

# Sydney Kendo Club – Beginners Course



## Course Description

The Sydney Kendo Club beginners course aims to introduce basic principles and techniques of Kendo, care and use of equipment such as Shinai (bamboo sword) and Bogu (armour), and dojo (training venue) etiquette to anyone new to Kendo. Upon completion of the beginners course, students should have the proficiency to grade successfully to 5/6th Kyu at the state Kendo grading examination and be ready to join the full Bogu training class.

## Course Structure

The Sydney Kendo Club beginners course is an 8-week program consisting of 16 sessions. The course instructors are our club's senior members, who have been actively training in Kendo for many years. Training sessions are conducted on Wednesday evening and Saturday morning of 1.5 to 2 hrs duration.

## Training Venue

Willoughby Park Community Centre, Cnr Warrane Road & McClelland Street, Willoughby NSW 2068, Australia

## Training Time

Wednesdays, 7:30pm to 9pm and Saturdays, 10am to 12noon.

## Course Duration

A total of 16 sessions in 8 weeks. Each session is of 1.5 to 2 hours duration. New beginners course is run every quarter of the year.

## Course Fee

The Sydney Kendo Club membership fee is inclusive of the 8-week beginners course fee. There is no additional cost.

## Club and State Membership Registration & Cost

All beginners must complete and sign the membership forms for Sydney Kendo Club and the NSW Kendo Association and bring these forms to the first training session. Membership fees should be paid into the Sydney Kendo Club bank account. To download the membership forms and for payment details, go to <http://www.sydneykendoclub.org/join.html>

## Clothing

Wear loose, comfortable clothing. You will be training on barefoot. It is preferable not to wear tight jeans that will interfere with hip and knee movements. Pant legs that are so long as to drag on the floor is also not preferable as it will interfere with footwork training. Watches and jewellery must not be worn during training for safety reason.

## Equipment

Shinai (bamboo sword) can be purchased through the club at a cost of \$50. At appropriate stages of the course, your instructor will discuss and explain how to select and purchase appropriate Kendo clothing and armour.

## Fitness/Health Condition:

Kendo is a fun and healthy activity. As with any physical activities, however, there are inherent risks associated with Kendo training. If you have any concerns regarding your health or physical fitness, please check with your doctor before participating in any Kendo training.