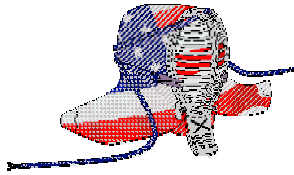


# Formal Kendo (Kumdo) / Iaido Classes at Ki MAC



I am Very pleased to announce that starting  
**Starting Saturday, January 14<sup>th</sup>, 2006 5PM – 7 PM**  
Uchida Sensei, founder Mushinkan Kendo will teaching an introductory  
course on the arts of Kendo & Iaido. Cost \$35 (\$30 BB Club) monthly.

## WHAT IS KENDO?

Kendo, is the art of Japanese fencing. Ken or tsurugi is from the character meaning sword. The character for Do or michi includes the meaning way or path which translates as ***"The way of the sword is a path in life which is followed through the training of kendo"***.

Kendo literally means *the way of the sword* in Japanese. It refers to the art of traditional Japanese fencing that was originally developed and practiced by Bushi or Samurai. Kendo originated from the various sword fighting techniques of hundreds of years of combat and study. It deals with the physical and mental skills necessary for sword fighting. The goal of Kendo is not only to develop the physical capability for fighting but also the moral and spiritual aspects that may be applied in coping with real life. In Japan, it is one of the most popular martial arts.

## What is Iaido?

Iaido is the art of reacting to a surprise attack by counter attacking with a sword.

An in-depth reading of the Japanese characters for Iaido is:

I = being, AI = harmony, DO = way . "The way of harmonising oneself in action".

The Iaidoka (a practitioner of Iaido) wields a sword: not to control the opponent, but to control himself. Iaido is mostly performed solo as a series of Waza. The Iaidoka executes various techniques against single or multiple imaginary opponents. Each Waza begins and ends with the sword sheathed. In addition to sword technique, practitioners require imagination and concentration in order to maintain the feeling of a real fight and to keep the Kata fresh. In order to properly perform the waza, Iaidoka also learn posture and movement, grip, and swing. Iaido is never practiced in a free-sparring manner.

Iaidoka practice to prepare for a surprise attack, where an immediate, efficient solution to the problem of aggression is necessary. Therefore, the technique is highly refined. Every unnecessary movement is cut away. Technique is simple and direct. The training method is aimed towards development of the practitioner's every mental and physical resources.

## Uchida Sensei

Mark Uchida sensei, Mushinkan's founder and head instructor is the highest-ranking kendo instructor active in the Southwest/Rocky Mountain region. He is one of a rare few in the United States to have received his kendo degrees in both Japan and the United States. Sensei is also one of the senior ranking practitioners of iaido in the country and was the first chairperson of the All United States Kendo Federation's iaido development committee. In addition to his 6th degree in kendo and his 5th degree in iaido, Uchida sensei holds a 3rd degree in kyudo (Japanese archery); however, of these three disciplines, kendo is sensei's first passion.

Uchida sensei's interests in the traditional Budo disciplines stems from his family lineage. The Uchida family can trace its roots back 800 years to the Genpei war where the Uchida family fought along the side of Minamoto Yoritomo who eventually united the country and became Shogun. In later times, the Uchida family became Hatamoto, direct retainers of the Tokugawa Shogun, and served in the Sei-ei-tai, the Shogun's personal security guard. Carrying this heritage forward into the 20th century, Uchida sensei's father served with the renowned 442nd Regimental Combat Team and later with the Military Intelligence Service attached to the 441st occupational forces during the occupation of Japan after World War II. Sensei continues to perpetuate the culture and traditions of his family, and bases his practice, teachings, and daily life on this lineage.

Uchida sensei's desire to learn kendo far precedes the start of his formal training. As far back as he can remember, Sensei yearned to learn kendo with the ultimate goal of one day training at the Tokyo Metropolitan Police Department (Keishicho), famed for, among other things, their kendo prowess. Sensei's initial search for a teacher found a number of people in the Nisei community that had practiced in years past, but were no longer active. Finally, in 1973 sensei's patients and perseverance were rewarded when Mr. Dick Yamamoto, a family acquaintance, announced an end to a long abstention from kendo to start a class for anyone with an interest. Mr. Yamamoto was a student of Tokichi Nakamura, one of the early pioneers of kendo in the United States. Mr. Yamamoto's kendo skills were well known in the community and inspiring to Uchida sensei, who was one of the first to sign up for the opening class.

For more information on Uchida Sensei please visit [www.mushinkankendo.com/](http://www.mushinkankendo.com/)