

Martial Arts Demonstration Day Hosted by the Embassy of Japan

Saturday, 2nd March 2013

13h00 – 16h20

at

Old Mutual Sports Hall
University of the Witwatersrand

PROGRAMME

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|---------------|--------------------------------------------------------------|
| 13h00 – 13h10 | Opening announcement |
| 13h10 – 13h35 | Demonstration by the Katsujinken Kai Iaido Club |
| 13h40 – 14h05 | Demonstration by Ryu Kyu Kobujutsu & Yuishinkai South Africa |
| 14h10 – 14h35 | Demonstration by the SA JKA Karate |
| 14h40 – 15h05 | Demonstration by the South African Kendo Association |
| | <i>Intermission (10 minutes)</i> |
| 15h15 – 15h40 | Demonstration by the Aikido Federation of South Africa |
| 15h45 – 16h10 | Demonstration by Judo South Africa |
| 16h15 | Closing announcement |

Iaidō

Contact Person: Mr. Philip de Bruyn Tel: 082 375 5383/ Email: philipdebruyn@itusmail.co.za

Iaidō is a Japanese martial art associated with the smooth, controlled movements of drawing the sword from its scabbard, striking or cutting an opponent, removing blood from the blade, and then replacing the sword in the scabbard. Because iaidō teaches the use of actual metal weaponry. Iaidō does not include direct competition or sparring of any kind. Because of this non-competitive aspect, and iaidō's emphasis on precise, controlled, fluid motion, it is sometimes referred to as "moving Zen."

Ryu Kyu Kobujutsu & Yuishinkai

Contact Person: Mr. Edward Jardine Tel: 083 267 1134/ Email: epjardine@gmail.com

Ryūkyū Kobujutsu, is a Japanese term that can be translated as "old martial way of Okinawa". It generally refers to the classical weapon traditions of Okinawan martial arts

Karate

Contact Person: Mr. Johan La Grange Tel: 082 825 9318/ Email: sajka@mweb.co.za

Karate is a martial art developed in the Ryukyu Islands in what is now Okinawa. It was developed from indigenous fighting methods. Karate is a striking art using punching, kicking, knee and elbow strikes, and open-handed techniques such as knife-hands (karate chop). Grappling, locks, throws and vital point strikes are taught in some styles.

Kendo

Contact Person: Mr. Buster Sefor Tel: 011 887 3016/ Email: kendo@icon.co.za

Kendo is a modern Japanese martial art of sword-fighting based on traditional Japanese swordsmanship, or Kenjutsu. Kendo is a physically and mentally challenging activity that combines strong martial arts values with sport-like physical elements.

Aikido

Contact Person: Mr. Cornelius Human Tel: 011 744 0009/ Email: aikido@mweb.co.za

Aikido is a Japanese martial art which is performed by blending with the motion of the attacker and redirecting the force of the attack rather than opposing it head-on. This requires very little physical energy, as the aikidōka (aikido practitioner) "leads" the attacker's momentum using entering and turning movements. The techniques are completed with various throws or joint locks.

Judo

Contact Person: Mr. Temba Hlasho Tel: 083 631 4945/ Email: jsasec@mweb.co.za

Judo is a modern Japanese martial art and combat sport, that originated in Japan in the late nineteenth century. Its most prominent feature is its competitive element, where the object is to either throw one's opponent to the ground, immobilize or otherwise subdue one's opponent with a grappling manoeuvre, or force an opponent to submit by joint locking the elbow or by executing a choke. Strikes and thrusts (by hands and feet) — as well as weapons defences — are a part of judo, but only in pre-arranged forms and are not allowed in judo competition or free practice.