

The History and Culture of Japanese Martial Arts (Kendō / Jōdō)

(Cool Japan G)

Section 1

Instructor/Title	Ichizo Takayama / Professor
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【Course Outline / Description】

This course will introduce Japanese martial arts (budō), primarily focusing on Kendō (sword-play) and Jōdō (stick-play), as traditional Japanese culture. The objectives of the course will be to provide the students with basic knowledge on Japanese martial arts and their history (including Bushidō Spirit) as well as to increase their physical fitness levels through actual training of Kendō and Jōdō in a dōjō (special hall for martial arts training).

The Japanese martial arts are esteemed in Japan as the quintessence of traditional culture. They also have reverent worldwide followers. There are now tens of millions more non-Japanese enthusiasts practicing budō than Japanese.

Kendō (剣道: けんどう) is one of such modern Japanese martial arts in which players use shinai (bamboo swords) as they compete to strike four specific areas on the opponent's bōgu (armor). Kendo is characterized by always showing respect to one's opponents, the honoring of protocol and culture, and the importance placed on enriching one's heart through training.

Jōdō (杖道: じょうどう) is a classical Japanese martial art using a stick called jō. The art is strongly focused upon defense against the Japanese sword. Jodo is reputed to have been invented by the great swordsman Musō Gonnosuke Katsuyoshi about 400 years ago, after a bout won by the famous Miyamoto Musashi. According to this tradition, Gonnosuke challenged Musashi using a stick, a weapon he was said to wield with great skill.

Section 2

【Course Objectives/Goals/Learning Outcomes】

By the end of this course, students will be able to understand the history and culture of Japanese martial arts (in particular, Kendō) and Bushidō Spirit, and also be able to perform basic techniques of Kendō and Jōdō.

Section 3

【Class Schedule/Class Environment, Literature and Materials】

	Schedule of Instruction	Work Outside of Classroom Activities
Lecture 1	(Class Room Session) Overview of the Course / Introduction to Kendō and Jōdō	Read the syllabus.
Lecture 2	(Dōjō Session) Stretching / Warming Up / Reigi (the way of physical expression for spirit of	Review and Hitori-geiko (Solo-Practice).

	respect and courtesy)	
Lecture 3	(Class Room Session) What is Japanese Martial Arts?	Read the assigned material.
Lecture 4	(Dōjō Session) Ashisabaki (Footwork) / Kamae (Posture) / Suburi (Shadow Swing)	Review and Hitori-geiko (Solo-Practice).
Lecture 5	(Class Room Session) Overview of the History of Japan	Read the assigned material.
Lecture 6	(Dōjō Session) Bokutō-ni-yoru-kihonwaza-keiko-hō (The Training Method for Fundamental Kendo Techniques with a Wooden Sword) (1) – Ippon-uchi-no-waza (Skills for one shot hit)	Review and Hitori-geiko (Solo-Practice).
Lecture 7	(Class Room Session) Development of Swordsmanship (1) - Up to The Warring States (Sengoku) Period	Read the assigned material.
Lecture 8	(Dōjō Session) Bokutō-ni-yoru-kihonwaza-keiko-hō (2)(3) – Ni-san-dan-no-waza (Skills for continuous hits) and Harai-waza (Skills for sweeping and hit)	Review and Hitori-geiko (Solo-Practice).
Lecture 9	(Class Room Session) Development of Swordsmanship (2) – Up to Mid Edo (Tokugawa) Period	Read the assigned material.
Lecture 10	(Dōjō Session) Bokuto-ni-yoru-kihonwaza-keiko-hō (4)(5) – Hiki-waza (Skills for backward hit) and Nuki-waza (Skills for pass and hit)	Review and Hitori-geiko (Solo-Practice).
Lecture 11	(Class Room Session) Development of Swordsmanship (3) - Late Edo (Tokugawa) Period	Read the assigned material.
Lecture 12	(Dōjō Session) Bokutō-ni-yoru-kihonwaza-keiko-hō (6)(7) – Suriage-waza (Skills for sliding-un and hit) and Debana-waza	Review and Hitori-geiko (Solo-Practice).

	(Skills for start-spoiling hit)	
Lecture 13	(Class Room Session) The Impact of Buddhist Thought on the Development of Swordsmanship	Read the assigned material.
Lecture 14	(Dōjō Session) Bokutō-ni-yoru-kihonwaza-keiko-hō (8)(9) – Kaeshi-waza (Skills for turning-back and hit) and Uchiotoshi-waza (Skills for knocking-down and hit)	Review and Hitori-geiko (Solo-Practice).
Lecture 15	(Class Room Session) Mid-term Exam (Class Room Lecture Portion)	Study to be prepared for the mid-term exam.
Lecture 16	(Dōjō Session) Kirikaeshi (Repeating hits of Right and Left) / Uchikomi-geiko / Review of Bokutō-ni-yoru-kihonwaza-keiko-hō	Review and Hitori-geiko (Solo-Practice).
Lecture 17	(Class Room Session) Sintō Musō Ryu Jōdō	Read the assigned material.
Lecture 18	(Dōjō Session) Jōdō (1) - Kihon Nos. 1-3 (Honte-uchi, Gyakute-uchi & Kitiotoshi-uchi)	Review and Hitori-geiko (Solo-Practice).
Lecture 19	(Class Room Session) Development of Bushidō, The Code of Samurai	Read the assigned material.
Lecture 20	(Dōjō Session) Jōdō (2) - Kihon Nos. 4-6 (Kaeshi-zuki, Gyakute-zuki & Makiotoshi)	Review and Hitori-geiko (Solo-Practice).
Lecture 21	(Class Room Session) Inazō Nitobe's "Bushidō" - The Soul of Japan (1)	Read the assigned material.
Lecture 22	(Dōjō Session) Jōdō (3) - Kihon Nos. 7-9 (Kuritsuke, Kurihanashi & Taiatari)	Review and Hitori-geiko (Solo-Practice).
Lecture 23	(Class Room Session) Inazō Nitobe's "Bushidō" - The Soul of Japan (2)	Read the assigned material.

Lecture 24	(Dōjō Session) Jōdō (4) - Kihon Nos. 10-12 (Tsukihazushi-uchi, Dōbarai-uchi & Taihazushi-uchi)	Review and Hitori-geiko (Solo-Practice).
Lecture 25	(Class Room Session) Kendō and Bushidō in the Modern Period	Read the assigned material.
Lecture 26	(Dōjō Session) Jōdō (5) – Kata Nos. 1-2 (Tsukizue & Suigetsu)	Review and Hitori-geiko (Solo-Practice).
Lecture 27	(Class Room Session) Mushin / Ki-ai / Zanshin / Heijō-shin	Read the assigned material.
Lecture 28	(Dōjō Session) Jōdō (6) – Kata Nos. 3-4 (Hissage & Shamen)	Review and Hitori-geiko (Solo-Practice).
Lecture 29	(Class Room Session) Total Review	Review all of the assigned materials.
Lecture 30	(Dōjō Session) Tournament Match	Review and prepare for the match.

【Textbooks/Reading Materials】

No textbook is used. Reading materials for each lecture (class room sessions) will be made available through Blackboard system or handed out in advance.

For Dōjō sessions, students are required to purchase one bamboo sword, one wooden sword and one wooden stick (in total, JPY 8,500). The instructor or the Registrar's Office will make these items available for purchase by the students in advance or at the time of the first Dōjō session.

Section 4

【Learning Assessments/Grading Rubric】

Final Exam (for class room sessions) – 30%
 Midterm Exam (for class room sessions) – 30%
 Serious participation in the Dōjō sessions – 30%
 Performance at the Tournament Match – 10%

Section 5

【Additional Information】

Absolute discipline and diligence is required in this course. If you are only mildly interested, please do not apply for entry as you will be preventing somebody else from learning Kendō or Jōdō seriously. As the classes involve fairly hard physical activity, you should wear suitable clothing for exercise in Dōjō sessions.