

# KENDO NEWS



Official Newsletter of the Irish Kendo Federation

Spring 2006

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## EKC 2004 BUDAPEST



This was the first visit by Kendo Na h-Eireann to the former Soviet Bloc and it turned out to be an interesting experience. I started when we landed as we arrived shinai-less. Not an auspicious start. Due to the efforts of one Jason Byrne, we received them 24hrs later. The delegation contained Yanai sensei and his wife, Peter, myself, Noel Whelan, Eoin Thomas, Jason Byrne, Poul Malmkjaer-Mason and Shane O'Brien. David Coughlan was there as our Junior representative and Toshihide Sakurai, our International Student (and cheerleader!) who was training in UCC at the time.

Budapest proved to be a very different city with a mix of Soviet-Era relics everywhere combined with huge areas of crumbling concrete facades, magnificent outdoor baths and impressive official buildings. It really hit home where we were when we were eating out for €4 and drinking beer for 70c!

Luckily the dojo was across the road from the hotel so we didn't have to stumble too far in the morning. He pre-tournament went well and we felt really ready, that is until Noel caught some food poisoning. This seemed to count him out of the team but he showed great personal courage and personal strength to pull himself through. The draw was a tough one where we met the GB squad, Finland and Slovakia. We lost badly against GB and Finland but had a good 3-1-1 win result against Slovakia. We were out but focusing now on the Individual championship. This turned out to be our best result in years with Noel and Poul getting through to the 1<sup>st</sup> round. Again, unfortunately, they went out to stronger opposition

The Sayonara Party turned out to be the best in years. Apart from the French creating a *Star Trek-The Next Generation* style holo-deck in the lift (a jungle!!), the sight of an almost comatose Toshi Sakurai being carried to his bed on a chair was something I will not forget.

The EKC20 in Budapest was a little disappointing but we left with a deeper determination to do better the next time.

# NEWS and EVENTS

**Congratulations to Sergey Koloskov and Jason Clouston for being officially accepted by the IKF onto the panel for WKC 13 in Taiwan.**

The official Registration has been posted as of 24.04.2006.

The team plans to depart on November 25<sup>th</sup> to arrive in Japan the next day at 18.30 approx. It will then remain in Japan for roughly 10 days to train in Shubukan, the University dojo of Sumi Masatake, 8<sup>th</sup> Dan Hanshi.

The team departs on the 5<sup>th</sup> of December to participate in the WKC.

**On the 25<sup>th</sup> of April, GAISF (the General Association of International Sports Federations) accepted the IKF as members. As a result, the IKF has to change its initials to FIK (Federation International de Kendo) as there was another federation with the same initials.**

*Next year's Irish National Championships and International Tournament will be held in Cork from January 19<sup>th</sup> to 21<sup>st</sup> inclusive. It will be held in a venue TBA.*

Shubukan Kendo dojo



..... and the trophy cabinet



# KENDO GLOSSARY

Bokken.....	wooden sword used	Metsuke.....	point of observation
in kendo-no-kata		Mokuso.....	sitting meditation.
Chudan-no-kamae.....	middle guard	Nidan waza.....	two-stage attack
Do.....	the abdomen target	Oji waza.....	counter attack
in kendo and the name of the armor which protects it.		technique	
Hakama.....	the traditional split	Okuri waza.....	sliding forward with
trousers of the Samurai		the right foot	
Hidari.....	Japanese for 'left'.	Sandan waza.....	three step attack.
Hiki waza.....	stepping-back	Seiretsu.....	call to line up.
technique.		Seiza.....	kneeling position.
Issoku-itto-no-maai.....	one-step-attack	Sensei.....	teacher
distance.		Shiai.....	kendo match
Gigeiko.....	free practice.	Shiai-jo.....	competition area.
Kaeshi waza.....	reflex deflection	Shidachi.....	the student position
technique		in kata.	
Kakarigeiko.....	all-out attack	Suburi.....	swing practice.
practice		Suri-ashi.....	sliding step.
Kamae.....	guard position	Tachi.....	the long wooded
Keiko.....	practice	sword used in kendo-no-kata.	
Keikogi.....	practice jacket	Taiatari.....	body-check.
Kendogu.....	kendo armour	Taito.....	holding the
Kensen.....	the tip of the shinai	shinai/Bokken at waist level.	
Ki.....	spirit, mental energy	Tare.....	the hip protector.
Kihaku.....	spirit	Tenouchi.....	balanced strength of
Kirikaeshi.....	continuous strikes	the hands at the moment of cutting.	
left-right on the men		Tsuba.....	sword guard.
Kodachi.....	the short wooden	Tsuka.....	the shinai handle or
sword used in kata		hilt.	
Kote.....	the wrist target in	Tsuru.....	the shinai 'string'.
kendo and the name of the gauntlet which protects it		Uchi-dachi.....	the teacher in
Maai.....	distance	kendo-no-kata.	
Men.....	the head target in	Zanshin.....	continued
kendo and the helmet which protects it.		awareness.	

### One to Ten in Japanese

One.....	ichi
Two.....	ni
Three.....	san
Four.....	shi
Five.....	go
Six.....	roku
Seven.....	shichi
Eight.....	hachi
Nine.....	ku
Ten.....	ju



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