

Feb 2020 – VKR Kendo Seminar

Instructors:

Yoichi Yano, Kendo 7th Dan Kyoshi
Daniel Jeong, Kendo 6th Dan Renshi
Noriko Matsumoto, Kendo 6th Dan Renshi
Ryan Hikima, Kendo 6th Dan

Assisting Instructors:

Visiting 6th and 7th Dan senseis

Date and Location	Seminar Content	Please bring:
28th Feb (Fri) Evening 6:30pm – 7:30pm (Kenshikan)	Goodwill Keiko (All welcome) For VKR members and those arriving from interstate	Full bogu, shinai
	Seminar Weekend (Registered Participants only)	
29th Feb 9:00am-12noon (Games Hall, Monash University Clayton Campus)	9:00AM: Warm Up Line up and Seminar Opening 9:30AM: Kendo Basics, Body Balance Effective Footwork 10AM: Kihon, Split Groups(Junior Groups: Basic Techniques; Advanced Group: Oji-Waza(Against Men/Against Kote) Koubou no Ittchi Exercise 10:45AM: Break 11:00 AM: Uchikomi Geiko/Mawari Geiko:3 minutes 12:00PM: Lunch Break	Shinai/Full Bogu VKR President Welcoming Speech Seminar Instructors (YY, DJ, NM, RH) Assistant: Other 6/7dans)
29 th Feb 1:00pm – 5:00pm (Stadium, Monash University Clayton Campus)	1PM/2:30PM: Warm Up Basic Practice (Bokuto ni yoru Kendo Kihonwaza Keikohou for all grades. 2:30PM Break 2:45PM/4:00PM: All Kyu Grades continue with Bokuto ni Yoru Kendo Kihonwaza Keiko ho. Nihonkendo Kata for 1/7 th Dan 4:00PM: Break 4:15PM: Jigeiko 40 minutes (ALL) 5:00 PM: Close 1st Day	Bokuto Bokuto Tachi/Shoto
29th Feb 5:30pm – 8:30pm	Official Welcome Dinner – BBQ at Monash Vegetarian and vegan will be catered for. Any allergies, please check with us prior	No charge
1 st Mar 9:00am-12noon (Stadium)	9:00AM: Warm Up Line Up/ 2nd day opening 9:30AM: Kendo Kihonwaza Keikohou.Nihon Kendo Kata Demonstrations (ALL) 10:00 AM: Group 1 (Junior to 1st Dan) Kendo Jitsugi, Applied Paractice	Shinai, full bogu Court Set up For Shiai and Shinpan Seminar Shiai Jyo Preparation

	(based on Bokuto ni yoru Kendo Kihonwaza Keikoho) Group 2 (1 Dan and above) Shinpan/Shiai Seminar 12:00PM: Lunch Break	VKR will supply shinpan flags etc materials) 5 th Dan Above Shinpan 1-4 th Dan Shiai & Shinpan 7 th Dan Shinpan Shunin
1 st Mar 1:00pm – 5:00pm (Stadium)	1:00 PM: Warm Up Junior to 1 st Dan Group: Continue with Kendo Jitsugi; 1 st Dan and above continue with Shiai/shinpan seminar 2:30 PM: Break 2:45 PM: Tozai Taikou Shiai (ALL) 4:00 PM: Break 4:15PM: Jigeiko 5:00PM Close, 2 nd day	5 th Dan Above Shinpan 1-4 th Dan Shiai & Shinpan 2 minutes, Ippon Shobu 5th Dan Above Shinpans

Note:

1. We acknowledge the guidance and assistance of our senseis, and our volunteers from Fudoshin, Victoria University and Monash University.
As a token of our appreciation, VKR will be providing bento lunches for our guests, 6th Dan and above Senseis registered for the seminar, interpreters and volunteers.
2. For those not packing own lunches, there are multiple eateries and grocery store on Campus for lunch.