

## Cool Japan G

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

#### Section 1

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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 marital 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 Sprit, 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 respect and courtesy) Kendō (1) - Ashisabaki (Footwork) / Kamae (Posture)	Review and Hitori-geiko (Solo-Practice).
Lecture 3	(Class Room Session) Development of Swordsmanship (1) - Up to The Warring States (Sengoku) Period	Read the assigned material.
Lecture 4	(Dōjō Session) Kendō (2) –Sankyodo Kihon (three step basics) and Suburi (shadow swing)	Review and Hitori-geiko (Solo-Practice).
Lecture 5	(Class Room Session) Development of Swordsmanship (2) – Edo (Tokugawa) Period	Read the assigned material.
Lecture 6	(Dōjō Session) Kendō (3) – Kirikaeshi and Hayasuburi (swift shadow swing)	Review and Hitori-geiko (Solo-Practice).
Lecture 7	(Class Room Session) Mushin / Ki-ai / Zanshin / Heijō-shin	Read the assigned material.
Lecture 8	(Dōjō Session) Kendō (4) - Uchikomi	Review and Hitori-geiko (Solo-Practice).
Lecture 9	(Class Room Session) Shintō Musō Ryu Jōdō	Read the assigned material.
Lecture 10	(Dōjō Session) Jōdō Demo with a Guest Speaker Jōdō (1) - Kihon Nos. 1-3 (Honte-uchi, Gyakute-uchi & Hikiotoshi-uchi)	Review and Hitori-geiko (Solo-Practice).
Lecture 11	(Dōjō Session) Review Kendō Basics Jōdō (2) – Kata No. 1 (Tsukizue)	Review and Hitori-geiko (Solo-Practice).
Lecture 12	(Dōjō Session) Review Kendō Basics Jōdō (3) – Kata No. 2 (Suigetsu)	Review and Hitori-geiko (Solo-Practice).
Lecture 13	(Dōjō Session) Review Kendō Basics Jōdō (4) - Kihon Nos. 4 & 5 (Kaeshi-zuki and Gyakute-zuki)	Review and Hitori-geiko (Solo-Practice).

Lecture 14	(Dōjō Session) Review Kendō Basics Jōdō (5) - Kihon No. 7 (Kuritsuke)	Review and Hitori-geiko (Solo-Practice).
Lecture 15	(Dōjō Session) Review Kendō Basics Jōdō (6) – Kata No. 3 (Hissage)	Review and Hitori-geiko (Solo-Practice).
Lecture 16	(Dōjō Session) Review Kendō Basics Jōdō (7) – Kata No. 4 (Shamen)	Review and Hitori-geiko (Solo-Practice).
Lecture 17	(Dōjō Session) Review Kendō Basics Jōdō (8) – Kihon No 10 (Tsukihazushi-uchi)	Review and Hitori-geiko (Solo-Practice).
Lecture 18	(Dōjō Session) Review Kendō Basics Jōdō (9) – Kata No. 5 (Sakan)	Review and Hitori-geiko (Solo-Practice).
Lecture 19	(Dōjō Session) Review Kendō Basics Jōdō (10) – Kata No. 6 (Monomi)	Review and Hitori-geiko (Solo-Practice).
Lecture 20	(Dōjō Session) Review Kendō Basics Jōdō (11) – Kata No. 9 (Raiuchi)	Review and Hitori-geiko (Solo-Practice).
Lecture 21	(Dōjō Session) Review Kendō Basics Jōdō (12) – Kata No. 10 (Seigan)	Review and Hitori-geiko (Solo-Practice).
Lecture 22	(Dōjō Session) Review Kendō Basics and Jōdō Kata	Review and Hitori-geiko (Solo-Practice).
Lecture 23	(Dōjō Session) Review Kendō Basics and Jōdō Kata	Review and Hitori-geiko (Solo-Practice).
Lecture 24	(Dōjō Session) Review Kendō Basics and Jōdō Kata	Review and Hitori-geiko (Solo-Practice).
Lecture 25	(Dōjō Session) Review Kendō Basics and Jōdō Kata	Review and Hitori-geiko (Solo-Practice).
Lecture 26	(Dōjō Session) Review Kendō Basics and Jōdō Kata	Review and Hitori-geiko (Solo-Practice).
Lecture 27	(Dōjō Session) Review Kendō Basics and Jōdō Kata	Review and Hitori-geiko (Solo-Practice).

Lecture 28	(Dōjō Session) Preparation for Tournament Match	Review and Hitori-geiko (Solo-Practice).
Lecture 29	(Dōjō Session) Tournament Match (Two Guest Speakers)	Review and prepare for the match.
Lecture 30	(Class Room Session) Preparation for Final Exam	Read the assigned material.

#### 【Textbooks/Reading Materials】

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

Instructor will make Shinai (bamboo sword), Bokutō (wooden sword) and Jō (wooden stick) available for the students in the Dōjō sessions.

#### Section 4

##### 【Learning Assessments/Grading Rubric】

Final Exam (for class room sessions) – 30%  
 Midterm Research Assignment on Bushidō – 30%  
 Serious participation in the Dōjō sessions – 20%  
 Performance at the Tournament Match – 20%

#### Section 5

##### 【Additional Information】

As the classes involve fairly hard physical activity, you should wear suitable clothing for exercise in Dōjō sessions.

For the last Dōjō Session, we will hold a tournament match of Jōdō-Kata. I will invite two guest speakers who will serve as judges of the match as well as perform demonstrations of Kendo-Kata and Jōdō-Kata together with me.