

# 2nd. International Seminar of BUDO CULTURE

You can  
try BUDO!



for Foreign Exchange Students and Embassy Staff

**Dates:** March 6 (Fri.) to March 8 (Sun.), 2020

**Venue:** Nippon Budokan Training Center

(582 Sawakura, Katsuura-shi, Chiba-ken 299-5231)

## The nine modern budo arts and lectures

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.



*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.



*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.



*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.



*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.



*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.



*Lectures*

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.

### • 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

Please refer to our website. (scan the QR code below)

### • Application Deadline

Friday January 31, 2020 \*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.



公益財団法人

日本武道館

Organizer: Nippon Budokan Foundation

Sponsor: Japan Sports Agency, Ministry of Foreign Affairs, Katsuura-shi, Japanese Budo Association

Assistance: International Budo University

For More Information ▶

