

## Dear Kendo Friends and Family

The East Central United States Kendo Federation is pleased to be your host for the 2015 JC Tournament and Promotion. The Tournament will be held on Sunday, November 22nd, 2015 with the Promotion test on Saturday, November 21st. **They will be at different locations in Columbus OH.**

In this packet you will find location information, time table, and entry forms. Please follow the instructions carefully and complete all of the necessary forms. **The registration deadline is Monday, November 9th, 2015** and all applications MUST be postmarked by that date. Please make sure to make all checks out to ECUSKF.

**\*\*Please note that the tournament registration form and the promotion form must be sent to different addresses.\*\***

We are looking forward to having you visit us for a day of spirited competition, camaraderie and friendship.

Best wishes,

Mitsuya Koizumi  
ECUSKF President

Shuhei Ito  
ECUSKF VP

Chris George  
ECUSKF Promotions Officer  
Christopher.George.Jr@gmail.com

Hiroki Fukui  
ECUSKF Tournament Officer  
[fukuihiroki1@gmail.com](mailto:fukuihiroki1@gmail.com)



**Tournament Date & Location:**

Sunday, November 22nd  
[Centennial High School](#)  
[1441 Bethel Rd Columbus, OH 43220](#)

**Time Table:**

7:30 am	Registration
8:30 am	Opening Ceremony/ Referee Meeting
9:00 am	Individual Competition
12:00 pm	Lunch Break
1:00 pm	Team Competition
4:30 pm	Closing Ceremony (7 pm Gym Closed)

**Map: Parking entrance from Godown Rd**



**Promotion Date & Location:**

Saturday, November 21nd, 11:00 am (Doors Open 10 am)  
[Hastings Middle School 1850 Hastings Ln Columbus, OH 43220](#)  
Please see the promotion info packet.

## Tournament Registration:

### Procedure

- Complete Entry Form (page 4)
- Complete dojo form attached in **e-mail (dojo reps)**
- Liability Waiver for ECUSKF (page 5)
- Fill in tournament fees sheet (page 6)
- **Mail** forms along with one check payable to ECUSKF

Promotion Participants – Please fill out separate Promotion test form sheet attached in e-mail.

### Registration Packet Checklist:

- \_\_\_1.) Entry Form – Signed and Dated
- \_\_\_2.) Liability Waiver for ECUSKF – Signed and Dated
- \_\_\_3.) Entry Fee & Bento Lunch – 1 Check payable to ECUSKF

**Mail all three forms with ONE CHECK made out to ECUSKF to:**

Jyoshu Tsushima  
801 Polaris Pkwy #149  
Columbus, OH 43240

Questions?  
[fukuihiroki1@gmail.com](mailto:fukuihiroki1@gmail.com)

Thank you!

## ECUSKF JC Tournament Entry Form

\*\*Entries must be postmarked by Monday, November 9th\*\*

NAME: \_\_\_\_\_ AGE: \_\_\_\_\_ RANK: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

EMAIL: \_\_\_\_\_ PHONE: \_\_\_\_\_

CLUB/DOJO: \_\_\_\_\_

**\*\*Medical** – Injuries or Medications: \_\_\_\_\_

**Note:** Divisions are subject to change based on the number of participants.

Please check all that apply:

Individual Division

\_\_\_\_\_ No Bogu\*

\_\_\_\_\_ No Dan (aged 12 & under)

\_\_\_\_\_ No Dan (aged 13 & over)

\_\_\_\_\_ Women (aged 13 & over)

\_\_\_\_\_ Johnson Cup (1st ~ 3rd Dan)

\_\_\_\_\_ 4th Dan & up

Team Divisions (Bogu Only)

\_\_\_\_\_ Youth (aged 12 & under)

\_\_\_\_\_ Adult (aged 13 & over)

\*No Bogu Routine - located in the last 2 pages of this packet. Demonstration of the routine by YouTube is available. [www.youtube.com/watch?v=fS0Y3cLuDpc](http://www.youtube.com/watch?v=fS0Y3cLuDpc)

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

Please Sign and Date by Monday, November 9th and mail along with **one check** made out to ECUSKF to:

Jyoshu Tsushima  
801 Polaris Pkwy #149  
Columbus, OH 43240

## Liability Waiver

I, \_\_\_\_\_ sign this Waiver of Liability, intending to be legally bound, do hereby, for myself, my heirs, executors and administrators, waive, release, and forever discharge any claims for damages I may incur, or that may hereafter accrue to me, against the East Kentucky University, All United States Kendo Federation, East Central United States Kendo Federation, any East Central United States Kendo Federation officers, members or officials, and any organizations associated with East Central United States Kendo Federation or All United States Kendo Federation for all or any damages that may be sustained or suffered during my participation in the tournament or arising out of transportation to and from the site of tournament, including any negligent acts of the parties listed above. Where the participant is a minor, I (the parent or guardian), do agree to the above waiver and give permission to tournament officials to seek medical attention for my son or daughter in the event of sickness or injury, even if occurrence of the sickness or injury is unrelated to participation in this Kendo tournament. I acknowledge that Kendo has inherent risks that can cause physical injuries despite the precautions taken by tournament officials, volunteers, and participants.

Print Name: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
(If under 18)

## Tournament Fees Sheet

**Tournament Entry Fee**..... \$35.00

**Bento Lunch Box\***..... \$10.00

\*Lunch ticket – Please receive on the tournament day for your lunch box exchange.

Item	Quantity #	Total \$
Tournament Fee (\$35)		\$
Bento Lunch Box (\$10)		\$
Grand Total		\$

### Saturday Dinner Party (not on Sunday) 5:30 PM

Sunflower Chinese Restaurant

Web: [www.columbussunflower.com](http://www.columbussunflower.com)

Address: [Sawmill Center, 7370 Sawmill Rd, Columbus, OH 43235](#)

Are you coming to Dinner Party?

Yes  No

If yes, how many people are we expecting in your group?

# \_\_\_\_\_

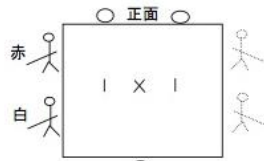
Please pay at the restaurant. Thank you!

\*\*\*\*Please make ONE check payable to ECUSKF\*\*\*\*

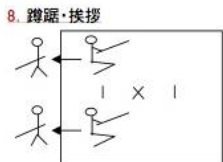
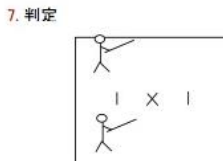
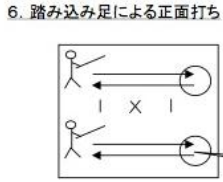
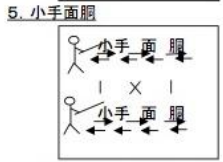
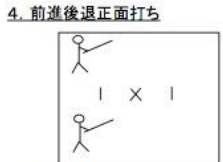
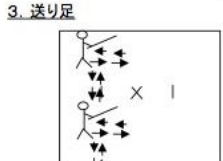
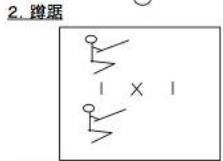
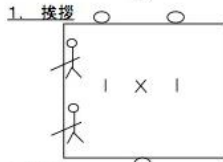
**Entry Deadline:** Please return your entry no later than **Monday, November 9th**  
NO LATE REGISTRATIONS, REFUNDS, OR CHANGES



基本練成(防具無)の試合手順 Ver.2



タスキの色は、正面側が赤  
 コートの左右どちらから始めるかは  
 スペースの都合で決める  
 審判は椅子に座って判定してもよい



主審選手動作	発声	チェックポイント
「礼」(左手で提刀) 礼		着装 提刀(礼と共に剣先が浮かない)
「帯刀」 帯刀 「構え刀」 右足から歩み足で3歩 蹲踞 起立(構え)		姿勢 安定した構え(剣先・竹刀を床につけない) 構え(弦の上下・剣先の高さ・姿勢)
「送り足、2回(セット)、始め」 前、前、後、後、右、右、左、左	「1,2,3,4,5,6,7,8」×2	発声の強さ 送り足(×歩み足、継ぎ足) すり足(×踏み込み) 剣先・腰(頭)の高さ(上下・左右に揺れない)
「前進後退正面打ち、20本、始め」 送り足で前進しながら正面を打つ 送り足で後退しながら正面を打つ 上記を20回繰り返す	「1」 「2」 「3,4,...,10,1,2,...,10」	気剣体一致(発声・打突・足さばき) 刃筋(正中線) 両腕を伸ばす(右拳:肩、左拳:鳩尾) 姿勢(前後・上下に揺れない)
「小手、面、胴打ち、4回(セット)、始め」 発声し、気を充実させる 送り足(すり足)で大きく前進しながら小手を打つ 送り足(↑)で大きく前進しながら面を打つ 送り足(↑)で相手の右腕を打つ 方向転換して、同様に小手、面、胴打ち。 上記を2往復繰り返す	「やー」 「小手」 「面」 「胴」	発声の強さ 振りかぶり(相手の打突部位が見えるまで)、打突時の竹刀の高さ(水平) 「正面打ち」と同様 刃筋は左面と同じく45度(×水平)、打突時の左拳は腰の高さ
「踏み込み面、4回(セット)、始め」 発声し、気を充実させながら、 右足から1歩送り足で攻める 振りかぶりながら、 左足の踏み切りを利用して 右足から踏み込んで正面を打つ この場で振り残り残心、1歩前に攻める	「やー」 「面」	発声の強さ 「送り足」と同様 両拳が正中線上 振りかぶりと打ちが一拍子 ×右膝を高く上げる×右膝を曲げすぎ(踵や膝を痛める) 左拳の高さ(鳩尾) 打突部位の高さ(頭～頸) 姿勢(背筋・腰からの始動・腰の水平移動) 気剣体一致(発声・打突・踏み込み) 左足の素早い引き付け ×歩み足 両足のつま先は真っ直ぐに相手に向ける 残心:打突後、油断せず相手の反撃に直ちに対応できる「気構え」と「身構え」を示すこと
踏み込みの余勢を利用して、 送り足で前進し振り返って残心を示しながら、 1歩送り足で前進する 上記を4セット繰り返す		
「判定」 赤か白の旗を挙げる 「勝負あり」		3審の内、2つ以上の旗が挙げた方が勝ち。
「蹲踞」 蹲踞 「納め刀」 納め刀 立って左足から歩み足で小さく5歩下がる 提げ刀 「礼」 礼		安定した構え(剣先・竹刀を床につけない) 刃筋(弦の上下) 姿勢

