

## **About Kendo, Iaido and Jodo**

**Kendo** is an athletic martial art in which practitioners wear protective armour and use bamboo swords to strike each other. However, kendo is a martial way that aims to forge the mind and body of practitioners and facilitate the development of character through continued *keiko* (practice).

**Iaido** is derived from methods of using the Japanese sword that emerged in the Muromachi period (1333–1573). The object of iaido is to learn to draw the sword in an instant to overcome an aggressor. It is a “Way” in which practitioners seek to train the mind and body through developing a spiritual appreciation of the relationship between life and death, movement and stillness. The connection to kendo is very close, and it is said that iaido and kendo are two sides of the same coin.

**Jodo** is an art in which a practitioner wields a 128cm long and 2.4cm diameter staff. More than just for attacking, the *jo* is used to control the opponent in response to their movements with defensive and attacking techniques.

### **Etiquette (Reiho)**

Etiquette is imperative to martial arts development. Respect and gratitude are demonstrated from the moment we enter the training hall until the end of practice. “Kendo begins and ends with etiquette!” and “Kendo without etiquette is mere violence.” During matches, importance is placed on upholding etiquette even when competing with full spirit and energy. The emphasis on etiquette is so that the practitioner can develop a modest attitude to life and realize the ideal of mutual understanding and betterment of humanity. Practitioners of kendo, Iaido and Jodo learn the value of self-discipline and respect, tolerance and compassion towards others.