

The Concept of Kendo

The concept of Kendo is to discipline the human character through the application of the principles of the Katana (sword).

The Purpose of Practicing Kendo

To mold the mind and body,
To cultivate a vigorous spirit,
And through correct and rigid training,

To strive for improvement in the art of Kendo,

To hold in esteem human courtesy and honor,

To associate with others with sincerity,

And to forever pursue the cultivation of oneself.

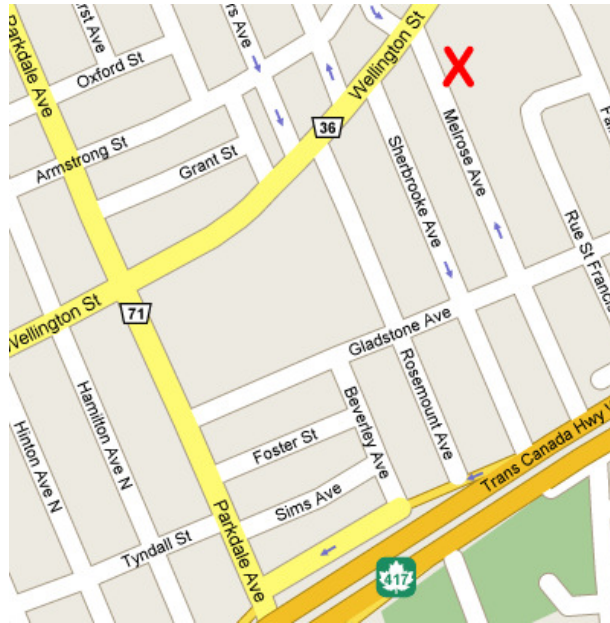
This will make one be able:

To love his/her country and society,
To contribute to the development of culture,

And to promote peace and prosperity among all peoples.

(The Concept of Kendo was established by All Japan Kendo Federation in 1975.)

**Takahashi School of
Martial Arts
5 Melrose Avenue
Ottawa, Ontario K1Y 1T8**



**Adult Class
Monday 6:30-8pm
Wednesday 6:30-8pm**

**Children's Class
Saturday 1-2:30pm**



OTTAWA KENDO CLUB



**Takahashi School of
Martial Arts**

(613) 725-3451

<http://www.takahashi-dojo.com>

*Proud member of the
Canadian Kendo Federation*

What is Kendo?

Kendo, or Japanese fencing, is a competitive martial art derived from the Japanese sword arts. Kendo not only encourages self-discipline and cultivation of character. It is a great way of instilling a natural confidence, poise and awareness that can aid in a variety of everyday situations. There is only one school of kendo, so a practitioner can go to any kendo dojo and be able to practice with others.

Club History

The Ottawa Kendo Club has been operating since 1969 at the Takahashi School of Martial Arts and is the first kendo club to begin practicing in Ottawa. The adult class instructor is Hugo Renaud (4th Dan) and the head instructor for the children's class is Mike Arai (5th Dan). Both instructors have extensive experience in kendo. The Ottawa Kendo Club is part of the Canadian Kendo Federation (CKF), which is in turn part of the International Kendo Federation (IKF).

Equipment

The equipment consists of a segmented bamboo weapon (shinai) and armour (bogu). A wooden sword (bokken) is used during kata exercises. Beginners need only to purchase a shinai.



Gradings

Gradings are held at least once a year. Adult gradings are held in Toronto and Quebec City while children's gradings are held at our club each spring.

Tournaments

Between 2 and 4 tournaments are held each year, usually in the Greater Toronto area. Senior tournaments are for practitioners 16 years of age and up and junior

tournaments are for younger members. Tournaments are composed of many first round elimination matches. In individual divisions, the first person to score 2 points wins the match and a tiebreaker round is held if there is a draw.

The First Visit

Visitors are welcome to come watch the adult practices and even try out one or two to see if kendo might be right for them. Please call the dojo and arrange a visit if you would like to see or try out a practice.

Beginner Expectations

As footwork is the foundation of good technique in kendo, a beginner can expect to start with footwork classes before learning how to wield a shinai. Etiquette is incorporated into the training schedule. Light clothing for strenuous exercise is recommended and sweat-pants will make kneeling on the floor (seiza) more comfortable.