

## **Eighth Kyudo Introductory Course to begin in September**

Kyudo is the Japanese martial art of archery, historically associated with the Samurai. Modern Kyudo is often described as “standing meditation” and focuses on attaining proper technique and attitude rather than hitting the target. This teaches the practitioner to react calmly and resolutely to his environment.

Seikyu Kai is pleased to announce a 15-week Introductory Course to be offered at the JCCC starting in September. Students without prior experience must complete the Introductory Course to be accepted in the regular kyudo program. Students with prior experience should inquire with JCCC.

The Introductory Course is divided into 5 stages:

- (1) Hassetsu (The Eight Stages of Shooting and Posture)
- (2) Gomu-yumi (Practice Bow)
- (3) Subiki (Drawing the bow without an arrow)
- (4) Makiwara (Shooting towards a short-distance target)
- (5) Taihai (formalized movements)

By the time the course finishes, students will have acquired the basic skill and knowledge required to join the regular class and continue on to the next level.

**Date: Saturday, September 8 to Saturday, December 15, 2018**

Time: 2:45pm – 4:45pm

Fees: \$220 + HST (Please note that JCCC Membership is also required.)

Location: Tatami Dojo at the JCCC.

Equipment: Please wear loose, comfortable clothes and socks. All other equipment will be provided.

Classes are restricted to those 16 years & over.

There is a strong possibility that at least one of the classes may have to be rescheduled due to other activities that are presently being planned. Consequently, **Saturday December 22 and 29, 2018** have been reserved for potential makeup classes. It is not mandatory to attend all 15 classes. If you cannot attend one or two classes there are enough instructors and assistants available so that those who miss a class can receive missed instruction the following week. However, we encourage everyone to attend as many classes as possible because material in each class will build on the last.

### Registration Procedure

1. As a prerequisite to registration, all potential candidates must visit and watch a regular kyudo class for at least a half hour between 11:30am-12:30pm on any **Saturday from May 19 to July 28**.
2. At the class, please introduce yourself to one of the instructors and your name will be recorded on a list indicating that you have visited a class, thereby meeting the registration pre-requisite. Please note that being on this list does not necessarily guarantee you a spot in the beginners' course. The intent of the visit is to ensure that you have some understanding of a typical kyudo class before deciding to join the course. So please feel free to ask questions while you are there.
3. Formal registration starts **Tuesday, August 7, 2018** and you must register directly with the JCCC by phone or in person. The class size is limited to 20 people and spaces will be filled on a first come, first served basis starting **August 7, 2018**. You must pay at the time of your registration and your name must be on the aforementioned list in order to officially join the course.