

TO LEARN KYUDO

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Kyudo, a Japanese culture is an ancient Japanese martial arts and a modern sports for men and women, young and old to contest their skills on a like-for-like basis using Kyugu (equipments) tailored their strength.

For people to master « michi », Kyudo is « The way for a man » which gives the answer for « how to live ». If you complete with victory and defeat by hitting the target, you will forget the original purpose of Kyudo.

You will take things easy and enjoy the game swinging from joy to sorrow at the result of hitting the target. I recommend you to refer as follows when you practice everyday to understand the specialty of Kyudo.

1. THINK THE CORRECTNESS IN ESSENCE

Correctness is required in a posture, a form and a mind. You should learn skills and Shaohassetsu, the basics not obsessed by skills.

When you study the skills of Kyudo, there is a possibility that you will be obsessed by the detail of Shajutsu and will forget the basics. When you learn correctness sincerely and basically, you will understand the true meaning of Tateyoko-Jumonji and Goju-Jumonji.

2. WITH HONESTY AND SINCERITY

It is said that Sha express your mind, Sha is a reflection of your character and the shadow of your mind. As Sha always express your character, feeling and characteristics, you should handle bows with honesty and sincerity. Don't forget to cultivate yourself everyday to thing Mato is a teacher for honesty and sincerity gazing at you mind.

3. MAKE AN EFFORT HARD

Normally, it is difficult to study while playing sports. I hope you make an effort to do both of them. To make an effort is to learn Kai with Nobiai, the life of Kyudo. If you concentrate your attention to one point to cultivate patience and self-control, you will be a scholar and an athlete.

4. BASICS IS IMPORTANT

Every Traditional Japanese art has its basics. The basics of Kyudo is Shizentai, the nature of body. It is important for Kyudo to use the power evenly from Tatejiku, (spine) to right and left. It is said that the basics equal to the esotericism from ancient times.

You should devote yourself to master the basics.

5. BE A PROPER MAN

Once it is said that Rei is Ogasawara and Sha is Heki. Modern Kyudo has both Jutsu and Rei. I hope you will apply the heart of Rei (your attention to others) to you daily life which is cultivated in Kyudo to understand that. Sha is combined by both of them.

Learning is to do what other do.

Observe others and perceive yourself.