

< 科目名 Subject > Japanese Martial Arts and Sports Practice

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< 授業の到達目標及びテーマ Class Theme >

This class is an introduction to the nature of Japanese martial arts. Fighting has been a fixture in all civilizations and in all periods of human history. This class wants to look into traditional Japanese fencing, Kendo (剣道). Since Japans history saw lengthy periods of civil war and for most of the time the warrior-class ruled the country, unique forms of sword-fighting have been developed and adapted to Japanese needs by those who had the privilege to carry 2 swords, the samurai.

Kendo practice was meant to instill not only discipline and physical strength and the ability to fight, it also conveyed principal ideals of Buddhism and Confucianism, the spiritual cornerstones of Bushido (武士道).

< 授業の概要 Summary >

Become acquainted with Japanese fencing and understand the basic terms and concepts involved.

Acquire knowledge about Japanese Budo. Understand how Budo contributes to Japanese culture.

Develop a cross-cultural and comparative understanding of martial arts and sports.

< 授業計画 Class Plan >

(Aikido-6 times, Sumo-1 time)

In addition to the actual Aikido practice, the Sumo Lecture will attempt to give students some idea of the historical and cultural background to the sport.

Aikido is a martial art based on jujitsu, swordplay and jojutsu etc.

Sumo is a national sport originally, rather it is a Shinto ritual in which strong men dedicates their strength.

Manners showing respect to the gods are valued.

Sumo practice will not be done in this class, but instead a lecture about sumo will be delivered.

(Kendo-6 times)

1. Introduction: Kendo
2. About swords and equipment, Basic footwork, Kamae..
3. *Waza-geiko* (技-稽古 わざ-げいこ): technique practice to learn and refine techniques of Kendo with a receiving partner.
4. *Kiri-kaeshi* (切-返し きり-かえし): Striking the left and right *men* target points in succession, practising centering, distance, and correct technique, while building spirit and stamina.
5. *Kakari-geiko* (掛-稽古 かかり-げいこ): short, intense, attack practice which teaches continuous alertness and readiness to attack, as well as building spirit and stamina.
6. Basics of Nihon Kendo Kata

< 評価方法 Evaluation >

1. **Attendance:** Required, missing more than one third of the classes will lead to disqualification according to Nagasaki Gaidai regulations.

2. **Active participation** in class, unless you are physically unfit to practice, you are required to try out the shown techniques.

3. **Attire:** It's not necessary to buy a Kendo uniform. Loose fitting sportswear, preferably thick cotton, without any metal zippers or the likes will do. **All martial arts are practiced barfeeted, so please make shure, your toenails (and fingernails) are trimmed. Also earrings and piercings have to be removed - if that is not possible, they have to be covered with tape or band aide. Watches, chains, necklaces and other accessories are not allowed to avoid injuries. You are practicing in close proximity with a partner, so please be considerate about personal hygiene.**

< テキスト Textbooks >

全日本剣道連盟 (Ed.): Japanese-English Dictionary of Kendo. Tokyo 2000

Miyamoto, Musashi: The book of five rings. Shambhala 200

Takuan Soho: The Unfettered Mind. Kodansha 2003

Yamamoto, Tsunetomo: Hagakure. Kodansha 2002

Suzuki, Daisetsu: Zen and Japanese Culture. Tuttle 1988

Herrigel, Eugen: Zen in the Art of Archery. Vintage 1999

<http://www.kendo.or.jp/>

<http://www.osi.uio.no/kendo/pdf/Noma.pdf>

<http://www.kendo-fik.org/>

<http://www.kendo-fik.org/english-page/english-page2/brief-history-of-kendo.htm>

<http://www.youtube.com/watch?v=XWzdIpayeFk>

<http://www.youtube.com/watch?v=MXMfPPWkMVY&feature=related>

<http://www.youtube.com/watch?v=7Fx5Ts9i-MM&feature=related>