

2024/2025 WA Kendo Campaign

Squad Training #4

Version: 1.0
Last Updated: Sun 1 Dec 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 #4's theme is <i>yūko datotsu</i>.Goals for Squad Training #4:<ul style="list-style-type: none">Understand the requirements / criteria for a <i>yūko datotsu</i> (legitimate score).Understand how to focus on and practise each individual criterion.

TRAINING SCHEDULE

Time	Description
1:00pm	<ul style="list-style-type: none">Overview of the campaign objectives, goals, and theme.Recap of previous squad training themes:<ul style="list-style-type: none">1: Thoughtful, purposeful <i>kihon</i>; building <i>tame</i>. Learned Squad warm-up routine, focused on basics.2: <i>Professionalism</i>. What does it mean to train, eat, rest, etc. like a professional. What can we do to improve our Kendo?3: <i>Zanshin</i>. Meaning, purpose, and how to display it in our movements, strikes, and attitude.Introduce this squad training's theme:<ul style="list-style-type: none">4: <i>Yūko datotsu</i>. Understand the requirements / criteria of what constitutes a scoring point.
1:15pm	<ul style="list-style-type: none">Warm-up routines.
1:35pm	<ul style="list-style-type: none">Squad warm-up in <i>bōgu</i>:<ul style="list-style-type: none"><i>kirikaeshi</i>.3x <i>big men</i>, 3x <i>small men</i>.3x <i>kote</i>, 3x <i>kote men</i>.3x <i>dō</i>, 3x <i>gyaku dō</i>.3x <i>tsuki</i>, 3x <i>tsuki men</i>.

2024/2025 WA Kendo Campaign – Squad Training #4

Time		Description
		<ul style="list-style-type: none"> • <i>men taiatari hiki-men, men taiatari hiki-kote, men taiatari hiki-dō, men.</i> • 3x <i>jigeiko</i> rotations.
1:45pm	45m	<p>Practise for an <i>ippon</i> – twice each until <i>yame</i>:</p> <ul style="list-style-type: none"> • <i>men</i>. • <i>kote</i>. • <i>dō</i>. • <i>tsuki</i>. • <i>gyaku-dō</i> or <i>hidari-dō</i>. • <i>sayū-men</i> (easier as a <i>hiki-waza</i>). • <i>hidari kote</i> (against <i>jōdan</i> or <i>kasumi-no-kamae</i>). <p>Focus on fulfilling the criteria (in order of priority):</p> <ul style="list-style-type: none"> • Use the correct striking region of the <i>shinai</i> (<i>datotsu-bu, monouchi</i>). • Hit the correct striking region of the opponent (<i>datotsu-bui</i>). • Use the correct angle of the <i>shinai</i> (<i>hasuji</i>). • Show full spirit and appropriate posture. • Express <i>zanshin</i>.
2:30pm	5m	<ul style="list-style-type: none"> • Break.
2:35pm	30m	<p>Spirit training:</p> <ul style="list-style-type: none"> • <i>kirikaeshi</i> – take your time for the final <i>men</i>, for an <i>ippon</i>. • 2x each: <i>men, kote, dō, kote men</i>. • 1x each: <i>men, kote, dō, kote men</i>. • <i>uchikomi-geiko</i> (20 seconds) – at <i>yame</i>, do one last <i>men</i>. • <i>kakari-geiko</i> (15 seconds) – at <i>yame</i>, do one last <i>men</i>. • <i>uchikomi-geiko</i> (10 seconds), <i>kakari-geiko</i> (10 seconds) – one last <i>men</i>. • <i>kakari-geiko</i> (10 seconds) each, finish with 5x <i>ai-men</i>. • <i>kirikaeshi</i> – take your time for the final <i>men</i>, for an <i>ippon</i>.
3:05pm	10m	<ul style="list-style-type: none"> • Break.
3:15pm	5m	Shiai procedures: entering and exiting <i>shiai-jo</i> .
3:20pm	25m	<i>Mawari-geiko</i> , with a focus on <i>ippon</i> .
3:45pm	10m	<ul style="list-style-type: none"> • Finish and cooldown.
3:55pm	5m	<ul style="list-style-type: none"> • Recap and debrief.

SQUAD TRAINING #4 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 Trainings' Themes

#1: 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.

#2: Professionalism is about dedicating time and effort into activities that better ourselves in a specific skill, such as Kendo. "Acting like a professional means working and behaving in such a way that others think of them as competent, reliable and respectful." Think about how to play, train, eat, sleep / rest, prepare, and behave like a professional.

#3: Zanshin refers to a state of awareness or relaxed alertness. There are many ways of displaying *zanshin* – such as running through, *tai-atari*, *hiki-waza*, and how they are done in *Bokutō-Waza* and *Kata*.

In *shiai*, the benefit of understanding and displaying *zanshin* may include:

- A way to relax / reset your mental state in preparation for the next move.
- Completing your strike for the purpose of *yūko-datotsu* (setup, execute, follow through).
- Avoiding the opponent's follow-up (don't get scored on).
- "Selling the point".

Squad Training Theme #4: *Yūko Datotsu*

The following definitions are from the *All Japan Kendo Federation's Japanese-English Dictionary of Kendo*.

yūko datotsu

A valid strike which is considered *ippon*. According to the rules, a *waza* is complete when the following conditions are met:

- showing a fullness of spirit and appropriate posture,
- striking a *datotsu-bui* (striking zone) of the opponent,
- with the striking region of the *shinai*,
- while using correct *hasuji*,
- and expressing *zanshin*.

If the necessary conditions are met, *ippon* is also given in the following cases:

- when one strikes the opponent as soon as he or she drops their *shinai*, steps out of the court, or falls down.
- Also when the opponent is struck just as the signal for the end of the match is given.

Ippon is not given in the following cases:

- when both players simultaneously make valid strikes, and
- when one player makes a valid strike but the opponent shows full spirit and proper posture and the tip of his or her *shinai* is planted firmly on the chest of the striking player.

In the case of *nitō*, *yūko datotsu* with the *shotō* requires that the

- opponent's *daitō* be suppressed with the *daitō* with the arm fully extended, and that
- the conditions for *yūko datotsu* are fully met.

The striking zones (*datotsu-bui*) are:

1. **Men-bu** – the *shōmen* and the right and left sides of the *men*.
2. **Kote** – the right and left *kote*.
The target area for *kote* against an opponent in the *chūdan* position with the right hand forward is the right forearm (or the left forearm against an opponent with the left arm forward). Both the right and left *kote* can be struck against *nitō-no-kamae* or *jōdan*.
3. **Dō** – *migi-dō* and *hidari-dō*.
4. **Tsuki** – the *tsuki-dare*.



chūdan-no-kamae

shiai

A match between individuals or teams that is held in accordance with defined regulations.

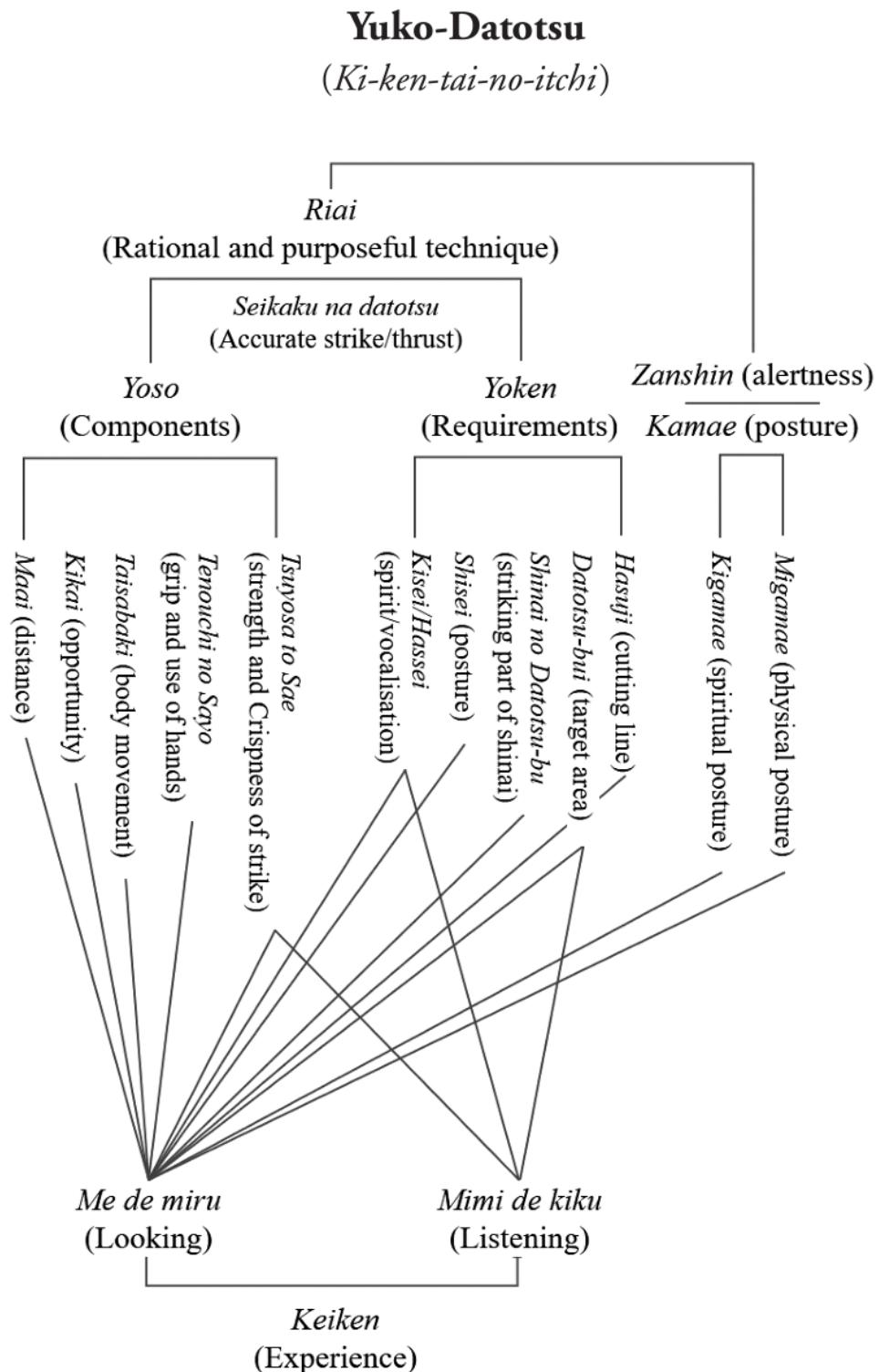
shinpan

The act of judging the outcome of a match and the appropriateness of the conduct of the players.

shinpan-hō

The way in which the referees judge the players with impartiality. In the AJKF, players in matches follow the *ken-no-ri-hō* (the principles of the *katana*) competing fairly, and are judged impartially in accordance with the *Regulations and the Subsidiary Rules of Kendo Shiai and Shinpan*.

The All Japan Kendo Federation's Handbook for Kendo Shiai and Shinpan Management provides the following diagram regarding *yūko datotsu*, in their *Fundamental Points of Consideration for Shinpan* chapter:



Next Sessions

- 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