

弓道

Kyūdō





About Kyūdō

Kyūdō is the martial art of Japanese archery in which practitioners shoot a stationary target. The ultimate objective of *kyūdō* is to subdue one's own ego. Archers give themselves completely to each shot, but do not react to success or failure. The origin of the bow and arrow can be traced back to primitive man who hunted animals for survival. The Japanese bow, however, has evolved to take on a unique shape which is partly aesthetic-based.

There are many requirements for shooting correctly in *kyūdō*. One must maintain a straight posture, spread the arms apart equally, open the chest broadly, and channel one's energy into the lower abdomen in an attempt to unify oneself with the bow and target. At full-draw, the archer must momentarily pause to heighten the level of spiritual concentration before calmly and decisively releasing the bow string. If all of these conditions are met, there is no reason why the arrow should not find its mark.

Even if the archer gives their all, but misses the target, the introspection and evaluation of the performance forms an important part of their mental training. This aspect of *kyūdō* is one of the main reasons that it is held in such high regard as a spiritual pursuit.

Due to the recent overseas popularity of *kyūdō*,

the International Kyudo Federation was established in May 2006. There are currently 24 countries affiliated with the International Kyudo Federation, and another 27 in which is *kyūdō* practised.

All Nippon Kyudo Federation

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弓道

弓道は、静止不動の的を相手に、自分自身の心と戦いながら全身全霊を尽くし、中り・外れ・射の成功・失敗を、一本一本味わいながら楽しめる武道です。

弓矢の発生は、遠く原始の狩猟時代に遡ります。日本の弓は世界に類を見ない長弓で独特の形状は美的で、芸術的でもあります。

正しい姿勢で正しく弓を射るためには、自分と弓そして的の三者が一体となる必要があります。背筋を伸ばして胸郭を広げて体の左右の均衡を図り、氣力を丹田に収め、満を持してもなお離さぬように精神を集中し、冷静に、正確に、果敢に射放ちます。そこから正確な中が生まれるのです。全身全霊を尽くしてもなお的中しない時、その原因を自らに深く求めて自己反省をすることが、精神面の修養に大きくプラスとなることであり、こよなく弓道が愛される所以であります。

現在、日本の弓道は、多くの海外の人々から親しまれ、2006年5月には、各国で弓道を愛好する人が手を携え、国際弓道連盟が設立され今年10周年を迎えました。現在、国際弓道連盟には24カ国が加盟しており、その他、27カ国に及ぶ国々において弓道が愛好されています。



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柳生新陰流兵法劍術



Yagyu Shinkage-ryu Heiho Kenjutsu



About Yagyū Shinkage-ryū Heihō Kenjutsu

This school was founded in the second half of the 16th century by Kamiizumi Ise no Kami Nobutsuna. Yagyū Sekishūsai Munetoshi studied under him and devised the “*mutō*” (no-sword) technique. He became the second-generation head of the school.

The 17th century heralded the start of the Tokugawa period and the end of a long period of war. Yagyū Toshitoshi, the 3rd generation head and grandson of Munetoshi, taught strategy to Tokugawa Yoshinao, the first lord of Owari domain. Under his tenure, the change from wearing armour to regular clothes—that is, swordsmanship with a natural posture—was implemented. Since the school was founded, the principles and methods of using the sword have undergone fundamental reforms. At the same time, *budō* has become a way of human development with the aim of cultivating one's character.

Because of the efforts of the successive generations of the Owari Yagyū family and Tokugawa houses in Owari domain, since the school was founded the principles and methods of using the sword have been correctly transmitted through to the 22nd generation head of the Yagyū family, Yagyū Kōichi Toshinobu. Observing clearly the innumerable changes in the op-

ponent, the practitioner will be able to freely obtain victory by easily changing in response. This ideal is known as the “life-giving sword”. The practitioner should aim to wield the “mysterious sword”—one that is divine and expels evil.

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柳生新陰流兵法剣術

16世紀半ば、流祖上泉伊勢守信綱により創始された。流祖に師事した柳生石舟斎宗厳は「無刀」の技を工夫して第二世を継いだ。

17世紀に徳川時代となると戦乱の世は終わり、第三世を継承した宗厳の孫の柳生利厳は、尾張藩初代藩主徳川義直公の兵法師範となった。甲冑着用の截相から、平常服のままの截相、即ち、自然体の兵法を確立し、流祖以来の剣理と刀法に根本的な改革を加えた。また、同時に武道を人間的な完成を目指す自己修養の道とした。

道統は尾張柳生家代々の師範と尾張藩主徳川家の協力によって、流祖以来の剣理と刀法が今日まで正しく伝承され、第二十二世宗家柳生耕一厳信に至っている。

千変万化する相手を明らかに観て、その働きに随って無理なく転変して勝つ自在の刀法、則ち活人剣が特徴である。内に神ありて妙外に現れるという、神妙剣を目指している。

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合気道

Aikidō





About Aikidō

Aikidō is a modern martial way which was created by Ueshiba Morihei. He borrowed movements from traditional martial arts as well as adding a spiritual dimension.

Ueshiba explained that true *budō* does not rely on strength or competing against another person by taking advantage of their strengths and weaknesses; the aim is to perfect one's character. Due to this philosophy, there is no competition in the *aikidō* created by Ueshiba. Regular training involves repeatedly practising techniques with a partner in order to develop the body and mind. The pace and difficulty-level can be varied for each practitioner.

The basic motions of *aikidō* include *irimi* (entering) movements, where the defender steps straight in and to the side of the attacker, and *enten-no-ri* (turning) movements, where the defender applies pivoting principles to the redirect the attacker's energy.

Aikidō is now practiced in 130 countries around the world, proof of the international appeal of its teachings and principles.

Aikikai Foundation

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合気道

合気道は、開祖 植芝盛平翁が日本伝統の武術の奥義を極め、さらに精神的修行を経て、創始した現代武道です。

開祖は「真の武道はいたずらに力に頼って他人と強弱を競うものではなく、自己の人格の完成を願っての求道である」と説きました。その体现のため、合気道は試合を行わず、おいの習熟度に合わせ、技を繰り返し稽古することで心身の錬成を図ることを目的としています。

合気道の技法は、真直ぐに相手の側面に入る「入り身」の動きと、中心を確立しながら丸く捌く「円転の理」から成り立っています。

合気道は現在、日本国内はもとより、世界130か国に広がっています。愛好者は人種・国境を超え、その理念が多くの人々に理解されています。



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少林奇拳法

Shorinji Kempo





About Shorinji Kempo

Shorinji Kempo was founded in Japan in 1947 by Doshin So as a form of humanistic education, with the goal of developing individuals who are able to create a better society.

It is a unique combination of philosophy, mastery of techniques, and an education system. Through learning the philosophy, students nurture their body and mind, help each other, and live happily together. Mastery of techniques enables students to enjoy advancement and growth of themselves and their partners. The education system combines this learning and technical advancement into an effective, mutually reinforcing spiral.

A man is, by birth, capable of growing in any direction. Shorinji Kempo aims to nurture individuals striving to upgrade themselves with a strong belief in their potential who can take action in cooperation with others to build a peaceful society that would be both materially and spiritually rich.

2017 marks the 70th anniversary of the founding of Shorinji Kempo. To deepen the connection with the present, with the theme of "building bridges" we wish to create the new links with new people, regions, and societies.

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少林寺拳法

少林寺拳法は、1947年、日本において宗道臣がより良い社会を創るための人間教育として創始した"人づくりの行"です。

少林寺拳法では、自分の身体と心を鍛え、養いながら、お互いに援け合い、幸せに生きることを説く「教え」や、自身の成長を実感し、パートナーとともに上達を楽しむ「技法」、そして、その教えと技法を遊離させず機能させる「教育システム」が一体となっています。

人間は生まれながら、様々な成長の可能性を秘めています。少林寺拳法は、その可能性を信じて自分を高め続けられる人、周囲の人々と協力して、物心両面にわたって豊かな社会を築くために行動できる人を育てています。

2017年、少林寺拳法創始70周年を迎えました。「架け橋たれ」をテーマに、今あるつながりを深め、新たな人や、地域や、世界へと次なる橋を架けてまいります。



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銃剣道

Jūkendō





About Jūkendō

Jūkendō is a martial way based on fighting with bayonets. Practitioners wear armour and compete with wooden rubber-capped replica-rifles by making thrusting attacks to the opponent's chest, side, throat, hand, and shoulder. *Jūkendō* is a modern martial way but its origins can be traced back to battlefield spear fighting techniques, and it has also been influenced by *kendō*.

Jūkendō is a vigorous art where attacking and withdrawing motions form the majority of the techniques. The thrusting attacks are called *tsuki-waza* and must be hit a valid target with full spirit, correct posture and weapon angle. After withdrawing from the attack, the competitor must demonstrate *zanshin*, or a state of mental and physical readiness. To make an attack in which spirit, weapon and body become consolidated is called *ki-ken-tai-itchi*. Learning how to perform this attacking motion is simple enough, however, the timing and intricacies of making a successful attack are complex and require many years of practice.

The main focus of *jūkendō* is to foster in oneself the warrior virtues of honesty, politeness, courage, self-control and strength, so as to become a steadfast individual capable of contributing to society.

All Japan Jukendo Federation

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銃剣道

銃剣道は、日本古来の槍術の突き技を源流とし、の理合等も取り入れて研究を重ね、日本人の体格や性格に適合させながら心身を修鍊するための武道として発展してきました。

銃剣道は、木銃を用いて相手の左胸部、喉、小手などへの突き技で競い合い、稽古や試合を行います。

銃剣道の技法は、突く、抜く、という動作で組み立てられており、攻勢的で果敢な所に特色があります。勝負の決め手となる有効突きは、充実した氣勢・正しい姿勢で有効部位を突き、木銃を引き抜いた後に油断のない姿勢を示さなければなりません。これを気・剣・体一致といいます。突き技のみの単純な動作なので習得が容易に見えますが、一瞬の間が非常に大切に、一挙動で技を出さなくてはならず、真髄を極めるには長い年月をかけた稽古が必要です。

銃剣道では、武士道の美風である誠実、勇気、質実剛健、克己心など、社会人として必要な道徳性を高めながら、正しく、明るく、強く、正しい人間形成を目指す事を主眼に置いて修鍊を行っています。



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空手道

Karatedō





About Karatedō

Karatedō is an unarmed martial art originating in Okinawa. It was devised as a means of self-protection against an attacker by utilising every part of the body to strike, kick, and punch. It spread to the Japanese mainland in the twentieth century, and then throughout the world.

The majority of *karatedō* training involves *kata*, practising rehearsed solo patterns or forms, and *kumite*, fighting drills or free sparring with a partner. *Kata* are sequences of movements that involve combinations of punches, strikes, blocks and kicks in response to various attack and defence scenarios. By practising *kata* over and over and learning the techniques, the body is strengthened, and a strong sense of perseverance is instilled in the practitioner. According to the latest WKF (World Karate Federation) rules, *kumite* involves competing for points against an opponent by attempting to strike designated target areas on their body with precise techniques. Through this kind of training with a partner, the acquisition of techniques for attack and defence can encourage the growth of intelligence and courage, and strength and kindness.

The object of training in *karatedō* is to nurture the body and mind to build character, foster morality, and develop manners. Thus, it aims at developing people who can contribute to world peace and prosperity.

Currently, there are 187 countries and regions affiliated with the World Karate Federation, and it is estimated there are over 70 million people practising *karatedō* worldwide. *Karatedō* is now aiming to be an official event at the Olympic Games.

Japan Karatedo Federation

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空手道

空手は沖縄を発祥の地として、身に一切の武器を持たずに、突き、蹴り、打ちなど全身のあらゆる部位を使って、外敵から身を守ることを目的として誕生した武術である。その後、日本本土に伝わり今では広く世界に普及発展しています。

空手道には「形」と「組手」があります。「形」は、あらゆる攻防の場面を想定し「突き、蹴り、受け」などの攻防技を先人たちが考案し体系化されたものです。繰り返し稽古することにより、技の習得は元より忍耐と強靱な身体を作ります。WKF(世界空手道連盟)現行ルールにおいて「組手」は実際に相手と対峙し、得点部位に的確な技を極めることにより、得点を競います。組手を稽古することにより、攻防の技は元より知恵と勇気、強さと優しさを養うことが出来ます。

空手道は日々の鍛錬を通じて人格を磨き、道徳心を高め、礼節を尊重する心を養い、豊かな人間性を育む高い精神性を涵養することが出来ます。そして世界の平和と繁栄に寄与する人間形成を目指します。

現在、空手道は全世界で7,000万人の人々に愛好され、WKF(世界空手道連盟)は187の国と地域が加盟し、オリンピック競技正式種目参加を目指しています。



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なぎなた

Naginata





About Naginata

The *naginata* is a glaive-like weapon with a curved, single-edged blade fixed to one end. The weapon itself has a history in Japan spanning roughly 1000 years, and gave rise to a fighting art that managed to adapt to the times throughout its long history. In modern times, *naginata* has evolved into a unique and progressive martial way. Originally used by soldiers on the battlefield, the *naginata* came to be used by women of warrior families as a weapon for self-defence. The physical and mental training that *naginata* offered became popular as a form of personal cultivation for women.

The *naginata* has a long wooden grip and can be swung freely in all directions, but requires a reasonable level of handling and footwork proficiency to be manipulated effectively. Both the right or left sides of the body can be used interchangeably and so *naginata* practitioners are able to develop balanced physiques.

There are two main types of competition in *naginata*. The first is *engi* where two partners perform set patterns of attack and defence against each other. Another pair of competitors simultaneously perform the same patterns and referees decide which performance was superior. The second type of competition is *shiai* in which opponents wear armour and attempt to score points by striking body targets. There is also rhythm *naginata* which is performed in time to music and shows the beauty of this martial art.

Naginata has a wide following; its practitioners include men and women of all ages. Its popularity overseas led to the formation of the International Naginata Federation in 1990 and the International Naginata Championship Tournament being held once every four years.

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なぎなた

なぎなたは、約1千年の歴史を有し、時代と共に変遷して今日に至っています。昔は男性が戦場で武器として用いていましたが、後に武家の女性も護身の武術として習得し、それがたしなみとして人間形成の修行にも活かされてきました。

なぎなたは、その武器が身の丈に余る柄物という特徴から、左右自在に操作したり、四方八方から打突するなど技が多彩であり、また、合理的な体の使い方が必要です。これらの動作を修練することで、均整のとれた健康な体や良い姿勢が身につくのです。

なぎなたの競技には「演技」と「試合」の2種類があります。演技は2人1組となって基本の技を組み合わせた形を行い、技の優劣を競い合います。試合は防具を身につけ、相対した2人が定められた部位を確実に早く打突して勝負を競う競技です。また、競技の他に、音楽に合わせてなぎなたを操り、美を表現するリズムなぎなたがあります。

現在、なぎなたは老若男女を問わず幅広く行われており、海外でも愛好者が増え、1990年には国際なぎなた連盟が結成されて、世界大会が4年に一度開催されています。



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水鷗流居合剣法
併伝正木流鎖鎌術



Suiō-ryū iai kempō heiden
Masaki-ryū Kusarigama jutsu



About Suiō-ryū Iai Kenpō & Masaki-ryū Kusarigama-jutsu

Suiō-ryū was founded in 1595 by Mima Yoichizaemon Kagenobu. From a young age, he received instruction in Bokuden-ryū Kenjutsu and Hayashizaki-ryū Iai-jutsu from his father. To fully understand the esoteric nature of the sword, he prayed for 20 years to a manifestation of Buddha in the form of a Shinto god at the Jūnisō Shrine. Upon reaching enlightenment he founded the Suiō-ryū. Suiō-ryū is a type *sōgō-bujutsu* (comprehensive martial art system) that includes *iai-jutsu* (sword drawing and cutting), *naginata-jutsu* (glaive techniques), *kenpō* (sword against sword techniques), *kogusoku* (armed grappling techniques), and *wakizashi* (short sword techniques).

Masaki-ryū Kusarigama-jutsu (sickle and chain techniques) was transmitted by the 9th headmaster of the Suiō-ryū, Fukuhara Shinzaemon Kagenori, and it continued to be passed down through the Edo period (1603–1868). Around the end of the Edo period, Mizuma Hanbei Kagetsugu, the 13th headmaster, reformed the school and commenced ascetic training. While in the Enshū region of Japan, he passed on the secret teachings of the school to Katsuse Mitsuyasu, who then became the 14th headmaster and took the name Katsuse Mitsuyasu Kagemasa. The current and 15th headmaster is Katsuse Yoshimitsu Kagehiro.

As a *sōgō-bujutsu*, Suiō-ryū was based on actual battlefield techniques, so training was carried out with a partner to facilitate an understanding of the fighting distance and the attitude needed to face an opponent. Only when the practitioner adheres to the guidelines laid out by the founder and arrives at a state of mind which is calm, unselfish, and at one with the deities, will he attain the highest level of the Suiō-ryū.

Suiō-ryū Iai Kenpō & Masaki-ryū Kusarigama-jutsu

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水鷗流居合剣法併伝正木流鎖鎌術

当流武術は、三間与一左衛門景延によって1595年頃に創始された。幼少よりト伝流剣術と林崎流居合術を父より学び、奥秘を極めるため十二社権現に参籠すること20年、大悟して水鷗流を創始する。当流は居合術、薙刀術、杖術、剣法、小具足、脇差からなる総合武術である。九代目福原新庄衛門景則によって正木流鎖鎌術が併伝された。当流は後に江戸に伝わり、幕末の頃、水間半兵衛景次が十三代を継ぎ、維新後、修験者となり、遠州の地で勝瀬光安に奥義を相伝し、勝瀬光安景二十四代を名乗り、現在勝瀬善光景弘が十五代を継承している。

当流は総合武術として戦場実戦を立眼とし、稽古は必ず相手をつけて訓練を行い、間合、相手に対する心の修練をする。流祖正伝の法形を厳守し、無心、無欲、神人合一の境地に至るを極意とする。

水鷗流居合剣法併伝正木流鎖鎌術

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柔道

Jūdō





About Jūdō

Jūdō was created by Kanō Jigorō in 1882. Kanō studied various styles of *jūjutsu*, and investigated the principle of *kuzushi* (destabilising the opponent) and organised a rational system of techniques. Kanō believed the process of learning these techniques was a way of “human education” and he named his style *jūdō*, meaning the “gentle way”.

Kanō taught that the ultimate goal of training in *jūdō* is to maximise the power of the body and mind so that one may contribute to the betterment of society. Correspondingly, his mottos were “maximum efficiency” and “mutual prosperity”.

The techniques of *jūdō* include grappling, throwing and striking; however, only grappling and throwing are permitted in free sparring and competition.

Jūdō became an official Olympic sport and made its first appearance in the 1964 Games in Tokyo. There are currently 200 countries and regions affiliated to the International Judo Federation, and it is continuing to spread throughout the world.

All Japan Judo Federation

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柔道

柔道は、1882年に嘉納治五郎によって創始された武道の一つです。嘉納は、いくつかの柔術の修行を重ね、「崩し」の原理を追究し整理体系化していく中で、そこにある技術の習得過程が人間教育の手段(道)に通じることを確信して「柔道」と名付けました。

さらに、相手との攻防を通して強靱な体力と精神力を養い、相手との攻防で心身の力を最も友好に用いることに努め、かつ相手を敬う心を持ちながら相手の存在を自己の益とし、また自己の存在が相手の益となる、いわゆる自他の繁栄をめざすことが柔道修行の窮極目的であるとして、それを「精力善用」と「自他共栄」という二つの標語に表しました。

柔道の技術は、投技・固技・当身技の三つに分類され、形と乱取によって追及されますが、ふだん行われる試合や練習では投技と固技のみが用いられます。

また、柔道は1964年にオリンピックの正式競技種目となり現在に至ります。国際柔道連盟には約200の国と地域が加盟しており、柔道は世界の隅々まで普及しています。



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剣道

Kendō





About Kendō

Kendō is a martial way and sport where competitors wearing protective armour score points against each other by striking designated body targets with bamboo swords. The origins of *kendō* can be traced back to Japan's medieval period, when swords were a main weapon in the samurai's arsenal.

The prototype of today's *kendō* armour was developed in the mid-18th century, and facilitated boom in sparring with bamboo swords. Modern *kendō* practitioners wear a mask, padded gloves, chest protector and padded apron to protect themselves against strikes from their opponent. The bamboo sword is called a *shinai* and is made of four separate bamboo slats. It is meant to represent the *katana* (sword), the highly-prized side-arm of Japan's traditional warrior class.

Kendō is not merely about learning how to win in a sword fight; it is a martial way where the focus is to discipline the character and develop the body and mind through training. One of the main characteristics of *kendō* is that it has managed to maintain a strong sense of cultural tradition and spirituality.

The number of *kendō* practitioners around the world increases every year, and there are currently 57 countries and regions affiliated with the International

Kendo Federation. The World Kendo Championships are held every three years. The 16th WKC was held in Japan in May 2015, and the 17th is scheduled to take place in South Korea in September 2018.

All Japan Kendo Federation

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剣道

剣道は、相対する2人が相互に「一本」となる打突を、ルールに従って攻防の中で競い合う武道です。その起源は、刀剣を武器に命をかけて戦った時代にまで遡ります。18世紀半ば以降、現在のような剣道具を用いた竹刀打ち剣道が盛んになりました。

剣道は、剣道具を着用し、竹刀を用いて行います。剣道具には、面・小手・胴・垂の4つがあり、相手の打突から身を守るために考案されました。4本の竹片を組み合わせて作られている竹刀は、武士が自らの精神を託す魂として神聖視していた日本刀を模したものです。

剣道の特徴は、単に攻防によって勝敗を競うだけでなく、修練を重ねて心身を錬磨し、人間形成を目指す武道として、精神性をも兼ね備えた日本古来の伝統文化として発展した点であります。

年々、剣道愛好者も増加し、国際剣道連盟には57カ国・地域が加盟しています。また、世界剣道選手権大会が3年に一度行われ、2015年5月には第16回大会が日本で開催されました。第17回大会は、2018年9月に韓国で開催される予定です。



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沖縄剛柔流武術



Okinawa Gōjū-ryū bujutsu



About Okinawa Gōjū-ryū Bujutsu

Okinawa Gōjū-ryū Bujutsu was established by Miyagi Chōjun (1888-1953) and it is one of the representative schools of Okinawan martial arts. Before Gōjū-ryū it was known as “Naha-de”. Miyagi Chōjun was the best pupil of Higaonna Kanryō, master of the Naha-de.

Higaonna Kanryō (1853-1915) was the fourth son of Higaonna Higaonna Peechin Kanyō, a merchant who transported goods by boat between the former Ryūkyū kingdom and China. In 1867, Higaonna received permission from the Ryūkyūan government to travel at his own expense to Fuzhou in China's Fujian province as an exchange student. For 15 years he received strict tuition from morning to night from Ryū Ryū Kō, a master of the Southern Shaolin Temple. Higaonna acquired the *okuden* (esoteric) level of techniques, and after returning home, he integrated those techniques with those of Ryukyu Koden “*te*” (an early name for Ryūkyūan martial arts) tech-

niques. This led to the formation of a martial arts system unique to Okinawa, and was the beginnings of Gōjū-ryū.

Okinawa Gōjū-ryū Bujutsu

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沖縄剛柔流武術

沖縄剛柔流武術は、宮城長順(1888-1953)を流祖とする沖縄を代表する流派の一つである。剛柔流以前は、那覇手(ナーファーデー)と呼ばれ、那覇手を代表する武術家が東恩納寛量で、その高弟が宮城長順である。

剛柔流は、旧琉球王府の清国往還船舶東恩納親雲上寛用(ヒガオンナペーチンカンヨウ)の四男、東恩納寛量(1853-1915)が1867年琉球王府の承認を得て、私費留学生として福建省福州へ渡り、15年間同地に渡って、南派少林寺の達人リュウリュウコウ師より朝夕厳しい指導を受け、奥伝の技法を習得し、帰国後その技法を琉球弧電の「手」と整合せしめ、沖縄独特の技法隊形を確立した際に始まったものである。

沖縄剛柔流武術

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相撲

Sumō





About Sumō

Sumō is a Japanese form of wrestling rich in history and tradition which has now become a fast-paced and vigorous modern sport practised in many countries around the world.

The match area is only 4.55 meters across, and the loser is the first wrestler to step out or be thrown out of the area, or who touches the ground with any part of their body besides their feet. These simple refereeing criteria, and *sumō*'s often short and intense bouts are part of its general appeal.

The physical and mental training in *sumō* is extremely harsh, as victory or defeat is often decided in one powerful moment when the wrestler's body, skills and spirit all come to bear simultaneously. *Sumō* is an unarmed martial tradition which upholds etiquette and courtesy. Wrestlers must engage fairly and the art's noble values are held in high regard.

As *sumō* is enjoyable to do and watch, its popularity has led to many tournaments being held in and outside of Japan. Currently, there are 84 countries affiliated with the International Sumo Federation. Every year, five separate Continental Sumo Fed-

eration Championships are held in each of the five affiliated continents, as well as the Sumo World Championships.

Japan Sumo Federation

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相 撲

相撲は、長い歴史と伝統に培われた日本の国民的文化であると同時に、迫力とスピード感あふれる近代的スポーツとして、今では広く海外にも普及し、多くの国で愛好されています。

相撲は、わずか直径 4.55 メートルの土俵の中で、先に足の裏以外の身体が土につくか足が土俵の外に出た方が負けとなり、勝負の判定が極めて単純で、しかも短時間で勝敗が決するところに妙味があります。

日頃、厳しい稽古を通して体を鍛え、心を磨き、心・技・体を高めて一瞬の勝負にける迫力が相撲の魅力です。また、礼節を重んずる日本武道の精神に則り、礼儀作法に従って、身に寸鉄を帯びず、正々堂々と戦う相撲道の崇高な理念が高く評価されています。

相撲は見ても楽しく、自分で行っても楽しい競技として多くの人々に親しまれ、国内外で各種の大会が開催されています。現在、84 カ国が国際相撲連盟に加盟し、世界の 5 大陸でそれぞれ相撲選手権大会が開催されるほか、世界相撲選手権大会が盛大に開催されています。



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