

2024/2025 WA Kendo Campaign

Squad Training #2

Version: 1.0
Last Updated: Sat 19 Oct 2024

SUMMARY

Lesson Summary
<ul style="list-style-type: none">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).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.Squad Training #2's theme is <i>professionalism</i>.Goals for Squad Training #2:<ul style="list-style-type: none">Learn what "being <u>like</u> a professional" mean.Learn warm-up routines we can do before a Kendo training.Learn a number of exercises suitable to train the muscles required for Kendo.Learn cool-down routines we can do at the end of a Kendo training.Practise <i>Bokutō-Waza</i> and <i>Kendo Kata</i> with up-to-date understanding / interpretation.

TRAINING SCHEDULE

Time	Description
1:00pm	<ul style="list-style-type: none">Overview of the campaign objectives, goals, and theme.Recap of Squad Training #1's theme: Thoughtful, purposeful <i>kihon</i>; building <i>tame</i>. Learned Squad warm-up routine, focused on basics.Overview of Squad Training #2's theme: <i>Professionalism</i>.Introduce the concept of seeking complementary services and skills.Guest: <i>Alex Toth, Exercise Physiologist</i>.
1:10pm	<ul style="list-style-type: none">Warm-up routines.
1:30pm	<ul style="list-style-type: none">Exercises for strengthening muscles suitable for Kendo.
2:20pm	<ul style="list-style-type: none">Cool-down routines.
2:40pm	<ul style="list-style-type: none">Break.
2:55pm	<ul style="list-style-type: none">Update on <i>Bokutō-Waza</i>.Update on <i>Kendo Kata</i>.
3:50pm	<ul style="list-style-type: none">Recap and debrief.

Home training exercises:

- Learn the warm-up routines, and try to do them at your home club before training.
- Learn and try out the exercises at home.
- Learn the cool-down routines, and try to do them at your home club after training.
- Note down anything new you learned for *Bokutō-Waza* and/or *Kata* and practise them.

SQUAD TRAINING #2 NOTES

Campaign Theme: *Kihaku*

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 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.

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).

Recap of Previous Squad Training(s)

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.

Squad Training #2 Theme

What does *professional* mean?

- A professional, as the term implies, means someone who does something as a profession. For example: sports athletes, lawyers, doctors, project managers.
- Characteristics of a professional is someone who dedicates their time and effort into activities that better themselves in that profession.
- For example – what would a professional sports athlete do?
 - Play as a professional – work as a team, focus on the goal, take it seriously.
 - Train as a professional – not just playing the game, but seek complementary exercises to train the muscles, strength, flexibility, stamina, etc. to help.
 - Eat as a professional – follow a well-balanced diet suitable for the activities they do.
 - Sleep or rest as a professional – follow a schedule to ensure their body recovers properly, in order to minimise injury or long-term damages.
 - Prepare for a competition as a professional – follow a routine to ensure they can perform at the top condition – both physically and mentally.
 - Behave as a professional – good reputation, nice to fans, coachable, objective, friendly.
 - Many other examples: watch and analyse videos of rival teams; think about strategies and teamwork in a match; learn meditation techniques...

EXAMPLE: Mike Tyson's daily training regime

- 4:00am – Wake up, stretches, 10 interval sprints + 10 box jumps
- 4:30am – 5-6km run + 1km walk
- 5:30am – Shower and sleep
- 10:00am – Wake up, breakfast
- 12:00pm – Skills and ring work – ~10 rounds of sparring
- 2:00pm – Lunch
- 3:00pm – More skills and ring work
- 4:00pm – Exercise bike
- 5:00pm – Calisthenics work: 2000 squats, 2500 sit-ups, 500-800 dips, 500 push-ups, 500 shrugs with 30kg barbell, 10 minutes neck work
- 7:00pm – Dinner
- 8:30pm – Exercise bike
- 9:30pm – Bed

Professionals are able to do all of the above because they get help – e.g. a coach, dietitian, physiotherapist, team manager, etc. – who are all also professionals in their respective fields.

We are not professionals. We don't get paid to do Kendo. Kendo is a hobby. If we separate our weekly schedule to blocks of purposes (e.g. sleep, eat, work, games, Kendo) – most people would have less than 4 hours for Kendo. In contrast, professionals would dedicate a much larger portion of their schedule into consideration (e.g. sleep and eat properly in consideration of their sport).

But – can we play, train, eat, sleep, etc. *like* a professional? Can we *act like* a professional?

- “*Acting like a professional means working and behaving in such a way that others think of them as competent, reliable and respectful.*”
- Play like a professional: Take *shiai* seriously. Work as a team. Focus on the goal. Understand the rules and regulations well.
- Train like a professional: Take basics, *kakari-geiko*, *jigeiko*, etc. seriously. Add complementary training outside the *dōjō* – running, lifting, cardio exercises.
- Eat like a professional: Understand basic diet and nutritional balance. Consider reducing junk food, and increasing healthier alternatives; at least for a duration (e.g. stop drinking 6 months leading to AKC).
- Sleep or rest like a professional: Manage your injuries. See a physiotherapist. Don’t go to training if you are injured or unwell; or if you do, stay on the side and do exercises that don’t make it worse.
- Prepare like a professional: Rest up before a *shiai* (e.g. don’t train for the last 2 days to rest your muscles). Study the rules and regulations and ensure you understand everything. Drink water regularly in the last 24 hours leading to the *shiai*. Check and maintain your *shinai*.
- Behave like a professional: Clean up your *reiho*. Be polite in and around the *dōjō*. Be friendly to everyone. Win or lose with grace. Pack up your gear neatly. Remember that you are always representing your *dōjō* and WA.

While we can’t dedicate too much of our time to Kendo, think of ways where you can improve it. Any step taken forward to becoming more *like* a professional is a step towards improvement.

Bokutō-Waza and Kata

Please refer to the **WA Kendo - 2024 AKC Campaign Report v1.1** (27 May 2024), section 7.4 and 7.5, regarding notes for the *Bokutō-Waza* and *Kendo Kata*.

Next Sessions

- Squad Training #3: Sunday, 17 November 2024, 1:00pm – 4:00pm, UWA
- Squad Training #4: Sunday, 1 December 2024, 1:00pm – 4:00pm, UWA
- Squad Training #5: Sunday, 15 December 2024, 1:00pm – 4:00pm, UWA

CONTACT

Visit www.WAKendo.com.au for more details, or contact us on Contact@WAKendo.com.au