

# Men's Judo Club

## ○Activities

We have physical trainings and running in the morning four days a week, and practical trainings in the afternoon six days a week during the school term. Practical training takes place in the mornings and afternoons during the long holidays.

## ○Message from Head Coach

We will treat you in the same way as the undergraduate Japanese students if you really like judo. Persons who would like to explore judo in greater depth are welcome.

## ○Video

<https://youtu.be/L50NnBJwFeQ>



# Women's Judo Club

## ○Activities

We have physical trainings and running in the morning at 6:50 and practical trainings in the afternoon at 16:30. We are committed to create a basic lifestyle for judo, develop basic physical strength, acquire skills, and strengthen practical abilities. Under the slogan of 'Daily reflection, making concrete tasks, and continuity', we are working hard in both the literary and Budo and mutual prosperity for oneself and others. We are also striving daily as challengers with the goal of winning the national championship.

## ○Message from Head Coach

Anyone who loves judo and is serious about learning it and wants to study at the International Budo University are welcome.

## ○Video

<https://youtu.be/L50NnBJwFeQ>



# Kendo Club

## ○Activities

< Mon-Fri >

7 : 00~8 : 00 Basic practice (Suburi, Ashisabaki, Kihon)

16 : 30~18 : 30 Kirikaeshi, Kihon, Jigeiko, Kakarigeiko, Oikomi

< Saturday >

9 : 00~10 : 30 Kirikaeshi, Kihon, Jigeiko, Kakarigeiko, Oikomi

## ○Message from Head Coach

The motto of the Kendo Club is 'Hyakuren Jitoku'(practice over and over again and you will acquire the skills). Our philosophy is to train leaders who are motivated to learn kendo properly and have an international outlook. Anyone who loves kendo and wants to improve and deepen their own kendo.

## ○Video

<https://youtu.be/zP30iYiGe5c>



# Kyudo Club

## ○Activities

We have trainings at the Nippon Budokan training centre 6 days a week (Mon-Sat) for 2-3 hours. April-November is the on-season with official matches etc., and training camps are held in March and August.

## ○Message from Head Coach

Persons who want to teach Kyudo abroad and who have a strong and positive attitude towards improving their archery skills are welcome.

## ○Video

<https://youtu.be/jFYdGFtpSk0>



# Karatedo Club

## ○Activities

We practise Kumite and Kata, which are practised in the World Karate federation's Karate. You will also learn the traditional techniques of the four major styles: Shotokan-ryu, Goju-ryu, Shitoryu and Wado-ryu.

## ○Message from Head Coach

Persons who are willing to learn proper karate of Japanese origin, have a desire to improve as a competitor and are willing to actively learn about Japanese culture.

## ○Video

<https://youtu.be/XUI7pc5gW9w>

<https://www.youtube.com/@shiramizukarate/videos>



# Naginata Club

## ○Activities

Naginata is one of Japan's oldest traditional Budo. Students learn a wide range of skills, including the basic combination 'shikake-oji', match practice wearing protective gear and the kata of the All Japan Naginata Federation.

## ○Message from Head Coach

We have students who started as beginners at university to students who aim to become the best in Japan. Persons who have the attitude to train Naginata which leads to human development are welcome.

## ○Video

[https://youtu.be/dC\\_SLW48bSQ](https://youtu.be/dC_SLW48bSQ)



# Shorinji Kempo Club

## ○Activities

There is a saying: 'Kenzen Ichinyo' in Shorinji Kempo.. 'Ken' represents the body and Zen represents the mind. We try to train the body, acquire techniques and improve the mind at the same time. Shorinji Kempo has four training methods: basics, ho-kata (kata practice), operation and demonstration. We practice these four training methods in a good balance with a focus on ho-kata (kata practice)

## ○Message from Head Coach

With the motto “Make the most of others and I will make the most of myself”, we are engaged in daily training and the running of the club. Persons who are willing to take on new challenges, continue to develop themselves and contribute to the good of others and society after completing the course.

## ○Video

<https://youtu.be/gB9P1HchX8E>



# Aikido Club

## ○Activities

We focus on learning the basics of Aikikai-style aikido. Training takes place every Monday to Friday for two hours in the evening and on Saturdays in the morning.

## ○Message from Head Coach

Persons who are able to build up their daily training with the aim of training instructors who can teach beginners to skilled instructors in the future.

## ○Video

<https://youtu.be/BuDZP-OjgC4>





# Iaido Associate Club

## ○Activities

The old style is Musou-Shinden ryu. In addition, we practice All Japan Kendo Federation Iai. We belong to the student federation, so you can participate in tournaments. It is also possible to obtain a dan rank. Our training is hard but fun.

## ○Message from Head Coach

Both experienced and beginners are welcome to join. Beginners are carefully taught from the basics, such as how to swing a sword.

## ○Video

Coming soon

