

2016 MEMORIAL DAY WEEKEND KENDO TRAINING CAMP

Sunday, May 29, 2016

at the Japanese Art & Cultural Center

4334 Moorpark Ave., San Jose, CA 95129; (408)418-3535; www.jpnants.org

hosted by



Yushin-juku Kendo Dojo

You are invited to participate in our next *kendo gasshuku*, **One-Day Kendo Training Camp**, offering a full-day of *kendo* training taught by Sensei Akihiro Omi, the chief instructor of the *Muto-ryu Omi-ha Yushin-juku Kendo Dojo*, which is the only *Zen*-oriented kendo dojo in the Bay Area.

This intensive kendo training is open to anyone regardless of age, proficiency (kendo skill levels or ranks) or dojo affiliations. No prior kendo experience is required. Complete beginners are welcomed as well as experts. Beginners do not need to bring own equipment or uniform.

Our dojo defines kendo as moving meditation (*Zen*), rather than mere combat/competition skills. We are focused on helping students develop the strength in their characters and achieve their personal growth, inner peace and self-actualization goals.

The cost is \$60 for all sessions. At-Door registration is available at no additional charge. A half-day participation (either morning or afternoon sessions only) is permitted at \$40. Anyone may also drop in for any two (2) sessions for \$22 (adults) or \$19 (children & full-time students).

Please come and join us in this unique opportunity to experience the true *samurai mind* through kendo training in a traditional Japanese dojo atmosphere.

Schedule of Events:

| | |
|------------------|---|
| 8:00 - 8:15 AM | Registration / Check-in / Orientation |
| 8:15 - 8:55 AM | <i>Zazen</i> (Meditation) |
| 9:00 - 9:30 AM | Warming up, Stretching, Breathing Exercises |
| 9:30 - 9:55 AM | <i>Kihon</i> (Basics) with <i>Bokuto</i> |
| 10:00 - 10:55 AM | <i>Kata</i> (Forms) |
| 11:00 - 12:00 PM | <i>Kihon</i> (Basics) Training 1 |
| 12:00 - 1:00 PM | Lunch Break |
| 1:00 - 1:55 PM | <i>Kihon</i> (Basics) Training 2 |
| 2:00 - 2:55 PM | <i>Kihon</i> (Basics) Training 3 |
| 3:00 - 3:55 PM | <i>Keiko</i> (Free Sparring) |
| 4:00 - 4:30 PM | <i>Shiai Geiko</i> (Practice Matches) |
| 4:30 - 5:00 PM | <i>Samu</i> (Clean up) |

Fee: \$60 per participant (child or adult) for all-day
\$40 for half-day (morning or afternoon sessions only)
Drop-in for any two (2) sessions: \$22 (adults) / \$19 (children or full-time students)

Notes:

1. Children must be at least 6 years old to participate.
2. Participants may bring their own lunch or go out to eat on their own. A limited amount of complimentary snacks will be available at the dojo. Food, snack and soft drink donations are welcomed and appreciated.

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REGISTRATION FORM

| | | |
|---|-------|---|
| Participant's Name | | Age |
| Kendo Dojo | | |
| <input type="checkbox"/> Yushin-juku (JACC) | | <input type="checkbox"/> Other (Please specify: _____) |
| Kendo Rank (if any) | | |
| Kyu / Dan | | |
| Name of Parent or Guardian (if participant is under 18) | | |
| Street Address | | |
| City, State, Zip | | |
| Phone | Email | |
| (_____) | | |

The undersigned agrees and does hereby release from all liability and hold harmless *Yushin-juku, Japanese Art & Cultural Center*, and any of its instructors, officers, volunteers and members of the board of directors. This liability release is for any and all liability for personal injuries including death and property losses or damage in connection with any activity or accommodation of the above mentioned. The undersigned does hereby further agree to abide by all the rules and regulations that are presented by *Yushin-juku* and its instructors.

X

Signature (if under 18, parent or legal guardian must sign)

Date

Make all checks payable to "Yushin-juku". Credit card payments are accepted at the JACC Reception Desk.