

# Shiraoka Kendo Kai

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## Beginners guide



# Start Training



## **When Do we Train?**

Wednesday 8pm to 10pm and  
Sunday 5pm to 7pm

## **What Do I Need**

We supply all the equipment necessary to start. All you need to bring is sports clothing and water. We train in bare feet so no trainers are required.

## **Where Do we Train**

Sir Matt Busby Sports Complex  
50 Main St Bellshill North Lanarkshire ML4 3DP

# How To Start Kendo

The course runs on our Wednesday session from 8pm to 10pm.

On completion of the 6 week beginners course you will also be able to attend the Sunday session from 5pm to 7pm

Signing up is easy. First, complete the Registration Form below. There is no special price to pay for the course; however, we will ask that you pay for your first 6 weeks in advance (£30). This allows us to plan and book any extra floor space we may need.

## Registration

You do need to join the British Kendo Association (BKA) both for insurance and the ability to grade and attend BKA events. Temporary membership is only £10 for 3 months and will allow you to train at our dojo. This can then be upgraded to full membership. Details about joining the BKA and upgrading membership can be found below.

## BKA Membership Page



Shiraoka



# REASONS TO START KENDO

## **Fun and Challenge**

Using traditional Japanese weapons and armour we use dynamic drills and sparring to improve technical expertise, precision and strategic thinking. This offers a lifelong journey of self improvement making kendo both rewarding and fun.

## **Physical Fitness**

Mental Health Kendo Kendo is a physically demanding martial art that can improve your strength, flexibility, and cardiovascular health. Regular Kendo training can help with weight management and assist in achieving a healthy body.

## **Mental Health**

Promotes mental discipline, concentration, and the ability to remain calm under pressure. Focusing on training can help alleviate daily stress and is great way to reduce anxiety and improve confidence.

## **Community**

Kendo dojos offer more than just a place to practice martial arts; they provide a supportive community that nurtures mentorship, and builds friendships. Shirokoa Kendo Club has frequent socials and attends events across the country providing opportunities for socialising and meeting new people.

## **Cultural Connections**

Kendo is deeply rooted in Japanese culture and history. Learning Kendo provides an opportunity to explore Japanese traditions, etiquette, and philosophy.

# Syllabus for Beginners Course

## Week 1

- Fundamental etiquette
  - How to warm up
  - Terminology
- The correct way to move, ayumiashi and suriashi
  - How to hold the shinai
- How to perform a basic cut

## Week 3

- Advanced footwork
  - o Hirakiashi
  - o Fumikomiashi
- Fundamental attacks
  - o Men uchi
  - o Kote uchi
  - o Do uchi
  - o Kote men
- o Men taiatari hiki men

## Week 5:

- Introduction to waza
  - o Seme ashi men
  - o Suriage men
  - o Suriage kote
  - o Makitoshi men
  - o Otoshi men
    - Kakarigeiko
- Review of previous drills in a class like structure

## Week 2

- Various Cutting practice (suburi)
  - o Jogeiburi
  - o Shomen Suburi
  - o Kote men Suburi
  - o Renzoku Men Suburi
  - o Sonkyo Suburi
  - o Haya Suburi
    - Tenouchi
- Japanese counting

## Week 4

- Review Basic Kihon
  - Kirikaieshi

## Week 6:

- Brief discussion on equipment, suggested retailers, measuring, what to order, how to care for it etc.
  - Bogu try on session.



# CONTINUING TO PRACTICE



We hope that you will want to continue to practice after the 6 week course. Anyone who completes the 6 week course is welcome to join Shiraoka Kai Kendo Club as a full member and welcome to attend regular training on Wednesday and Sunday evenings. Please note that three months from the start of the course, you will need to extend your temporary BKA membership.

## Equipment

After finishing the course you should look to buy your own equipment. You will need the following:

Kendogi or gi - A cheap single layer chemical dyed gi is fine.

Hakama - Again, a cheap synthetic "tetron" hakama is sufficient.

Shinai - Make sure you get the right size.

Adults

Men use size 39

Women use either size 39 or an "adult ladies" 38

Juniors

Size 29 to 31 for under 7's

Size 32 to 36 for under 7 to 12 year old's

Size 37 for 13 to 15 year old's

Size 38 for under 18's

Bokken - Any kendo bokken is fine.

Weapons bag.

## Longer term costs

To help beginners get a grip on how much starting kendo will cost here is a timeline projecting your costs. I've opted for the cheapest reasonable choices available at the start of 2024. Obviously there are ways to make savings (2nd hand armour for example) or you can spend much more if you wish. To be clear, these costs are approximate.

Please note that from the 5th week on you will also be paying £5 per session you attend.

Prior beginner's course

British Kendo Association Temporary Membership: £10

First week

Beginner's course session fees: £30

Fourth week

Purchase 1 shinai, 1 bokken, weapon bag, kendo kendogi and hakama

Nine Circles beginner set: £160 Kendo Start beginner set: £150.00

Third month

Upgrade British Kendo Association Membership: £35

Past six months (or at instructor's discretion)

Purchase Kendo Bogu (armour)

Kendo Star Vanguard Basic set: £400 Nine Circles Defender Set £365.

Total cost: £625

# Helpful Phrases

## Guideline for Go-rei (bowing in and out of kendo)

At the start of the session senior student would take the role of getting all other student bow in for starting practice.

Seiretsu – to Line up.

Chakuza- Sit down into Seiza

Shisei Wo Tadashite – Straighten your posture.

Mokuso- Compose yourself (3 deep breath or when sensei claps his/her hands)

Mokuso Yame- Stop mokuso and return to normal seiza position.

Shomen-ni – turn to face Shomen

Rei- bow to Shomen (wait for everyone to be facing Shomen before Rei)

Sensei ni Rei (one sensei) Sensei-gata-ni-rei (multiple Sensei)- bow to Sensei/Sensei's

Otogai-ni- Rei- Bow to each other at this point everyone would say onegaishimasu

Kiritsu- stand up.

After warming up/ non-armor practice

Men-moto Seiretsu- Line up with the objective of putting on men.

Men-tsuke – put on men.

Kiritsu- stand up (do not stand up until the person on your right has stood up or Sensei has said stand up)

At the end of the Session

Seiretsu – to Line up.

Chakuza- Sit down into Seiza

Men wo tore – remove men.

Shisei Wo Tadashite – Straighten your posture.

Mokuso- Compose yourself (3 deep breath or when sensei claps his/her hands)

Mokuso Yame- Stop mokuso and return to normal seiza position.

Sensei ni Rei (one sensei) Sensei-gata-ni-rei (multiple Sensei)- bow to Sensei/Sensei's

Shomen-ni – turn to face Shomen

Rei- bow to Shomen (wait for everyone to be facing Shomen before Rei)

Otogai-ni- Rei- Bow to each other at this point everyone would say Domo arigato gozaimasu

Pronunciation guide: the letters w, i and u are very softly enunciated. So shisei wo tadashite sounds almost like shisei o tadash teh and seiretsu sounds almost like seirets

## One to Ten in Japanese's

One = ichi

two = ni

Three = san

Four = shi / yon

Five = go

Six = roku

Seven = shichi / nana

Eight = hachi

Nine = kyuu / ku

Ten = juu