

THE AIMS OF KENDO

The concept of Kendo is to discipline the human character through the application of the principles of the Katana.

The purpose of practicing Kendo is to mould the mind and body, to cultivate a vigorous spirit, and through correct and rigid training to strive for improvement in the art of Kendo. One should hold in esteem human courtesy and honour and attempt to associate with others with sincerity and to forever pursue the cultivation of oneself.

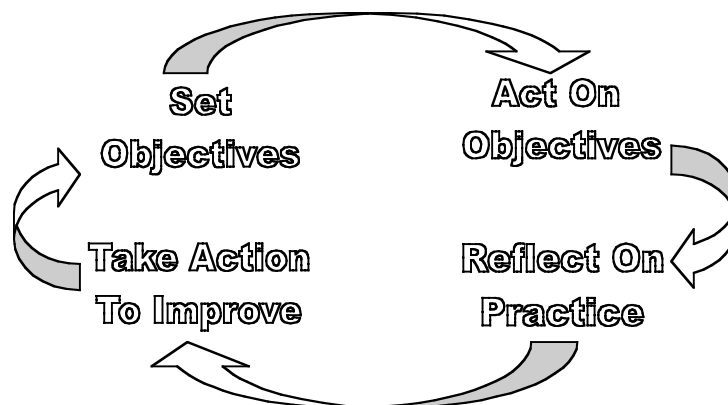
Thus will one be able to love his society, to contribute to the development of culture, and to promote peace and prosperity among all peoples.

ZNKR

TEACHING AND LEARNING

At Do Shin Ken Yu Kai:

- Kendoka develop an interest in Kendo, its tradition and application in a safe and friendly environment.
- Kendoka should familiarise themselves with the equipment and activities so that they can begin to improve.
- Kendoka must familiarise themselves with the terminology of kendo so that they can more easily integrate into a kendo practice.
- It is the responsibility of all kendoka to strive to improve their kendo. We must all therefore take an active part in our learning experience.
- Kendoka develop an understanding of how to hold a sword and use the hands to cut (Te no uchi).
- Kendoka develop good posture and movement as a basis for improvement.
- Practices are broken into periods of aerobic training, anaerobic training and rest. Kendoka must attempt to relax and to pace themselves so that they can benefit from the whole practice.
- Kendoka should plan what in particular they will work on (perhaps in consultation with their coach/sensei) and apply the following model.



PROGRESSION - KYU GRADE SYLLABUS

7th Kyu

- How to stand: shizen-tai
- How to bow: ritsu-rei and courtesy in kendo: rei-ho
- How to sit: sei-za
- How to bow: za-rei
- How to compose yourself: mokuso
- How to squat: sonkyo
- How to make stance and posture: chudan-no-kamae
- How to move forward, back, right and left: in kamae using suri-ashi
- How to cut men, kote and do using suri-ashi
- How to cut men, kote and do using fumi-komi-ashi

6th Kyu

- Kihon Ichi
- How to cut set forms of kihon-keiko-ho in bogu using fumi-komi-ashi
- Kiri-kaeshi: Cutting as kakari-te

5th Kyu

- Kihon Ichi - Kihon Ni
- How to cut set forms of kihon-keiko-ho in bogu using fumi-komi-ashi
- Kiri-kaeshi: as kakari-te and moto-dachi

4th Kyu

- Kihon Ichi - Kihon san
- How to cut the set forms of kihon-keiko-ho in bogu using fumi-komi-ashi
- Kiri-kaeshi: with good kiai and correct cutting distance
- Ippon-me

3rd Kyu

- Kihon Ichi - Kihon Yon
- How to cut the set forms of kihon-keiko-ho in bogu using fumi-komi-ashi
- Kiri-kaeshi: left hand remains in centre with smooth, effective movements
- Ippon-me - Nihon-me

2nd Kyu

- Kihon Ichi - Kihon Go
- How to cut the set forms of kihon-keiko-ho in bogu using fumi-komi-ashi
- Kiri-kaeshi: with a full rich kiai and proper breathing
- Ippon-me - Sanbon-me