



## Kendo World 6.4

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Content in this issue: Editorial By Michael Ishimatsu-Prime In the editorial, Michael Ishimatsu-Prime reflects on visiting the 109th Kyoto Embu Taikai in May and discusses some of the highlights, most notably the participation of the last two Hanshi 7-dan sensei who are 99 and 90 years old, and also the bout between Sakud? Masao-sensei and Hamasaki Mitsuru-sensei which was the epitome of "katte-utsu" - "win and then strike". The upcoming Sport Accord Combat Games that will be held in St. Petersburg, Russia, is also discussed along with Olympic kendo. Kiwada Daisuke Interview By Blake Bennett KENDO WORLD EXCLUSIVE!! Staff writer Blake Bennett visited the Osaka Police training centre to interview the current All Japan Champion, Kiwada Daisuke. Kiwada discusses his motivations, difficulties and aims in kendo. Hanshi Says Hanshi Says is a popular series in which Japan's top Hanshi teachers give hints of what they are looking for in grading examinations based on wisdom accumulated through decades of training. This issue features Aoki Hikoto-sensei from Oita prefecture who passed the 8-dan examination in 1987, and was awarded the title of Hanshi in 1995. He talks about the importance of cultivating one's overall capacity and using seme effectively. Nuts 'n' Bolts of Kendo: Effective Training Methods - Kirikaeshi By Nakano Yasoji (Hanshi 9-dan) In this article, Nakano-sensei discusses the importance of kirikaeshi and points to consider for both the kakarite and motodachi. sWords of Wisdom: "Remember, then forget" By Alex Bennett H?z?in In'ei was a Buddhist monk at the K?fuku-ji temple in Nara who founded a prominent school of s?jutsu (spearmanship) known as the H?z?in-ry?. This article discusses In'ei's encounter with another renowned warrior of the Warring States period called Kani Saiz?, and a valuable lesson that he taught him. Reidan Jichi: Kihon D?sa - Part 4 By ?ya Minoru (Kendo Ky?shi 7-dan) Kihon-d?sa, or basic movements, refers to kamae, footwork and manipulation of the shinai. In other words, it entails all of the principles behind the striking and thrusting movements for scoring y?k?-datosu (valid attacks) in kendo. This article examines striking basics and the theory behind striking motion. Unlocking Japan Part 24: Gaijin Style By Lockie Jackson Lockie Jackson's column continues as he ruminates on the image of foreign men in Japan. The 43rd Kanagawa-ken Yonsha Taik? Kendo Taikai By Michael Ishimatsu-Prime On Sunday February 17, 2013, Michael Ishimatsu-Prime visited the Kangawa Prefectural Budokan in Yokohama to report on the 43rd Kanagawa-ken Yonsha Taik? Kendo Taikai (The 43rd Kanagawa Prefecture Four Team Kendo Competition). This exciting competition pits 15-member teams of the prefecture's strongest police, teachers, company workers and students against each other in a league. The Kendo Coach: Sports Psychology in Kendo: Part 9 - Aggression in Kendo - part 4 By Blake Bennett Blake Bennett's continuing series of articles on aggression in kendo uncover the factors as to why the kendo student is willing to undergo and tolerate ongoing harsh training methods. Following on from part 3 of this series, this article will examine the issues of kitae and shitsuke (discipline) in the dojo, in addition to discussing group identity, the use of j?ge-kankei, and the idea of k?ken-chiai in an attempt to show how the objective of polishing the mind in kendo is facilitated. Overall, the various aspects of kendo that generate a motivation in the student to willingly undergo and tolerate ongoing harsh training methods will be examined. ... ....

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