

# 2024/2025 WA Kendo Campaign

## Squad Training #1

### SUMMARY

Version: 1.0  
Last Updated: Tue 9 July 2024

Requirements to Join	Lesson Summary
<ul style="list-style-type: none"><li>Have gone through your club's Beginners' Course or equivalent.</li><li>Have a <i>bōgu</i> and are comfortable putting it on by yourself.</li><li>Understand the procedures to do basic training in rotations.</li><li>Understand basic instructions and <i>kihon</i> practice: <i>kirikaeshi</i>, <i>men</i>, <i>kote</i>, <i>dō</i>, <i>hiki-waza</i>; and experience as <i>motodachi</i>.</li><li>Ideally have some experience with "spirit training" and <i>jigeiko</i>.</li></ul>	<ul style="list-style-type: none"><li>The 2024/2025 WA Kendo Campaign aims to engage the entire WA Kendo community and develop everyone's skills. Everyone including beginners are welcome (see requirements).</li><li>Campaign theme is <i>kihaku</i> (physical and spiritual vigour), which will be continually revisited through the application of supporting themes and concepts at each session.</li><li>Squad Training sessions will utilise basic techniques – no prior knowledge of advanced techniques or concepts is required.</li><li>Squad Training #1's theme is <i>thoughtful</i>, <i>purposeful kihon</i>; and <i>tame</i> (build up / charge).</li></ul>

### TRAINING SCHEDULE

Time		Description
1:00pm	10m	<ul style="list-style-type: none"><li>Introduction of the campaign, Coach, and Manager.</li><li>Overview of the campaign objectives, goals, and theme.</li></ul>
1:10pm	20m	<ul style="list-style-type: none"><li>Warm-up and stretches.</li><li><i>Suburi</i>: <i>joge-buri</i>, <i>men</i>, <i>kote</i>, <i>dō</i>, <i>hayasuburi</i>.</li></ul>
1:30pm	25m	<p>Squad warm-up in <i>bōgu</i>:</p> <ul style="list-style-type: none"><li><i>kirikaeshi</i>.</li><li>3x big <i>men</i>, 3x small <i>men</i>.</li><li>3x <i>kote</i>, 3x <i>kote men</i>.</li><li>3x <i>dō</i>, 3x <i>gyaku dō</i>.</li><li>3x <i>tsuki</i>, 3x <i>tsuki men</i>.</li><li><i>men taiatari hiki-men</i>, <i>men taiatari hiki-kote</i>, <i>men taiatari hiki-dō</i>, <i>men</i>.</li><li>3x <i>jigeiko</i> rotations.</li></ul>

## 2024/2025 WA Kendo Campaign – Squad Training #1

Time		Description
1:55pm	5m	<ul style="list-style-type: none"> <li>• Break.</li> </ul>
2:00pm	5m	<ul style="list-style-type: none"> <li>• Explanation of <i>kihaku</i>.</li> <li>• Introduction of this session's theme: <i>thoughtful, purposeful kihon</i>.</li> <li>• Explanation of <i>tame</i>: build up, or "charge".</li> </ul>
2:10pm	40m	<p>Basic practice with application of the session theme.</p> <ul style="list-style-type: none"> <li>• big <i>men</i> &amp; small <i>men</i>, <i>kakarite</i>'s own time.</li> <li>• small <i>men</i>, <i>motodachi</i> picking the timing to open.</li> <li>• <i>kakarite</i> steps forward &amp; <i>motodachi</i> steps back, then <i>kakarite</i> attacks <i>men</i>.</li> <li>• <i>kote</i>, and proper opening for <i>kote</i> as a <i>motodachi</i>.</li> <li>• <i>kote men</i>, at different speeds and distance.</li> </ul> <p>Quick recap on proper <i>reiho</i>, stepping in, and <i>sonkyo</i>.</p> <ul style="list-style-type: none"> <li>• starting with <i>sonkyo</i>, get an <i>ippon</i> with full <i>zanshin</i>, then other side.</li> </ul> <p>Quick break and stretch (keep <i>bōgu</i> on).</p>
2:50pm	15m	<p>Pair up with someone of similar grade and build.</p> <p>Pattern and spirit training:</p> <ul style="list-style-type: none"> <li>• <i>men</i>, <i>men hiki-men</i>, <i>men hiki-kote</i>, <i>men hiki-dō</i>, <i>men</i>.</li> <li>• <i>men tai-atari</i>, repeat x3, <i>men</i>.</li> <li>• <i>men</i>, <i>kote men hiki-dō</i> x3, <i>men</i>.</li> <li>• <i>kirikaeshi</i> x5.</li> </ul>
3:05pm	10m	<ul style="list-style-type: none"> <li>• Break.</li> </ul>
3:15pm	25m	<ul style="list-style-type: none"> <li>• <i>Mawari-geiko</i> (rotating <i>jigeiko</i>).</li> </ul>
3:40pm	10m	<ul style="list-style-type: none"> <li>• Cooldown and stretches.</li> </ul>
3:50pm	10m	<ul style="list-style-type: none"> <li>• Recap and debrief.</li> <li>• Ideas for training at home.</li> </ul>

### Home training exercises:

- *Reiho*: Bow, 3 steps in, *sonkyo*, *kamae*. *Sonkyo*, sheathe, 5 steps back, bow. Maintain concentration.
- One-step *shomen suburi*, 10 times. Slow, build *tame*, display *zanshin*; maintain concentration.
- One-step *men* cut, with *fumikomi*, pull-up left foot. Slow, build *tame*.

## SQUAD TRAINING #1 NOTES

### Campaign Background

The purpose of the 2024/2025 WA Kendo Campaign is to engage the WA Kendo community and train together to help develop everyone's Kendo skills. The training is open to everyone, including beginners.

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 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.

Our approach is to maintain the fact that your health is your responsibility.

- Drink water continually within the 24-hour period leading up to the training session, and rest well.
- Training drills have been designed based around *kihon* (foundational) techniques. It will only be as difficult as you make it. Practise at your own pace.
- Stay in the rotation as long as you can. However, if you feel an injury or some discomfort, please stop and stretch, and make a decision to continue or take a break.
- If you are taking a break, please continue watching closely to keep learning – this is called *mitori-geiko*.

### Squad Leadership Team



**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)

The *Squad Leadership Team* will also be recruiting a *Technical Director* and *Squad Captain*.



## Campaign Theme

The overall 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.

We will continually visit the concept of **kihaku** at each Squad Training sessions through the introduction and application of other supporting themes in our **kihon** (foundational techniques) practice.

Examples of practising or implementing **kihaku**:

- Maintaining concentration throughout set-up, execution (striking), and *zanshin*.
- Display of *sutemi* (striking in full spirit with “complete abandon”).
- Having a *tokui-waza* (best / favoured technique) to aim for during *jigeiko* / *shiai*.
- Management of stress and competitive arousal (avoid being over- or under-aroused).

## Squad Training #1 Theme

**Thoughtful, purposeful kihon** means actively thinking about how you perform your basic techniques, focusing on one specific part at a time. Examples: how you hold your *kamae*, gripping with your toes, pushing with your left foot, pulling up the back foot quickly, ensuring *tenouchi* at the point of impact, loud *kiai*, etc.

**Tame** refers to the time and effort you need to “build” or “charge up” when preparing to strike. We need to be conscious on when we enter and exit the different phases of readiness and concentration. Applying this when doing our **kihon** will significantly improve the quality of your strikes.

## Next Sessions

<b>Sunday</b> <b>4 August 2024</b> <i>Willetton Senior High School</i>	Grading Workshop #1 + <i>Mawari-geiko</i> <ul style="list-style-type: none"> <li>• Mock grading practice for Dan grades with guests from Japan.</li> <li>• <i>Mawari-geiko</i> (free <i>jigeiko</i> rotation).</li> </ul>
<b>Sunday</b> <b>25 August 2024</b> <i>Venue TBC</i>	Squad Training #2 <ul style="list-style-type: none"> <li>• Introduce the concept of seeking complementary services and skills.</li> <li>• Guest: Exercise physiologist.</li> <li>• Squad Training theme: Attitude and discipline; cruising vs <i>isshou-ken-mei</i>.</li> <li>• <i>Kihon</i> practice, drills, and patterns. Samples of drills for home practice.</li> </ul>

## CONTACT

Visit [www.WAKendo.com.au](http://www.WAKendo.com.au) for more details, or contact us on [Contact@WAKendo.com.au](mailto:Contact@WAKendo.com.au)