** 28:04

**Source:** An episode from the “Sports Japan” series produced by NHK (*Japan Broadcasting Corporation*), in collaboration with the KendoWorld team, originally aired in November 2014.

**Comment:** This episode provides an introduction to Kendo, with Alex Bennett (Kendo *Kyoshi* 7<sup>th</sup> Dan) as the spokesperson. Alex is a Kiwi (New Zealand chump) who is currently working as a professor of Japanese history and culture at Kansai University in Japan, and has had significant impact in the development and expansion of the international Kendo community. He is the founder of Kendo World, a group that publishes Kendo magazines and content in English. He tries to look angry in all his photos but he’s actually a big softie.

## 1.7. Homework

- Learn how to count 1 to 10 in Japanese.
- Practise correct bowing - standard (15°) and deep (30°).
- Practise the sitting position on your knees (*seiza*).
- Practise the footwork, sliding on your toes around the 4 directions (*mae, ato, migi, hidari*).
- Measure your height!

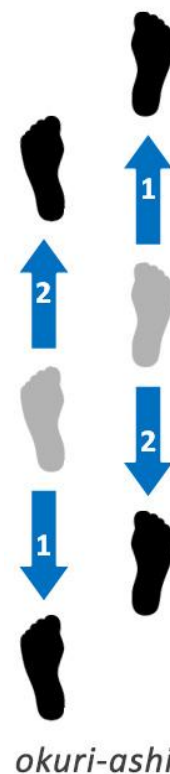
## 2. WEEK 2: SUBURI AND FOOTWORK

### 2.1. Refresher

1. **Housekeeping:** Kendo is a full contact combat sport. Follow all COVID-19 regulations, including check-in at Darwin Squash Centre.
2. **What is Kendo:** "The Way of the Sword" - The concept of Kendo is to discipline the human character through the application of the principles of the katana (sword).
3. **History of Kendo:** Kendo is an amalgamation of numerous sword styles / schools, designed as a hybrid of traditional martial art and modern sport. We play by the rules - Kendo does not teach any practical fighting / self defence techniques.
4. **Beginners' Course:** This is the Stage 1 of the *Seven Swords Training Programme*, to learn basic techniques of Kendo with *bokutō* (wooden sword) and *shinai* (bamboo sword), before wearing armour (*bogu*) in Stage 2.
5. **Basics of Kendo:**
  - a. *Reiho* (etiquette): How to do standing and sitting bows (*zareai*), doing *seiza* (sitting on your knees) and *mokusō* (meditate).
  - b. How to hold and handle a sword - drawing, sheathing, and holding the stance: *chūdan-no-kamae*.
  - c. Footwork (*ashi-sabaki*): Moving in *okuri-ashi* ("leading footwork", i.e. right foot forward) using *suri-ashi* (sliding footwork) technique, in all 4 directions - *mae* (front), *ato* (back), *migi* (right), and *hidari* (left).
  - d. Basic strikes: *men* (head), *kote* (forearm), *dō* (torso), and *tsuki* (thrust to the throat).

### 2.2. Lesson

1. Warm-up after *zareai* (sitting bowing)
  - a. Procedure: Spread out in a circle. *Rei* (bow), *tai-tō* (ready sword), *nuke-tō* (draw sword), *sonkyo* (squat), and put your sword down. Step back.
  - b. The order of warm-up exercise generally goes from the bottom (feet) to the top (neck).
  - c. Counting in Japanese: Generally the instructor will count 1-4 (*ichi, ni, san, shi*), and everyone else count 5-8 (*go, roku, shichi, hachi*).
  - d. *Sonkyo* is a squatting motion, originating from *sumo*, as a way to show respect with the weapons out. This is used at the start and end of exercises.
2. *Suburi* (swinging exercise) practising the strikes: *men, kote, dō, tsuki*.
  - a. Single-step strikes: Step forward, strike, then step back into *kamae*.
  - b. *Zenshin-kotai*: Step forward with a strike, then step back with another strike.
  - c. *Nidan-waza*: Two-step strikes - step forward with a strike, then another step forward with a second strike.
3. *Ashi-sabaki* (footwork):
  - a. *Ayumi-ashi* (crossing footwork): Similar to walking, but using *suri-ashi*. Can be used to practise correct body motion (*tai-sabaki*).
  - b. *Fumikomi*: Stomping motion as part of *zanshin* ("follow through").
  - c. Turning around - pivoting on your left foot, focus on correct *kamae*.





## 2.3. Video Study

**Title:** Kendo Basics (Full Version) KENDO PRINCIPLES 1

**Link:** <https://www.youtube.com/watch?v=4Km1bS9lpoQ>

**Uploaded by:** KOBY PICTURES (<https://www.youtube.com/channel/UCSAdkoZJaxGTbA697g81wWw>)

**Published:** 20 May 2020

**Duration:** 25:34

**Source:** E-BOGU.com, Kendo Principles 1 - Basics DVD (<https://www.e-bogu.com/Kendo-Principles-Instructional-DVD-Video-s/114.htm>)

**Comment:** This video provides a foundational summary of the basics we have covered so far: footwork, *kamae*, and *suburi*. The instructor in the video is Taro Ariga-sensei, who had been a prominent Kendo practitioner and leader across Brazil, Canada, and USA. Ariga-sensei is the CEO of E-BOGU.com, an online martial art goods retailer, with a focus on Kendo equipment. They are based in USA, so unfortunately can have very expensive shipping cost to Australia.

## 2.4. Homework

- Learn how to count 1 to 10 in Japanese.
- Practise the sitting position on your knees (*seiza*).
- Practise *okuri-ashi* and *ayumi-ashi* going forward, with correct posture.
- Practise the *fumikomi* (stomping) motion.
- Measure your height if you haven't!

### 3. WEEK 3: UNIFORM AND PARTNER WORK

#### 3.1. Refresher

1. Warm-up structure – going from bottom to top.
2. Counting in Japanese.
3. *Suburi* with footwork.
4. *Nidan-waza*: Two-step strikes, e.g. *kote men*.
5. *Zanshin* – running across continuously.

#### 3.2. Lesson

1. Wearing your uniform (*dōgi*) – *chakuso* (the way of wearing the uniform).
  - a. Traditional custom is to go commando, however you are very welcome to wear anything underneath – underwear and/or shirt, shorts, etc.
  - b. All knots are tied using “bow” or “shoelace” knots, horizontally.
  - c. *Keiko-gi* (jacket) is worn first, crossing left over right. Usually referred to as just “*gi*”.
  - d. *Hakama* (divided pants) is worn over the *keiko-gi*. The bottom covers the ankle, and the belt should be tied just under the belly. The *koshi-ita* should support the lower back. *Hakama* should be worn quite firmly (almost tight) to ensure it doesn't... fall off.
  - e. The pleats on the *hakama* is asymmetrical, representing the “virtues of the *samurai*” etc.
  - f. The uniform should be worn neatly, with dignity.
2. Working with partners (*aite*) – *maai* (distance):
  - a. Generally there are three distances when facing someone:
    - i. *Tōma*: Long distance, swords not touching.
    - ii. *Issoku-ittō-no-ma*: One-step one-strike distance
    - iii. *Chikama*: Close distance.
  - b. Everyone has their own *issoku-ittō* distance, completely dependent on many factors, such as: height and reach, length of sword (depending on age), flexibility and strength, and the *waza* (technique).
  - c. It is important to prioritise the correct form / posture for the strike.
3. *Kihon Waza 1: men, kote, dō, tsuki*
  - a. *Kihon Waza* is a set of basic Kendo techniques with a formal structure, performed by a pair of practitioners. There are two sides: *kakarite* (attacker) and *motodachi* (receiver).
  - b. The version we practise is based on *All Japan Kendo Federation's Bokutō Ni Yoru Kendō Kihon Waza Keiko Ho* (shortened to *Bokutō Waza* – “basic Kendo techniques practice using *bokutō*”).
  - c. *Kihon Waza* starts with the pair at 9 paces apart. In *shizentai*, the *bokutō* is held on the right hand.
  - d. Instructor calls which side is *kakarite*, and which is *motodachi*.
  - e. Instructor calls “*shōmen ni rei*”. Turn towards *shōmen* and perform a deep bow.
  - f. Instructor calls “*otagai* (or *sogo*) *ni rei*”. Turn towards each other, then perform a standard bow.
  - g. Pass the *bokutō* to the left hand into *tai-tō* position.
  - h. Take 3 steps forward, and draw the *bokutō* (*nuke-tō*) into *chūdan-no-kamae* (*ai-chūdan*), immediately into *sonkyo*, swords crossing at *yokote* (tip).
  - i. Stand up, lower your *bokutō* (*kamae-otoku*), take 5 steps back, then return to *ai-chūdan*.
  - j. Instructor calls for the technique to perform: “*Kihon 1: men, kote, dō, tsuki*”, then “*hajime*” to signal the start.
  - k. Both partners take 3 steps forward and cross at *issoku-ittō-no-ma*.
  - l. *Motodachi* provides an opening for men. *Kakarite* steps forward and strikes *men*, with *kiai*.

- m. *Kakarite* steps back to *zanshin*, then another step to return to *yokote*.
- n. Both partners lower *bokutō* (*kamae-otoku*), take 5 steps back, then return to *ai-chūdan*.
4. Folding your uniform.
- Feel free to consult YouTube-sensei! Do note some videos may have a few differences.
  - Keiko-gi* is quite durable and can be washed like any clothes, but suggest to separate colours (in case the blue dye runs off), set to delicate, cold water only (hot may shrink). Only needs to be washed once a week or month (or longer, depending on how much you sweat).
  - Hakama* can also be washed as normal, but be mindful that chucking it in the washing machine (also delicate, cold water only) means you may need to refold it when it comes out... in a mess. Suggest to wash sparingly (traditionally once / twice a year, or even never). Optionally you may soak it in a bathtub and do a Godzilla.
  - Please air them out and keep them dry.

### 3.3. Video Study

#### **Folding Hakama**

**Title:** How to fold Kendo Hakama

**Link:** <https://www.youtube.com/watch?v=l9d3I9Jd3Eo>

**Uploaded by:** TOZANDO INTL. (<https://www.youtube.com/channel/UCx-DzH4HumpLSbT0CHWT2Bg>)

**Published:** 10 December 2012

**Duration:** 3:24

**Source:** Tozando (<https://tozandoshop.com/>)

**Comment:** Though the text is in Japanese, this video provides a common way of folding the *hakama*. Here, the final knots for the belts are tied on the back side – whereas the more common method is on the front; otherwise the approach is the same. Tozando is an online Kendo equipment retailer based in Ōsaka, Japan, and is one of our club equipment main supplier.

#### **Kihon Waza**

**Title:** Bokuto ni Yoru Kendo Kihon-waza Keiko-ho — 65th All Japan Kendo Championships

**Link:** <https://www.youtube.com/watch?v=ZRGNmYZRZTw>

**Uploaded by:** KendoWorld (<https://www.youtube.com/channel/UCuEFJrxMVlz3QVD5mkUA>)

**Published:** 7 November 2017

**Duration:** 7:25

**Source:** Demonstration of the *Bokuto ni Yoru Kendo Kihon-waza Keiko-ho* by children of the *Ota-ku Kendo Federation*, performed at the 65<sup>th</sup> All Japan Kendo Federation at *Nippon Budokan*, Tokyo, Japan, on 3 November 2017.

**Comment:** *Kihon Waza* 1, 2, and 3 that we practise as a club is identical to the *Bokutō Waza* 1, 2, and 3. Number 1 covers the four basic strikes: *men*, *kote*, *dō*, and *tsuki*. This video shows the whole sequence from start to finish – but please note that *Kihon Waza* 4 – 9 that we practise as a club are slightly different from the official *Bokutō Waza* 4 – 9.

### 3.4. Homework

- Practise folding your *hakama*.
- Practise *suburi* at home – picturing yourself starting at *issoku-ittō-no-ma*.
- Practise the procedure for *Kihon Waza* 1, as *kakarite* and *motodachi*.

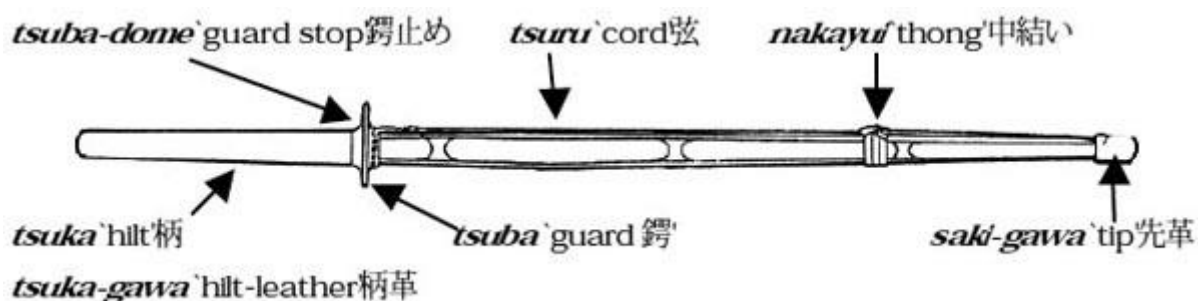
## 4. WEEK 4: STRIKING WITH SHINAI

### 4.1. Refresher

1. Proper *chakuso* (wearing your uniform).
2. Pay attention to *maai* (distance).
3. *Kihon Waza 1: men, kote, dō, tsuki*
4. Working with a partner (*aite*) as *kakarite* (attacker) or *motodachi* (receiver).

### 4.2. Lesson

1. New *suburi*:
  - a. *Joge-buri*: Exercise to swing the sword all the way to the back (hitting your rump) and then all the way to the front. Used to relax and stretch your shoulders and arms, focusing on cutting through the *chūshin* (centre line).
  - b. *Hayasuburi*: Exercise where we jump back and forth quickly. One way to celebrate birthdays!



2. Striking with *shinai*:
  - a. A *shinai* is a flexible bamboo sword, made of 4 slats of bamboo (hollow inside).
  - b. The role of the *motodachi* is extremely important – in order for the *kakarite* to learn how to strike properly, we need to allow them to hit correctly.
  - c. For the exercise involving hitting each other's *shinai*:
    - i. Both partners assume *ai-chūdan* at *issoku-ittō-no-ma*.
    - ii. *Motodachi* steps to their left, and holds their *shinai* up on their right side, parallel to the floor, at the appropriate height (e.g. the *kakarite*'s face for *men*).
    - iii. *Kakarite* performs the strike on the *motodachi*'s *shinai*, with *zanshin* (follow through) forward.
    - iv. *Kakarite* turns around, and *motodachi* follows up to establish *issoku-ittō-no-ma*.

### 4.3. Video Study

Title: THE MAKING (2 3 7) 竹刀ができるまで

Links: <https://youtu.be/AkRFideyVeU>

Uploaded by: SCIENCE CHANNEL (JST) (<https://www.youtube.com/channel/UCHpFyLQgg4h9VZuFyby7RbQ>)

Published: 14 January 2014

Duration:

Source: "The Making" series from the *Japanese Science and Technology (JST) Agency Channel* (<https://sciencechannel.jst.go.jp/>), episode 237, originally published in 2007.

Comment: This video provides an overview of *shinai* (bamboo sword) manufacturing.

### 4.4. Homework

- Practise *joge-buri* and *hayasuburi*.
- Practise *zanshin* (following through) and turning immediately into *chūdan-no-kamae*.

## 5. GLOSSARY

| Term                     | Meaning   |
|--------------------------|---|
| <i>ai-chūdan</i>         | When both players are mutually in <i>chūdan-no-kamae</i> .                          |
| <i>aite</i>              | Partner, or the opponent you are facing.  |
| <i>ashi-sabaki</i>       | Footwork.   |
| <i>ayumi-ashi</i>        | Crossing footwork.  |
| <i>bokutō</i>            | Wooden sword, also referred to as <i>bokken</i> .                                   |
| <i>bōgu</i>              | Protective armour used in Kendo.  |
| <i>chakuso</i>           | The way to wear the uniform. See also: <i>dō-gi</i> .                               |
| <i>chikama</i>           | Close distance. See also: <i>maai</i> .   |
| <i>chūdan-no-kamae</i>   | Middle guard stance with the sword pointing at the opponent’s throat.               |
| <i>dan</i>               | “Black belt” grade. See also: <i>kyu</i> .  |
| <i>dō</i>                | Torso, one of the target areas for striking. Also refers to the chest protector.    |
| <i>dō-gi</i>             | Uniform for Kendo. See also: <i>chakuso</i> , <i>keiko-gi</i> , and <i>hakama</i> . |
| <i>dōjō</i>              | “The place of learning”.  |
| <i>faito</i>             | Transcription of “fight” in Japanese, yelled out as encouragement.                  |
| <i>fumikomi</i>          | Stomping footwork as part of following through. See also: <i>zanshin</i> .          |
| <i>hakama</i>            | The pants as part of Kendo uniform.   |
| <i>harai</i>             | Sweeping motion as part of an opening technique.                                    |
| <i>hiraki-ashi</i>       | Diagonal footwork.  |
| <i>issoku-ittō-no-ma</i> | A type of <i>maai</i> (distance) where one has to take one step forward to attack.  |
| <i>kakarite</i>          | The attacker in a pair of practitioners. See also: <i>motodachi</i> .               |
| <i>kekegoe</i>           | Vocalisation, or yelling as part of a move. See also: <i>kiai</i> .                 |
| <i>kamae</i>             | The fighting stance in Kendo.   |
| <i>katana</i>            | Specifically refers to the Japanese sword.  |
| <i>keiko</i>             | Exercise or training. Literally translates to “to study the old”.                   |
| <i>keiko-gi</i>          | The top / jacket as part of Kendo uniform. Also referred to as <i>gi</i> .          |
| <i>kendō</i>             | “The Way of the Sword”.   |
| <i>kiai</i>              | Refers to the shouting during strikes to exert energy. See also: <i>kekegoe</i> .   |
| <i>kensen</i>            | The tip of the sword.   |
| <i>kihon</i>             | Foundation or basic.  |
| <i>Kihon Waza</i>        | Set of foundational Kendo techniques in a formal structure.                         |
| <i>kote</i>              | Hand or forearm, one of the target areas for striking. Also refers to the gloves.   |
| <i>kyu</i>               | “Under black belt” grade. See also: <i>dan</i> .                                    |
| <i>maai</i>              | Distance or interval between two people. Also see: <i>issoku-ittō-no-ma</i> .       |

Darwin Kendo Club – 2021 Beginners' Course (Stage 1) Syllabus

| Term              | Meaning  |
|-------------------|--|
| <i>men</i>        | Face or head, one of the target areas for striking. Also refers to the helmet.       |
| <i>mokusō</i>     | Meditation performed at the start and end of training.                               |
| <i>motodachi</i>  | The received in a pair of practitioners. See also: <i>kakarite</i> .                 |
| <i>nafuda</i>     | Name tag worn in the middle of the <i>tare</i> . See also: <i>zekken</i> .           |
| <i>nidan-waza</i> | Two-step strikes, such as <i>kote</i> followed by <i>men</i> immediately.            |
| <i>nuke-tō</i>    | Unsheathing the sword. See also: <i>tai-tō</i> .                                     |
| <i>okuri-ashi</i> | Leading footwork, with the right foot staying in the front.                          |
| <i>osame-tō</i>   | Sheathing the sword. Also referred to as <i>no-tō</i> .                              |
| <i>otagai</i>     | Each other – used to address a bow to everyone.                                      |
| <i>rei</i>        | Bowing. See also: <i>reiho</i> and <i>zarei</i> .                                    |
| <i>reiho</i>      | Etiquette and its protocol or conduct. See also: <i>rei</i> and <i>zarei</i> .       |
| <i>seiza</i>      | A style of sitting on your knees. See also: <i>zarei</i> .                           |
| <i>shinai</i>     | Bamboo sword.  |
| <i>shizentai</i>  | Natural standing position – heels together, feet slightly apart.                     |
| <i>shōmen</i>     | Refers to the central <i>men</i> when striking, or the “face” of the <i>dōjō</i> .   |
| <i>sonkyo</i>     | Squatting with the sword out, as a form of bowing.                                   |
| <i>suburi</i>     | Swinging exercise.   |
| <i>suri-ashi</i>  | Sliding footwork.  |
| <i>tai-tō</i>     | Propping the sword up to the hip, in preparation to draw. See also: <i>nuke-tō</i> . |
| <i>tare</i>       | Waist protector, worn as part of the <i>bōgu</i> . Not a target!                     |
| <i>tōma</i>       | Far distance. See also: <i>maai</i> .  |
| <i>tsuba</i>      | The hilt guard of the sword.   |
| <i>tsuka</i>      | The hilt of the sword (where you hold).  |
| <i>tsuki</i>      | Thrust to the throat, one of the target areas.                                       |
| <i>uchi</i>       | A strike, e.g. <i>men-uchi</i> is a strike to the head.                              |
| <i>waza</i>       | Technique.   |
| <i>zanshin</i>    | The follow through after striking.   |
| <i>zarei</i>      | Bowing while seated. See also: <i>seiza</i> and <i>rei</i> .                         |
| <i>zekken</i>     | Name tag worn in the middle of the <i>tare</i> . See also: <i>nafuda</i> .           |