

## Jūdō

Jūdō was created by Kanō Jigorō in 1882. Kanō studied various styles of *jūjutsu*, and investigated the principle of *kuzushi* (destabilising the opponent) and organised a rational system of techniques.

## Kendō

*Kendō* is a martial way and sport where competitors wearing protective armour score points against each other by striking designated body targets with bamboo swords.

## Kyūdō

*Kyūdō* is the martial art of Japanese archery in which practitioners shoot a stationary target. The ultimate objective of *kyūdō* is to subdue one's own ego. Archers give themselves completely to each shot, but do not react to success or failure.

## Karatedō

*Karatedō* is an unarmed martial art originating in Okinawa. It was devised as a means of self-protection against an attacker by utilising every part of the body to strike, kick, and punch.

## Sumō

*Sumō* is a Japanese form of wrestling rich in history and tradition which has now become a fast-paced and vigorous modern sport practised in many countries around the world.



**You can try  
BUDO!**

### THE NINE MODERN BUDO ARTS

To provide foreign exchange students and foreign embassy staff in Japan knowledge on the theory and techniques of budo, as well as its history and culture, through a wide range of lectures, together with practical experience in each of the nine modern budo arts. It is hoped that the seminar will contribute to the international understanding and development of budo, and foster international goodwill.

## Jūkendō

*Jūkendō* is a martial way based on fighting with bayonets. Practitioners wear armour and compete with wooden rubber-capped replica-rifles by making thrusting attacks to the opponent's chest, side, throat, hand, and shoulder.

## Naginata

The *naginata* is a glaive-like weapon with a curved, single-edged blade fixed to one end. The weapon itself has a history in Japan spanning roughly 1000 years, and gave rise to a fighting art that managed to adapt to the times throughout its long history.

## Shorinji kempo

Shorinji Kempo was founded in Japan in 1947 by Doshin So as a form of humanistic education, with the goal of developing individuals who are able to create a better society.

## Aikidō

*Aikidō* is a modern martial way which was created by Ueshiba Morihei. He borrowed movements from traditional martial arts as well as adding a spiritual dimension.

## Lecture

To provide knowledge on the theory and techniques of budo, as well as its history and culture, through a wide range of lectures, together with practical experience in each of the nine modern budo arts.

# 1st International Seminar of BUDO CULTURE

## for Foreign Exchange Students and Embassy Staff

**Dates:** March 1 (Fri.) to March 3 (Sun.), 2019

**Venue:** Nippon Budokan Training Center (582 Sawakura, Katsuura-shi, Chiba-ken)

#### • Language of Seminar

Lectures/Instruction will be conducted in Japanese and English.

#### • Criteria for Participation

- (1) Foreign exchange student in Japan.
- (2) Foreign embassy or consulate staff in Japan.
- (3) Foreign budo practitioner recommended by one of the budo federations.  
Participants must meet one of the above criteria to be eligible. (Experience in budo is not necessary.)

#### • Number of Participants: 80

#### • Participation Fee: Free

#### • How to Apply

Applicants should fill in the application forms provided and send it to the address below, or send the required information by email.

#### • Application Deadline

Friday January 25, 2019 \*Registrants will be sent a letter of confirmation after the cutoff date.

#### • Participant Assistance

All accommodation costs and meals over the course of the seminar will be provided by the Nippon Budokan.

\* Participants are expected to pay their own travel expenses to and from the seminar.



# 1st International Seminar of **BUDO CULTURE** for Foreign Exchange Students and Embassy Staff

## Schedule (Proposed)

Friday March 1		Saturday March 2		Sunday March 3	
		7:00	Breakfast	7:00	Breakfast
		8:00	Break	8:00	Break
		9:00	Lecture ② "Budo and Etiquette" Ogasawara Kiyomoto (Lecture 40 mins + Practical 40 mins + Q&A 20 mins)	9:00	Budo Experience ⑦ (Practical 30 mins + Q&A 10mins)
		10:00	Break	10:00	Break
		11:00	Lecture ③ "Budo and Zen" Hirai Shoshu (Lecture 40 mins + Practical 40 mins + Q&A 20 mins)	11:00	Budo Experience ⑧ (Practical 30 mins + Q&A 10mins)
		12:00	Lunch / Break	12:00	Participant Presentations (60 mins)
		13:00	Commemorative Photograph	13:00	Closing Ceremony
	Reception	14:00	Budo Experience ① (Practical 30 mins + Q&A 10mins)		Disperse
	Opening Ceremony	15:00	Break	<div style="border: 1px solid black; padding: 5px;"> <p><b>Katsuura Station Dep. Sotobo Line Timetable</b></p> <p>13:27 To Chiba 14:21 To Chiba <b>14:36 Special Express to Tokyo</b> 15:23 To Chiba <b>15:59 Special Express to Tokyo</b></p> </div>	
	Lecture ① "History and Characteristics of Budo" Todo Yoshiaki (Lecture 60 mins + Q&A 20mins)	16:00	Budo Experience ② (Practical 30 mins + Q&A 10mins)		
	Orientation	17:00	Break		
	Instructor Demonstrations (Demonstrations 80 mins + Q&A 30 mins)	18:00	Budo Experience ③ (Practical 30 mins + Q&A 10mins)		
	Bath / Break	19:00	Break		
	Dinner	20:00	Budo Experience ④ (Practical 30 mins + Q&A 10mins)		
	Free Practice		Break		
			Budo Experience ⑤ (Practical 30 mins + Q&A 10mins)		
			Break		
			Budo Experience ⑥ (Practical 30 mins + Q&A 10mins)		
			Bath / Break		
			Farewell Party (90 mins)		

\* Please note that the schedule may change due to unforeseen circumstances