

# WA Kendo Campaign

## Announcement of the Start of the 2024/2025 WA Kendo Campaign

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On behalf of the *Squad Leadership Team*, I would like to announce the commencement of the next **WA Kendo Campaign for the year of 2024/2025**, under myself (**Bernard Yehuda**) as the *Head Coach*, and **Mitch Fenn** as the *Manager*. We are very excited to share with you our initial Campaign overview, and will provide more details in the future, including the expansion of our leadership team, as well as detailed training plans.

The Campaign, which will start from **June 2024 until April 2025**, is open to all WA Kendo members; regardless of age, gender, and grade. Beginners are also welcome, as long as they have experience practising in *bōgu*, and able to follow basic commands.

News and details regarding the Campaign can be viewed on our website: [www.WAKendo.com.au](http://www.WAKendo.com.au)

The objectives of the Campaign will be to:

- Support, foster, grow, and strengthen Kendo interests, skills, and community in WA.
- Engage and introduce complementary skills and services to improve and support the development, recovery, and maintenance of WA players' physical and mental wellbeing.
- Train and prepare competitors for the annual *Australian Kendo Championships (AKC)*.
- Identify and train future potential competitors.

The theme of the Campaign is the **development of WA players' *kihaku* 気迫 – physical and spiritual vigour**.

The campaign will aim for the following goals:

- Collaborate with WA Kendo club instructors and Seniors to align training approaches and methods.
- Work with the WA Kendo Board and senior leaders to coordinate additional Kendo events, e.g. seminar, competition, and workshops.
- Regular Squad training (approximately once a month), providing lessons in both practical and theory.
- Regular communications (at least once a month) for updates, topics for thoughts, homework, etc.
- Seek additional funding and support to increase participation for the Squad and Team.
- Recruit and field a full team of competitors across all divisions at the next AKC 2025.

We would like to thank *West Australian Kendo Renmei (WAKR)*, members of the previous 2023/2024 Campaign, as well as the rest of the WA Kendo community for their support.

We look forward to meeting, working, and training with everyone!



**Bernard Yehuda**  
*Head Coach, Kendo 5<sup>th</sup> Dan*



**Mitch Fenn**  
*Manager, Kendo 4<sup>th</sup> Dan*

## JOIN THE CAMPAIGN

[www.WAKendo.com.au](http://www.WAKendo.com.au)

[Contact@WAKendo.com.au](mailto:Contact@WAKendo.com.au)

## JOIN THE CAMPAIGN!

The WA Kendo Campaign is open to all WAKR members. To apply, please visit [www.WAKendo.com.au](http://www.WAKendo.com.au) and fill in the online application form.

The requirements to join the Campaign are:

- Current member of WAKR and one of the Kendo clubs in WA (2024/2025 financial year).
- Have experience training in *bōgu*, doing rotations with other Seniors.

Joining the WA Kendo Campaign offers you the opportunity to:

- Attend monthly state training sessions, guided by senior athletes and instructors.
- Receive technical and coaching feedback to assist with your skills and personal development.
- Engage with professional clinicians offering complementary training and services, e.g. exercise physiologist, physiotherapist, dietitian, etc.
- Represent Western Australia at the national championships.
- Get involved with the most exciting Kendo event in the country!

## CAMPAIGN THEME

The theme for this campaign is *kihaku*.

The *All Japan Kendo Federation's Kendo Dictionary* defines *kihaku* as:

*The strength of spirit to face any situation. A strong mind capable of responding properly to a pressing matter or an attacking opponent.*



*Kihaku*, sometimes also translated as “vigour”, is about:

- Having the mental preparation and clear plan of action, even before entering the *shiai-jo* (court).
- Achieving a state of readiness and being able to choose to act reactively or proactively.
- Giving a focused physical and spiritual effort in the movements and actions that matter.

The Campaign will assist WA players in understanding and applying this concept in their Kendo.

## AUSTRALIAN KENDO CHAMPIONSHIPS

One of the goals for the campaign will be the recruitment of team members to compete at the annual championships. The **47<sup>th</sup> Australian Kendo Championships (AKC)** is scheduled in **Canberra, Australian Capital Territory (ACT)**, from **Friday 18 April to Tuesday 22 April 2025**.

- **Friday, 18 April 2025:** Early registration and shinpan briefing.
- **Saturday, 19 April 2025:** Individual Events.
- **Sunday, 20 April 2025:** Team Events.
- **Monday, 21 April 2025:** Seminar.
- **Tuesday, 22 April 2025:** Seminar and grading.

Attendees will receive some subsidiary funding from WAKR. There may be some fundraising opportunities to further alleviate the cost.

## CAMPAIGN SCHEDULE

Activities	Description
May 2024	<ul style="list-style-type: none"> <li>Squad Leadership Team application and acceptance.</li> <li>Campaign planning – establish communications with WA club seniors.</li> <li>Open application to join the 2024/2025 WA Kendo Campaign.</li> <li>Post-AKC 2024 debrief and watch-along party.</li> </ul>
June 2024	<ul style="list-style-type: none"> <li>Squad Training #1: Introduce the Squad Leadership Team, campaign vision, objectives, goals, and theme (<i>kihaku</i>). Thoughtful, purposeful <i>kihon</i>.</li> <li>Begin Squad member engagement individually and offer 1-on-1 consultation.</li> <li>Select Squad Captain(s).</li> </ul>
July 2024	<ul style="list-style-type: none"> <li>Squad Training #2: Introduce the concept of seeking complementary services and skills. Attitude and discipline, cruising vs <i>isshoukenmei</i>. Exercise physiologist.</li> <li><i>Reiho</i>, <i>Bokuto-Waza</i>, and <i>Kata</i> Seminar.</li> </ul>
August 2024	<ul style="list-style-type: none"> <li>Grading Workshop #1.</li> <li>Squad Training #3: <i>Keizoku wa chikara nari</i> (perseverance is strength).</li> </ul>
September 2024	<ul style="list-style-type: none"> <li>Squad Training #4: Awareness, <i>zanshin</i>, selling. Dietitian.</li> <li><i>Kihon</i> Competition.</li> </ul>
October 2024	<ul style="list-style-type: none"> <li>Squad Training #5: <i>Shiai</i> procedures, mental approach to competition. Physiotherapist.</li> <li><i>Jodan &amp; Nitō</i> Workshop.</li> </ul>
November 2024	<ul style="list-style-type: none"> <li>Squad Training #6: Connection, <i>aiki</i>. <i>Kihon</i> practice, drills, <i>jigeiko</i>, <i>shiai</i>.</li> <li>Last call for WA Kendo Team (AKR registration deadline: 30 Nov 2024).</li> <li><i>Tachigiri</i> Competition.</li> </ul>
December 2024	<ul style="list-style-type: none"> <li>Squad Training #7: <i>Waza</i>, <i>seme</i>, <i>tame</i>, <i>kuzushi</i>, <i>okori</i>.</li> <li>Grading Workshop #2.</li> </ul>
January 2025	<ul style="list-style-type: none"> <li>Squad Training #8: Team Selections. Completeness. <i>Shiai</i>.</li> <li>Announcement of WA Kendo Team for 47<sup>th</sup> AKC 2025.</li> </ul>
February 2025	<ul style="list-style-type: none"> <li>Squad Training #9: <i>Shiai</i> preparation, strategy, team <i>shiai</i> procedures.</li> </ul>
March 2025	<ul style="list-style-type: none"> <li>Squad Training #10: Final <i>shiai</i> preparation.</li> <li>Grading Workshop #3.</li> </ul>
April 2025	<ul style="list-style-type: none"> <li>47<sup>th</sup> Australian Kendo Championships 2025.</li> </ul>
May 2025	<ul style="list-style-type: none"> <li>Post-AKC debrief and watch-along party.</li> </ul>

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