

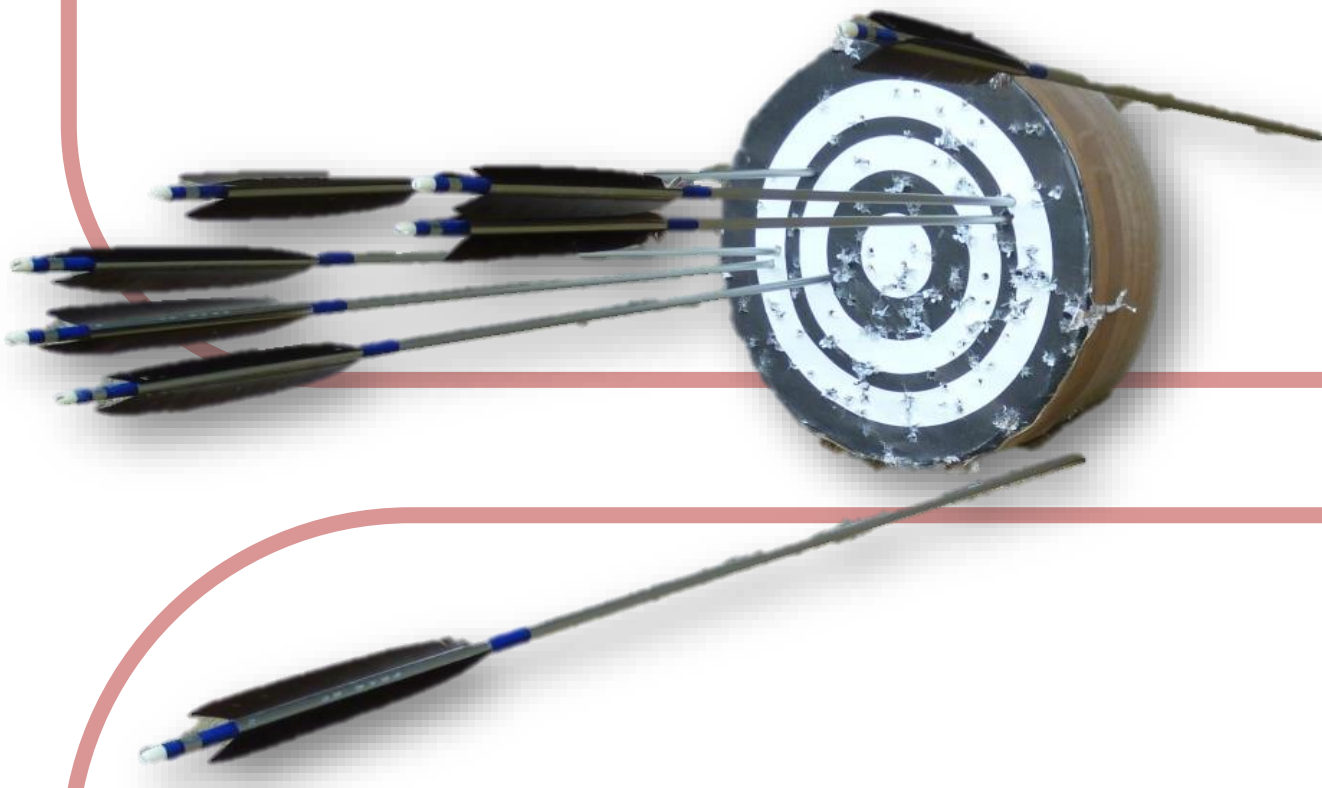
Kyudo ~Japanese Archery~

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INTRODUCTION

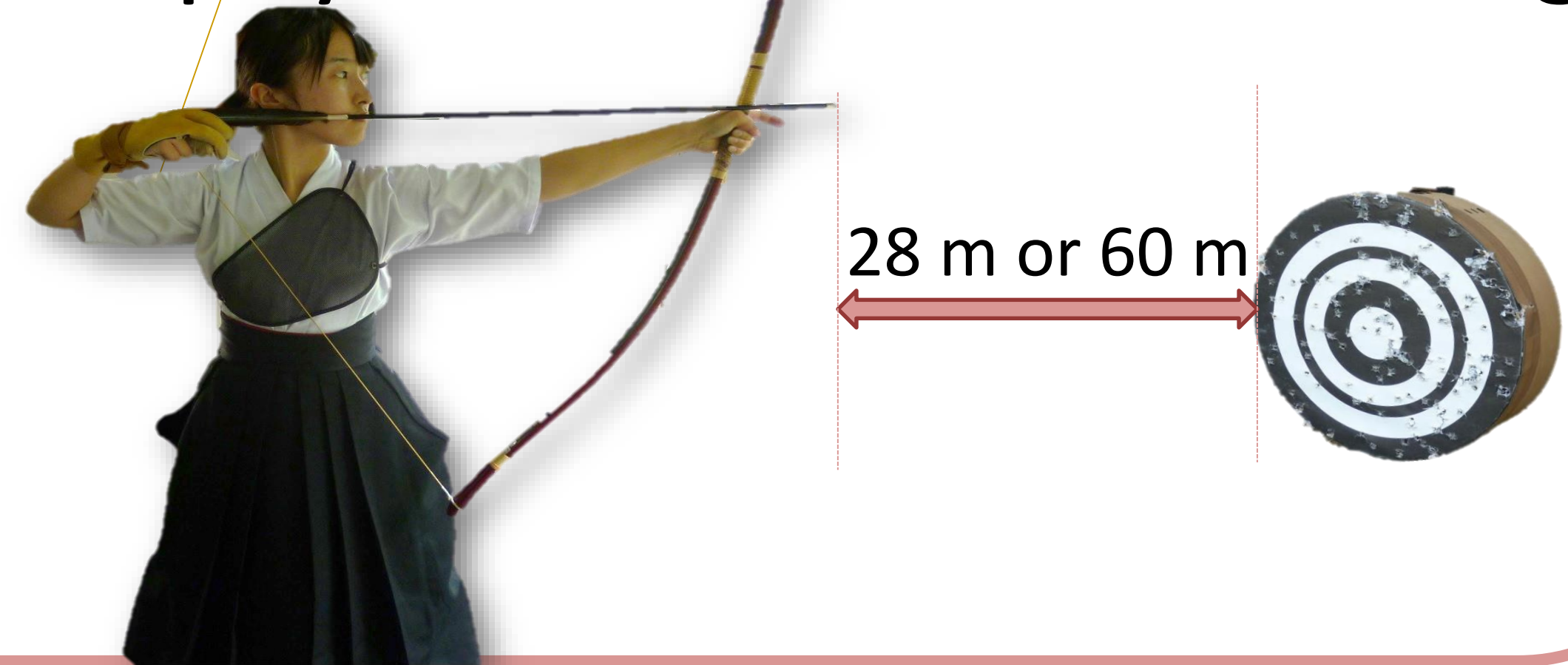
Budo = martial arts

Techniques to learn self-defence
for training mentally and physically



WHAT IS KYUDO?

Kyudo is a sport which requires
both physical and mental training



THE HISTORY OF KYUDO

Stone Age

Bow was started to be used

Kyudo started to be performed as a ceremony
at the Japanese imperial courts

Kamakura
Period

People started to practice Kyudo
as offensive martial arts

People practice Kyudo to train
their mind and spirit

CLOTHING AND EQUIPMENTS

Equipment

- Yumi (bow)
- Ya (arrow)
- Tsuru (string)
- Yugake (glove)
- Mato (target)

Clothing

- Kyudogi (shirt)
- Obi (sash)
- Hakama (skirt/pants)
- Tabi (socks)



SHAHO – HASSETSU

1. Ashibumi (Footing)
2. Dozukuri (Forming the Torso)
3. Yugamae (Readying the Bow)
4. Uchiokoshi (Raising the Bow)
5. Hikiwake (Drawing Apart)
6. Kai (Full Draw)
7. Hanare (Release)
8. Zanshin (Remaining Spirit/Form)

CONCLUSION

There are many wonderful
traditions like Kyudo in Japan.
These traditions should be handed
down from one generation to the
next.

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