

**Martial Arts Demonstration Day
&
Hand-over Ceremony
of Judo Equipment to
Judo SA
Hosted by
the Embassy of Japan**

Saturday, 7th September 2013

13:00 ~ 16:20

at

Rembrandt Hall, Sports Centre, UP Sports Campus

University of Pretoria, University of Pretoria Sports Campus

South Street, Hatfield, Pretoria

GPS Address: S 25° 45' 10" E 28° 14' 46"

PROGRAMME

- 13:00 – 13:10 ~ Opening announcement
- 13:10 – 13:30 ~ Hand-over Ceremony of Judo Equipment to Judo South Africa
- 13:30 – 13:55 ~ Demonstration by Judo South Africa
- 13:55 – 14:20 ~ Demonstration by the Aikido Federation of South Africa
- Intermission (15 minutes)*
- 14:35 – 15:00 ~ Demonstration by the Karate Academy of South Africa
- 15:00 – 15:25 ~ Demonstration by Katsujinken Kai Iaido Club
- 15:25 – 15:50 ~ Demonstration by the South African Kendo Association
- 15:50 – 16:15 ~ Demonstration by Kyudo Renmei South Africa
- 16:20 ~ Closing announcement



Judo

Contact Person: Mr. Temba Hlasho Tel: 078 694 8562/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.

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.

Karate

Contact Person: Mr. Soon Pretorius Tel: 012 460 2096/Email: soon@karateacademy.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.

Iaidō

Contact Person: Mr. Philip de Bruyn Tel: 082 375 5383/Email: philipdebruyn@itustmail.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."

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.

Kyudo

Contact Person: Mr. Jade Fraundorfer Tel: 078 120 9119/ Email: jade.kyudo@gmail.com

Kyudo meaning the "way of the bow" is the Japanese art of archery. In its modern form, kyudo is practiced as meditative art and as a means of moral and spiritual development.

