

## SUMMATIVE REPORT

### KITAMOTO FOREIGNERS SUMMER CAMP 2005

By Alan Stephenson.

#### Introduction.

The Kitamoto Kendo camp for foreigners for 2005 was held in fairly moderate conditions compared to my previous two times there.

As always the camp was run with the utmost efficiency and in an ordered fashion. The day was divided into three main slots with three main areas of focus being encapsulated within them.

These were: **Kihon and Bokuto ni yoru Kendo waza Keiko ho practice.**  
(This took place from 6: 30 to 7: 30 am.).

**Kata and coaching.**  
(This took place from 9: 00 to 11:00 am).

**Refereeing and Keiko.**  
(This took place from 2: 00 till 5: 00 pm).

The three main Sensei delivering curriculum, and being responsible for Pedagogy, were:

Sumi Sensei	Hanshi Hachi – Dan
Soeno Sensei	Kyoshi Hachi – Dan
Shimojima Sensei	Kyoshi Hachi – Dan.

There were as always, other Sensei there in a variety of roles and who attended for varying amounts of time.

The focus of the camp was correctness, and encapsulated in a saying or phrase coined by Sumi Sensei in his opening lecture on the first full day of training, this was:

- **Kendo is derived from the Warrior class system, thus it is steeped in tradition and values from this fore mentioned tradition.**

As a consequence of this, Kendo must be practiced correctly.

## **Kihon and Bokuto ni yoru Kendo waza Keiko ho practice.**

**(6: 30 to 7: 30 am.).**

- Kihon 1**      **Ippon uchi no waza.**  
**Syomen, Kote, Migi Do and Tsuki.**
- Kihon 2**      **Ni/ San Dan no Waza. (Rensoku Waza).**  
**Kote- Men.**
- Kihon 3**      **Harai Waza.**  
**Harai Men from Omote.**
- Kihon 4**      **Hiki Waza.**  
**Syomen Taia Tare Hiki Migi Do.**
- Kihon 5**      **Nuki Waza.**  
**Syomen Migi Hiki Do.**
- Kihon 6**      **Suriage Waza.**  
**Kote Suriage Men from Ura.**
- Kihon 7**      **Debana Waza.**  
**Debana Kote.**
- Kihon 8**      **Kaeshi Waza.**  
**Syomen Kaeshi Migi Do.**
- Kihon 9**      **Uchiotoshi Waza.**  
**Migi Do Uchiotoshi Syomen.**

**Kata and Coaching.**  
**(9: 00 to 11:00 am).**

**Kata practice was conducted in progressive fashion. The first three days of Kata were spent working through the ten sets in blocks of three to four per day. At the end of each Kata session there were two to three rounds of review done.**

**Soeno Sensei's teaching style was to demonstrate a Kate, with an in depth explanation of the relevant Kamae, techniques and the feeling one should have.**

**As a point of interest, there were no real changes for us to make to our practice in New Zealand, we as a federation are performing Kata correctly, the only suggestion I can make from what I learnt is that within a clubs Kata dedicated time, attention is given solely to the applicable techniques within a specific Kata. The performance of Kata in it's entirety can be done when all or a certain number of techniques have been practiced. For example, Uchidachi and Shidachi could practice the "Men suriage Men" technique from Go Homme continuously to promote improvement within that Kata. At the completion of the session on techniques, the Kata can be done in it's entirety.**

**The Coaching sessions were conducted with an emphasis on correctness, this involved use of footwork and the striking of the correct part of the body with a strong kiai and correct Zanshin.**

**The striking or cutting of the correct part of the body was practiced through suburi training with Bokuto and Shinai. A lot of Men, Kote, Do forwards and backwards was done with Bokuto. There was also a lot of Kirikaeshi done. (As explained below):**

**The initial attack is performed from the maximum distance one is able to. Seme in once then perform a large Syomen, follow with the standard nine yokomen, then draw back to Issoku itto no ma.**

**The second attack is then performed with the motodachi slightly moving in, the attacker then performs one large one step push off for the Syomen. The standard nine yokomen are then performed again.**

**The third attack is then performed with the motodachi slightly moving in, the attacker then performs one large one step push off for the Syomen. The standard nine yokomen are then performed for the last time.**

**The finishing Syomen is done like the first, from a large distance with a seme then a one step large Men cut.**

**There was also an emphasis placed on doing Taia Tare techniques, this was practiced in the following fashion:**

**Men Taia Tare, Hiki Men twice**

**Men Taia Tare, Hiki Kote twice**

**Men Taiai Tare, Hiki Do twice, followed by two Men cuts.**

**Refereeing and Keiko.**  
(2: 00 till 5: 00 pm).

The refereeing sessions were run by Shimojima Sensei, his style of teaching and relaying information was exceptionally good. The Sensei firstly explained things verbally, which was in turn translated, then reinforced on a white board in diagrammatical form.

The next step was to have us all copy what was explained, this included the very basic of Shimpan duties like raising and lowering flags correctly, all the way up to analysing Yukodatotsu in fine detail.

During the course of each session when situations arose, the Sensei would explain something, or answer possible questions, they had us refer to the manual on Shimpan regulations. We were also given the task of reading the above mentioned booklet, so as familiarise ourselves with it.

Like all Shimpan seminars the sessions were stressful, with huge amounts of focus being necessary so as not to make any (to many) slip ups!

As the seminar progressed from day to day, the emphasis on correctness with regards to Shimpan was continually being examined and reinforced.

**Keiko.**

The Keiko sessions were mostly with the Sensei, there was very little time where we practiced with each other. These sessions were great, I learnt a huge amount over the course of the Seminar practicing with the Sensei.

## **CONCLUSION**

The camp at Kitamoto this year was an amazing experience, I would recommend that we as a Federation do not miss out on sending as many people as possible each year.

I know that I will try to get over there in the next two to three years again.

A special thank you to all who assisted me in getting there, I would love to name you all, however, there are just too many. I would also like to thank The Auckland Kendo Club for paying for my airfare, to and from Japan. I will, as a result, endeavour to disseminate as much information learnt as possible.

**In appreciation,**

**Alan Stephenson**  
**Auckland Kendo Club 2005.**