

Kyudo Experience



Katsuura Tourism Association

TEL : 0470-73-2500



Experience 2.5 Hours

What's Kyudo?

- 1, Get dressed!
- 2, Explanations from the teacher

Let's try Kyudo!

- 1, Master's demonstration
- 2, Let's try !
- 3, Pictures time



I . About Budo

- **What is Budo ?**
 - **What are the different types of Budo**
-

* **What is Budo ?**

Budo is an ancient Japanese athletic culture that finds value in its artistic and educational nature and is used for human development and education. The aim is to improve one's character, body and mind through practice. In many martial arts, practice took place in a dojo, originally a place for Buddhist training. Practicing in a dojo implies a mental investment in order to develop oneself.

* **What are the different types of Budo ?**

There are judo, kendo, kyudo, sumo-do, karate-do, Aikido, Shorinji-kempo, Naginata, Jukendo. Among them, Kyudo is the martial art with the largest number of competitors, especially in Japanese high school clubs.

II . About Kyudo

- What is Kyudo ?
 - About the Kyudo bow
-

* What is Kyudo ?

Arrow is the art of archery, which has been developed since ancient times as a means of hunting and warfare. In Japan, unique archery techniques have been developed and various schools have emerged. In the Edo period (1603-1868) and later, as a peaceful era, Kyudo was developed as one of the martial arts to be enjoyed by the warrior class, was practiced as part of the culture of the warrior. In addition to hitting the target with an arrow, the posture of the archer and the beauty of the shot were also important. Nowadays, Kyudo is practiced for various purposes such as training, competition, and lifelong sports, and nearly 140,000 archers belonging to the All Nippon Kyudo Federation practice Kyudo. It is also popular among the younger generation as it is the most practiced martial art in high school clubs in Japan.

* About the Kyudo Bow

It is a 2m21cm long, and the grip is not in the center as in archery, but about a third from the bottom in the case of Kyudo. The shape is a bay bow, and it is a compound bow made of several materials. Because of it, it is not possible to send arrows straight without mastering archery techniques unique to Kyudo. In contrast to the archery bow, which allows the arrow to fly straight, the Japanese bow causes the arrow to hit the right side of the bow and fly to the right. In this sense, the kyudo archery technique is unique, because the archer has to actively exert force on the bow in order to hit the target.



III. Shooting Method and Remaining Spirit

- The Eight Stages of Shooting

- Remaining spirit (Zanshin)

* The Eight Stages of Shooting

In kyudo, there is a concept called the "8 stages of Shooting". This concept divides the movement for releasing the arrow into 8 phases; each stage has its own name and meaning of technic. The eight movements are divided into sections, but they must be related from beginning to end to create a single flow, and there must be no separation or disconnection between the movements.

- 1, 足踏み Ashibumi Footing
- 2, 胴造り Dozukuri Forming the Torso
- 3, 弓構え Yugamea Readyng the Bow
- 4, 打起し Uchiokoshi Raising the Bow
- 5, 引分け Hikiwake Drawing Apart
- 6, 会 Kai Full Draw
- 7, 離れ Hanare Release
- 8, 残心(身) Zanshin Remaining spirit (Form)

* Zanshin

The last stage that brings the movements to a close is called "Zanshin". The kanji is usually written in mean "remaining spirit", this is referring to one`s mentality. It can also be written as "remaining form" relating to one`s posture.

In kyudo, even after you have shot the arrow you must stay focus and maintain your posture, and keep your eyes fixed on where the arrow hits. You must sustain your spiritual awareness until you leave the shooting area. This is what "Zanshin" is.

IV. Safety Precautions

【Before the experience】

- **Be sure to follow the instructions of the instructor.**
- **Long hair should be gathered up.**
- **Remove any ornaments from your fingers and wrists.**

【During the experience】

- **Be careful not to point the arrow at anyone.**
- **Wait to take the arrow until the signal is given by instructor.**
- **Do not rush to retrieve arrows even if you have dropped them.**
- **Please do not draw your bow,**
- **if there is someone closer to the target than you are.**