

KENDO

THE DISCIPLINE OF A MARTIAL ART
THE EXCITEMENT OF A SPORT

剣道



MURDOCH UNIVERSITY KENDO CLUB

is holding a 12-week beginners course commencing on
Wednesday 17 August 2011 from 7:30pm to 8:30pm
at Murdoch University Sports & Recreation Centre

Contact : **Nigel O'Brien**
Phone : **0407 799 144**
E-mail : **nigelo @ westnet.com.au**
Website : **www.MurdochKendo.com**

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" TO KNOW AND TO ACT, ONE AND THE SAME. "

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Kendo - The Way of the Sword

Kendo is one of Japan's oldest martial arts, and the one most closely associated with the Samurai. The concept of kendo is to discipline the human spirit through the principles of the sword.

The players, called *kendoka* or *kenshi*, wear a practice jacket called *keiko-gi*, and a pair of divided trousers called *hakama*, along with a set of traditional armour called *bogu*. We use a bamboo sword called *shinai* which represents the katana.



With these tools we learn to strike the opponent's weak points, which are *men* (head), *kote* (forearm), *do* (torso), and for advanced players, *tsuki* (throat).

Murdoch University Kendo Club was founded in 1995 by Chris Graham-sensei (5th dan). We are actively involved in state and national competitions including the annual Australian University Games.

We train every Wednesday evening from 7:30pm to 9:30pm. Anyone is welcome to come and watch.

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