

Halifax Kendo Club



New Student`s Guide



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Halifax Kendo Club

New Student Manual

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Introduction

Welcome to the Halifax Kendo Club! We're very happy you have decided to start your kendo path with us. Kendo is a rigorous and demanding martial art with emphasis on both physical and mental discipline. This guide is meant to give you some information on some of the very basics of Kendo such as the equipment used by a beginner, rules and formalities of the dojo, and terms used in a Kendo class.

If you have any questions, be sure to ask! The instructor team is dedicated to helping you as you begin your Kendo journey.

Terrence Clark -HKC President / Instructor

Adam Nelson -HKC Vice President / Dojo Administrator / Chief Instructor



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Purpose and Concept of Kendo

As established by the All Japan Kendo Federation in 1975

The Concept 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

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 in the art of Kendo
- To hold in esteem human courtesy and honour
- To associate with others with sincerity
- To forever pursue the cultivation of oneself

Thus one will be able:

- To love his country and society
- To contribute to the development of culture
- To promote peace and prosperity among all peoples



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Dojo Rules and Formalities

Facility Rules

- Club members are not allowed in the facility without an appointed instructor. The following are the ONLY registered instructors:
 - Terrence Clark
 - Adam Nelson
 - Thomas Trappenberg
 - Jim Brown
- Club members are to be in the facility only during scheduled class times. 30 minutes will be allotted before and after class for changing/warm up.
- Class times are Sundays and Thursdays from 6:00pm to 8:00pm.
- Please arrive on time. Club members should be ready to begin class by 6:05pm.
- HKC is responsible financially for any damage to the building. If damage is caused by a student's misbehavior, that person will be billed with the amount owing to the facility and thereafter removed from classes.
- HKC is responsible for kendo equipment only. At no time is it acceptable for students to use equipment belonging to the facility or other groups.
- No shoes allowed on the gym floor or stage. Shoes must be removed prior to entering the Dojo.
- No food or drink is allowed inside the gym. Water may be consumed outside the gym on water breaks.



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Formalities

In a Kendo dojo, certain formalities exist which reach back to its roots in Japanese culture. This section is not intended to be a definitive guide to all formalities but rather, just enough to get you through your first few classes.

- Always bow upon entering or leaving the practice space. In our case, the gym.
- If someone hands you a shinai or a bokuto, you should thank them and give a small bow.
- Never allow your shinai or bokuto to touch the floor.
- You should hold your shinai in your left hand when you are not using it.
- When you swing your shinai, it should always be with intent to hit. Therefore, do not swing or play with your shinai or bokuto unnecessarily.
- Never step over a shinai or bokuto. Go around.
- Try not to walk directly in front of another kendoka. If it is unavoidable, bow and hold your right arm 45 degrees away from your body.
- Never walk between two kendoka who are facing each other. Go around.
- When “Seretsu!” is called, you should line up as quickly as possible. HKC lines up with the most senior member farthest from the entrance. Club members should be facing the Instructor of the day’s class who is facing the entrance.
- Members should line up in descending order of:
 - Grade
 - Bogu or non-bogu
 - Uniform or non-uniform
 - Age
- The senior member will call “Seiza” once everyone is lined up. Members should create a “domino effect” when assuming the seiza position starting with the most senior member.
- Next is a series of commands with appropriate actions.

Ki O Tsuke	• Sit up straight
Mokuso	• Brief meditation
Shomen ni	• Turn 45 degrees to your right
Rei	• Bow deeply
Otagai ni	• Return to facing forward
Rei	• Bow deeply



Beginners Terminology

This list is intended to give you enough knowledge of the Japanese words and commands used in a regular Kendo class to get you through your first few classes.

Counting in Japanese

Ichi	• One
Ni	• Two
San	• Three
Shi	• Four
Go	• Five
Roku	• Six
Shichi	• Seven
Hachi	• Eight
Kyuu	• Nine
Juu	• Ten

Class commands

Hajime	• Start
Yame	• Stop
Kamae-To	• Assume your Stance
Osame-To	• Put away your weapon
Seiza	• Assume Seiza, the formal sitting position
Seretsu	• Line up
Sonkyo	• Assume Sonkyo, the formal crouching position
Yasume	• Relax



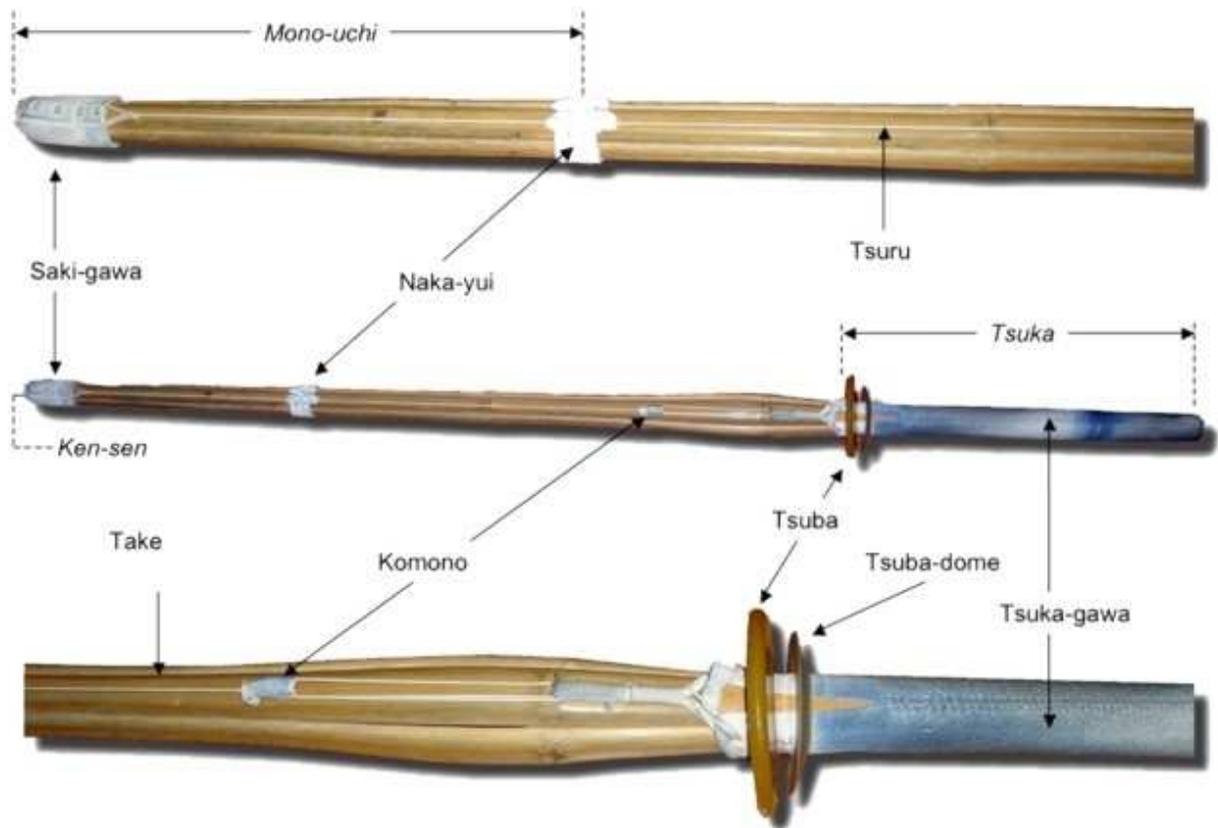
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Parts of the Shinai

You should familiarize yourself with the basic parts of basic parts of the shinai.





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What's Next?

This should give you enough information to help you through your first few classes. While we're happy to lend you club gear in the beginning, you'll need your own if you decide to join the club. There are also some fees to bear in mind.

The HKC asks for \$75.00CAD per quarterly term. Fees are used for the rental of practice space, purchase of club equipment and special events.

All HKC members are required to register with the Canadian Kendo Federation. Their \$35.00CAD annual fee can be paid by registering with them on their website.

The average cost of a basic practice shinai is between \$30.00USD and \$50.00USD. Your first shinai should last about a year.

The average cost of a bokuto is \$10.00USD to \$25.00USD

Although we prefer you spend some time in shorts and t-shirt so that we can see your footwork, a starter uniform usually costs \$40.00USD to \$50.00USD.

It will be some time before you will need your armor. The average student will spend anywhere from 3 months to a year practicing without it, however, when the time comes you can expect to pay \$500.00USD and up for a full set.