

BJA Midlands Seminar (Stoke-On-Trent) – July 23rd and 24th 2022

- NOTE- Participants to be free from COVID and its symptoms. Kindly carry out a health check or test before attending.
- Limited to 60 participants
- Bring the following: Kendogu: Keikogi, Hakama, Bogu, 2 shinai, Odachi, Kodachi, notebook and something to write with.
- Be sure to arrive READY 5 minutes before the start of each session.

2022	9.00 - 11.30	Lecture 11.30 - 13.00	13.00 - 15.30	15.40 – 17.00
Sat	Reiho, Warm Up 1. In Groups: All. Fundamentals (Suburi, Kirikaeshi, Uchikomi/Kakari Geiko). G1. Adapted Kihon Keiko Ho in Bogu. Applied Waza (Shikake/Oji) G2. Shiai and Shinpan Training: Technique, Theory and Practice matches G3. Datotsu No Koki (The time to strike) 10 minute break at 10.10	2. Introduce Sensei Sensei's Address- JK Howell Sensei 3. Principles – The theory of opportunity Lunch at 12.30	Reiho, Warm Up 4. All participants Kendo No Kata 5. In groups: G2. Adapted Kihon Keiko Ho in Bogu. Applied Waza (Shikake/Oji) G3. Shiai and Shinpan Training: Technique, Theory and Practice matches G1. Datotsu No Koki (The time to strike) 10 minute break at 14.30	6. All participants Kendo No Kata 7. Shidogeiko Plenary and Feedback Reiho – Close of the first day
Sun	Reiho, Warm Up 8. In Groups: All. Fundamentals (Suburi, Kirikaeshi) G1. Adapted Kihon Keiko Ho in Bogu. Applied Waza (Shikake/Oji) G2. Shiai and Shinpan Training: Technique, Theory and Practice matches G3. Datotsu No Koki (The time to strike)	10. Mawari Geiko/Jigeiko Plenary and Feedback Reiho – Close of the seminar Finish at 12.10 Lunch and registration	Grading Ikkyu to Yondan - Grading Briefing 2 Panels	

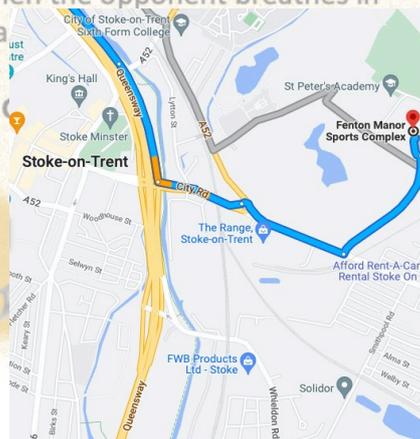
Seminar Main Theme – The cycle of Opportunities

Seminar Teaching Faculty:

John Howell Sensei Nanadan Kyoshi (Koroshō)
 (Leader)
Jeff Humm Sensei Nanadan Kyoshi (Hizen)
Gary O'Donnell Sensei Nanadan Kyoshi (Bucho)
John Hepburn Sensei Rokudan Renshi
Emiko Yoshikawa Sensei Rokudan Renshi
Andy Fisher Sensei Rokudan Renshi
Stephen Plimbley Sensei (NC)
Fraser Biscomb Sensei Godan
Adrian Wagstaff Sensei Godan
Alex Ansell Sensei Godan
Miyuki Fisher Sensei Godan

BJA Officials:

Gary O'Donnell sensei Nanadan Kyoshi (Bucho)



Uchikuru - 技殺
 Sharp Strike/s Delivered with Synchronisation of concentration, power and movement

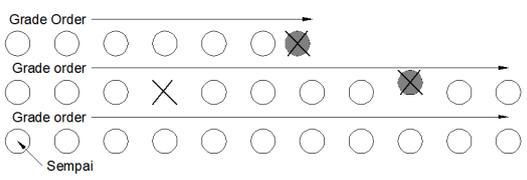
Ki Ken Tai
Fenton Manor Sports Complex
 City Rd, Fenton, Stoke-on-Trent, ST4 2RR - Sutemi

Hosts: Kagami Shin Ken Yu Kai

BJA Midlands Seminar (Stoke-On-Trent) – July 23rd and 24th 2022

Notes regarding **Chakuso**, **Reigi** and **Reiho** at the seminar

- **Chakuso** is the term used for the way we wear our hakama and keikogi and tie our bogu for kendo. It is an important part of kendo etiquette and must be studied and understood well. The term can also be extended to include the way we carry and place our equipment and comport ourselves before, during and even after practice.
- **Reigi**; the overarching concept of good manners and etiquette is a core principle in Kendo. **Reiho** is the physical manifestation of this concept. As with most things in kendo there is a deeper meaning: Perfecting the physical manifestations is only the first stage in developing a true understanding of the full meaning of Reigi.
- Bear in mind that the angle to which one might bow to a teacher or to the Shomen is deeper (30°) than that used when bowing to a training partner or opponent (15°).
- The **Gorei** (commands) at the beginning and end of BJA practices are standardised as below. Note! It is important to be flexible and cooperative as on occasions teachers may wish to amend these procedures. That is their prerogative.

Reiho At the Start of The Practice...	Reiho At the End of The Practice...
<p>Seiretsu! - This means to line up in straight lines in rows and columns. It is not correct to leave gaps or to sit offset to persons in the row in front</p>  <p>Chakuza! - Sit and commence (Mokuso) to prepare one's mind for the practice ahead. Continue until a single clap is heard or the call of Yame!</p> <p>Note! Some teachers prefer everyone to sit down together, others prefer people to sit down in grade order (Be aware of this and follow the sempai or sensei's instructions)</p> <p>Shomen Ni Rei! - a deep and respectful kneeling bow (Zarei) to the regalia of the dojo (Banner) to open the practice or event.</p> <p>Sensei Gata Ni Rei! - a deep and respectful kneeling bow to the teachers at the event (You may choose to say "Onegai Shimasu" - "Please do me this favour". This is a common phrase in Japanese and is what you generally say to someone who is going to do something for you).</p> <p>Bogu preparation: The Kote are placed on one's right side in line with the knees, with the palms to the right and facing downwards. The men is balanced on top of them. The Men himo are placed inside tidily and the Tenugui is neatly folded and placed over them. The shinai is placed to the left with the Tsuba in line with the knee and the string to the right. These are aspects of Chakuso and indicators of Reiho</p> <p>Men Tsuke! - Put on the men paying attention to Chakuso. Always put the right kote on last.</p>	<p>Seiretsu! - Line up in straight lines in rows and columns.</p> <p>Chakuza! – Sit down in the seiza position and carefully place the shinai on the floor.</p> <p>Men Tore! - Remove the Kote (right first) and Men paying attention to Chakuso/Reiho. Keep control of the men himo and place the bogu items correctly on your right side. Discreetly wipe the inside of the Men then the face. Tidily fold and place the Tenugui inside the Men.</p> <p>Mokuso – When ready enter a period of silent meditation to reflect on the training and clear one's mind. Continue until a single clap is heard or the call of Yame!</p> <p>Sensei Gata Ni Rei! - (You may choose to say "Domo Arigato Gozaimashita" – "Thank you very much" (For your help and instruction).</p> <p>Shomen Ni Rei! – Formally close the practice/Event</p> <p>Note 1: Shomen Ni Rei is normally only done at the start and end of each day of a seminar or event.</p> <p>Note 2: It is customary at the end of a practice to thank the teachers personally and perhaps ask for their advice. On a seminar this should generally only be done after your (or their) last practice at the event.</p> <p>Note 3: It is customary at the end of a practice to offer very high-ranking sensei (Nanadan/Hachidan), help to tie up and transport their bogu. Be vigilant about this.</p>

Reigi starts with attention to the details of correct form and by being careful about common courtesy. When travelling to other dojos or to events we all wear the Zekken/Nafuda of our home dojos or national associations. We therefore represent these organisations their leaders and the other members. We all need to be mindful of this.

Points to avoid: Leaning against walls etc. leaning on ones shinai or Bokuto, sitting on the floor with the soles of the feet visible to others. Particularly towards the teachers or the Shomen (Cover them, hide them). Careless handling or dropping of ones shinai or other equipment when moving or placing them. Handling other people's equipment or stepping over it carelessly.

BKA Midlands Seminar (Stoke-On-Trent) – July 23rd and 24th 2022

The Cycle of Opportunities:

- When considering the timings distances and energy levels that occur in kendo matches we need to understand that they are varied and cyclic
- Striking from the tachi-ai after applying Kiai and Seme represents only a fraction of what is possible
- When we practice with knowledge of the cyclic nature of opportunities both sides build pressure and make an all out attack. The attack continues until a valid point is scored or the two opponents have to re-energise. The goal is to naturally and safely manage the separation then begin the process again
- When we stop we are weak, if we breathe in we lose our intensity. If in two minds the attack or counter lacks the determination needed to deliver Ippon
- Practice in this mindset encourages fully committed attacks and develops understanding of the importance of Renzoku waza, Ato Uchi and refined/effective Zanshin
- After practising in this way we might consider how many points were scored and how often encounters ended in stalemate. Did we truly attack with total commitment?
- It can be very motivating to feel the sting of an opponents strike in the middle of your own determined attack.

Key Features:

- Reduced cost for booking early
- Plenty of Chairs/Benches at all sessions
- PA system - Mics for sensei
- Area to be set up with seating/whiteboard for lectures
- Seminar over two full days
- High grade Ji geiko on Sunday to complete the seminar
- Shiai training, split into 3 groups of 16 – sensei/sempai supporting each. Groups compete against each other, and also practice officiating. All participants have the opportunity to compete and officiate.