

DEMONSTRATION AT HAMILTON GARDENS

SUMMER FESTIVAL, 17TH February 2006

Ian Buck & Sam Tsai

GOOD EVENING. We are the Waikato Kendo club and we will be showing you the modern martial art of Japanese fencing called Kendo. The demonstration tonight consists of three parts. We would like to begin our demonstration tonight with Iaido.

Iaido is the art of drawing and striking with the sword in minimum time, and returning the sword to the saya (scabbard). Iai is believed to have its origins about 1200 AD. A steel katana is used for this and is practiced solo. **Alan Stevenson**, a 5th Dan in Kendo and 4th Dan in Iaido, from Auckland will demonstrate a number of movements or kata. Nearly all of the starting positions are non-combative or neutral. The reason for these non-combative or neutral starts is that these are the positions of everyday life. One could expect a surprise attack at anytime, and the ability to react from an everyday starting position was considered essential.

Demonstration - Iaido

Thank you Alan.

Kendo (剣道 *Kendō*, 劍道) evolved from Iaido so that practitioners could practise bodily hits on an opponent without cause injury as the steel Katana is replaced by a bamboo shinai. Kendo is literally translated as "the way of the sword," It has developed from traditional techniques of Japanese swordsmanship and long been influenced by those of China, particularly Confucianism and Zen Buddhism. Since 1975 the goal of Kendo has been stated by the All Japan Kendo Federation as "to discipline the human character through the application of the principles of the *katana* (the Japanese standard two handed sword)".

Kendo combines martial arts values with sport elements that continues to build character, self-discipline and respect for practitioners. Despite a sport-like atmosphere, Kendo remains steeped in tradition, i.e. *Budo* (武道), which must never be forgotten. This is the strength of Kendo which has carried it through history and will carry it far into the future

It starts from the philosophy of *Budo* which in Chinese means "stopping fighting" (止戈爲武). The second part of our demonstration is to show you some of the kata or forms of Kendo that are the combative Kendo is based on. The first three sets of Kendo *Kata* demonstrate how a *Budoka* (Budoist) has progressed from overcoming

violence with violence, to educating the offender by a strong but peaceful mind. We can clearly see the movement evolving from killing as seen in the first set, hurting in the second and to even not-touching the offender in the third set.

Demonstration - Kata

We thank **Jeffrey Ke** (2nd Dan) and **Ya-Yi Huang** (1st Dan) for the demonstration. We now move onto the final part of our demonstration, combative Kendo. A kendoka or kendoist wears a protective helmet called a men, chest armour called a do and gauntlets called kote. Points are scored by clean, purposeful hits to these areas provided the attacker has shown a strong spirit or kiai and alertness on completion of the cut which is called zanshin. In a competition the winner is the first to score two points. Our instructor, Sam Tsai will now lead some of our club members in basic cutting practice to demonstrate the three cuts previously mentioned. Each person calls out the name of the strike they are making.

Demonstration – Kihon 1

Thanks for club members **Hiroko Otake, Fumiko Akiyama, Simon Buck, Graham Paki,** and **Hilton Underwood** for the demonstration.

Now **Walter McCahon** (1st Dan) and **Amigo Huang** (1st Dan) will receive their hits. Look for the strikes hitting the top of the *men* or helmet, the gauntlet or *kote* and the chest armour called *do*.

Demonstration – Kihon 2

Finally all the hard work and sweat gets put into practice, jigeiko or free fighting. Walter and Amigo will now compete against each other in a shortened 1-point match.

Demonstration – Keiko (free fighting)

Thank you Walter and Amigo. Kendo can be a life long activity, starting at around 8 years old and many people are still participating into their 80's. What you put into your Kendo is what you will get out of it in the end. Kendo is a personal never-ending journey; the cost of a ticket on that journey is your sweat

If you have any questions please feel free to ask one of our club members.

SBS Mardi Gras – 17th February, 2006 Hamilton Gardens

Schedule:

Parade commencing at 6.45pm:

- Te Awamutu Brass (to Rhodo Lawn only)
- Modern Victorian
- Scottish Country Dance
- Community Theatre Games
- Desert Gypsy Belly Dancers
- Caledonian Pipe band
- Kendo Club
- Evergreen Marching Girls
- Medieval Society
- Dance Folkus
- Viva Le Diva
- + others

	Rhodo Lawn	Rhodo Green	Lakeside Court
7pm		Te Awamutu Brass	
7.15pm			
7.30pm	Wai Taiko Drummers		Chinese Sunshine
7.45pm	Cantando Choir		Kendo Club
8pm			Congolese
8.15pm	Desert Gypsies	Medieval Society	Hindu Muslim
8.30pm	Scottish Country Dance		Theatre Games
8.45pm	Hamilton Chorale	Desert Gypsy workshop	
9pm			Sikh Society
9.15pm	Dance Folkus		
9.30pm	Te Awamutu Brass	Modern Victorian	Totally Gourdeous
9.45pm			
10pm	Drury Lane Dance		
10.15pm	Viva Le Diva		
10.30pm			
10.45pm			Desert Gypsies

More information about the event:

<http://www.whatsonhamilton.co.nz/event.asp?refID=8577&Day=17&Month=1&Year=2006>

Or, visit Hamilton Gardens website:

<http://www.hamiltongardens.co.nz/>