

## APPENDIX

## APPENDIX 1 TIMELINE OF JAPANESE HISTORY AND BUDŌ

| I. Budō Tradition until the End of the Tokugawa (Edo) Period (Timeline 1) |            |  |   |
|---|------------|--|---|
| Era   | Year       | Historical Event   | Budō Tradition  |
| Paleolithic   |            | Lifestyle sustained by hunting, fishing and gathering.   | Stone spear and arrow heads come into use.  |
| Jōmon   | 10,000 BC  | Beginning of Jōmon style pottery.  | Ancient bows have been excavated from archeological sites in the Hokuriku region that date to around 400 BC.  |
| Yayoi   | 300 BC     | Wet rice agriculture is introduced from the continent. Complex political unit of <i>kuni</i> (country) evolves from smaller <i>mura</i> (village). | Sumō wrestling rituals are conducted to encourage bountiful harvests of the “five grains”.<br>Widespread skirmishes break out between rival <i>mura</i> and <i>kuni</i> . |
|   | 239 AD     | Himiko of Yamataikoku establishes tributary relations with the Cao Wei Kingdom.  | Archery is recorded in the <i>Gishi Wajin-den</i> .   |
| Kofun   | Late 3rd C | Large burial tombs known as <i>kofun</i> are constructed.  | <i>Haniwa</i> pottery statues of warriors and horses are produced.  |
|   | Late 4th C | The Yamato court unifies Japan.  | Metal swords with <i>kanji</i> inscriptions from this period have been unearthed.   |
| Asuka   | 604        | Prince Shōtoku dispatches an envoy to China.   | A Struggle breaks out concerning the introduction of Buddhism into Japan.   |
|   | 645        | The “Taika Reforms” are enacted with the aim of strengthening imperial rule.   |   |
|   | 663        | Silla-Tang forces are victorious at the Battle of Baekgang in Korea.   | Warriors are dispatched to Korea.   |
| Nara  | 710        | Nara (Heijōkyō) becomes the capital of Japan. The Ritsuryō system is established.  | The <i>Nihon Shoki</i> is compiled in 720. The origins of <i>sumō</i> are explained in a section of the <i>Nihon Shoki</i> .  |
| Heian   | 794        | Emperor Kammu moves the capital from Nagaokakyo to Heiankyo (Kyoto).   | <i>Jarai</i> (archery) and <i>sumō-sechie</i> (wrestling) is conducted in court as yearly rituals.  |
|   | 10th C     | Emergence of professional warriors ( <i>bushi</i> ).   | Distinctive Japanese swords ( <i>Nihon-tō</i> ) with <i>shinogi</i> (side ridges) and curvature ( <i>sori</i> ) are developed around this time.                           |
|   | 1180       | Gempei War.  | <i>Bushi</i> develop skills in mounted-archery ( <i>kyūba</i> ).  |
| Kamakura  | 1192       | The Kamakura Bakufu is established.  | <i>Bushi</i> hone their skills in mounted archery by training in <i>kasagake</i> and <i>inuōmono</i> .  |
|   | 1274 & 81  | Mongols attempt to invade Japan.   | <i>Gokenin</i> (direct vassals of the shogunate) weaken as a new strata of powerful warriors emerges.   |
| Muromachi (Nanbokuchō)  | 1336       | The Muromachi Bakufu is established and the imperial court is divided into Southern and Northern lines.  | Bands of warriors engage in battle in the struggle for power with bladed weapons. Ogasawara Sadamune writes treatises on <i>kyūba</i> and forms of etiquette.             |
|   | 1392       | Ashikaga Yoshimitsu unifies the Northern and Southern Courts.  | The <i>uchi-gatana</i> (inserted at the waist) replaces the traditional <i>tachi</i> as the preferred auxiliary weapon.   |

| I. Budō Tradition until the End of the Tokugawa (Edo) Period (Timeline 1) |       |   |   |
|---|-------|---|---|
| Era   | Year  | Historical Event  | Budō Tradition  |
| Muromachi (Sengoku)   | 1467  | Ōnin War. Start of Warring States (Sengoku) period.   | Martial art schools ( <i>ryūha</i> ) begin to form. Notable <i>ryūha</i> progenitors include Iizasa Chōisai (Tenshin Shintō-ryū), Aisu Ikō (Kage-ryū), Heki Danjō (Heki-ryū archery) etc.   |
|   | 1493  | <i>Sengoku daimyō</i> (warlords) increase autonomy and power.   |   |
|   | 1543  | Firearms introduced into Japan via Tanegashima.   | <i>Ryūha bujutsu</i> become more organized. Takenouchi Hisamori (Takenouchi Koshi-no-Mawari <i>jūjutsu</i> ), Tsukahara Bokuden (Shintō-ryū), Kamiizumi Hidetsuna (Shinkage-ryū), Itō Ittōsai (Ittō-ryū) etc.   |
|   | 1560  | Firearms increase in prevalence.  |   |
|   | 1573  | Oda Nobunaga topples the Muromachi Bakufu.  |   |
| Azuchi Momoyama (Period of Unification)                                   | 1575  | Guns used to great effect at the Battle of Nagashino.   | <i>Ryūha</i> dedicated to specific martial arts such as <i>kenjutsu</i> , <i>sōjutsu</i> , <i>iaijutsu</i> , <i>jūjutsu</i> , and <i>hōjutsu</i> emerge.  |
|   | 1590  | Toyotomi Hideyoshi unifies the realm.   |   |
|   | 1600  | The Battle of Sekigahara. Tokugawa Ieyasu gains hegemony over Japan.  | Massive change in national <i>daimyō</i> structure. <i>Musha-shugyō</i> becomes widespread.   |
| Tokugawa (Early)  | 1603  | The Edo (Tokugawa) Bakufu is established.   | The Bakufu and domains ( <i>han</i> ) employ specialist martial art instructors.  |
|   | 1615  | Osaka Summer Siege signals the end of war.  |   |
|   | 1639  | Japan enters a period of national isolation ( <i>sakoku</i> ). The feudal structure ( <i>bakuhatsu-taisei</i> ) is established.   | Yagyū Munenori writes <i>Heihō Kadensho</i> (1632). Miyamoto Musashi writes <i>Gorin-no-Sho</i> (1645).   |
| Tokugawa (Middle)   | 1651  | The Bakufu establishes laws and precepts of governance as the realm enters a period of extended peace, arable lands are developed, roads are built, and the whole country enjoys economic prosperity. | From this time on, <i>ryūha</i> become more organized and sophisticated in content, although less practical from a combat perspective. Competitions such as the <i>tōshiya</i> archery contest at the Sanjūsangen-dō in Kyoto become increasingly popular. Also, the <i>dohyō</i> (wrestling mound) is introduced in <i>sumō</i> , and techniques are systemized. |
|   | 1716  | Shogun Yoshimune enacts the Kyōho Reforms.  | Martial arts practice is encouraged, and <i>yabusame</i> becomes popular again. The <i>Honchō Bugei Shōden</i> is published. <i>Shinai</i> and protective armour ( <i>bōgu</i> ) is devised for <i>kenjutsu</i> .   |
|   | 1767– | Tanuma Okitsugu introduces monetary reform.   | Full-contact fencing ( <i>gekken</i> ) using <i>shinai</i> and <i>bōgu</i> becomes increasingly prevalent.  |
| Tokugawa (Late)   | 1787  | Matsudaira Sadanobu enacts the Kansei Reforms.  | Many domain schools ( <i>bankō</i> ) are established throughout the country, and martial arts instruction is promoted.  |
|   | 1800– | Foreign ships approach Japan's shores. Riots ( <i>ikki</i> ) and civil unrest continues.  | New <i>bujutsu ryūha</i> that are more practical are developed.   |
|   | 1841– | Mizuno Tadakuni institutes the Tempo Reforms.   | <i>Gekken</i> (fencing) becomes popular among farmers. <i>Musha-shugyō</i> becomes widespread again.  |

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| Era                     | Year | Historical Event  | Budō Tradition  |
|-------------------------|------|---|---|
| Tokugawa<br>(Bakumatsu) | 1853 | Commodore Matthew Perry arrives in Japan.   | The Bakufu establishes the Kōbusho in 1856.   |
|                         | 1860 | After the Sakuradamon Incident, the xenophobic <i>sonnō-jōi</i> movement continues to try and overthrow the Bakufu. | <i>Kenjutsu</i> taught at the Kōbusho transcends <i>ryūha</i> affiliation by standardizing the length of <i>shinai</i> to 3- <i>shaku</i> 8- <i>sun</i> (115cm), and focusing on matches. |
|                         | 1867 | Restoration of imperial rule as the Bakufu is overthrown. Boshin War starts.  | The Shinsengumi is formed in 1863. The Kōbusho is changed in name to the Rikugunsho in 1866.  |

## II. The Development Budō in the Era of Modernization (Timeline 2)

| Era             | Year          | Historical Event  | Year | Budō Tradition  |
|-----------------|---------------|---|------|---|
| Meiji<br>Period | 1868          | Meiji Restoration.  |      | Traditional <i>bujutsu</i> declines as Japan starts to modernize.   |
|                 | 1871–         | Domains are dismantled and replaced with a prefectural system; land tax reforms; “Education Order”; promotion of industry; conscription; “Sword Abolishment Edict”. | 1873 | <i>Gekken-kōgyō</i> events become popular but are then banned by government authorities.  |
|                 | 1877          | Satsuma Rebellion.  | 1877 | The Keishichō’s (Police Bureau) Battōtai division performs well in battle using only swords, sparking a reconsideration of the usefulness of traditional <i>bujutsu</i> . The Keishichō subsequently introduces <i>gekken</i> and <i>jūjutsu</i> into its training program. |
|                 | 1881          | Popular Rights Movement rises.  |      |   |
|                 | 1882–         | Matsukata Finance (deflation starts).   | 1882 | Kanō Jigorō establishes the Kōdōkan.  |
|                 | 1883          | Increase in civil censorship. Construction on the Rokumeikan commences.   | 1883 | The Ministry of Education investigates whether or not <i>gekken</i> and <i>jūjutsu</i> should be introduced into the school system.   |
|                 | 1884          | Deflation crisis. Chichibu Incident.  | 1884 | The National Gymnastics Institute (Taisō Denshūsho) announces <i>bujutsu</i> should not be introduced into the school system.   |
|                 | 1889          | The promulgation of the Constitution of the Empire of Japan.  | 1889 | Kanō delivers a lecture on the educational value of <i>jūdō</i> to the Minister of Education.   |
|                 | 1894–<br>1895 | Sino-Japanese War. Nationalism starts to peak. Industrial revolution after the war.   | 1895 | The Dai-Nippon Butokukai is established in Kyoto. <i>Kenjutsu</i> , <i>jūjutsu</i> , and <i>kyūjutsu</i> are demonstrated at the Butokukai’s Embu Taikai.   |
|                 | 1899          | Nitobe Inazō writes <i>Bushidō</i> in English.  | 1899 | The Butokukai’s Butokuden (Hall of Martial Virtue) is completed.  |
|                 | 1904–<br>1905 | Japan wins the Russo-Japanese War.  | 1905 | The Butokukai establishes a school for training <i>bujutsu</i> instructors.   |
|                 | 1910          | Korea is annexed by Japan.  | 1906 | The Butokukai’s standardized <i>jūjutsu</i> and <i>kenjutsu</i> forms ( <i>kata</i> ) are created.  |
|                 | 1911          | Tariff autonomy reforms. Anglo-Japanese Alliance renewed. (Chinese Revolution).   | 1911 | The government decides that it is permissible to instruct <i>jūjutsu</i> and <i>gekken</i> at middle schools. The Japan Sports Association is established.  |

## II. The Development Budō in the Era of Modernization (Timeline 2)

| Era           | Year  | Historical Event  | Year | Budō Tradition   |
|---------------|---|---|------|--|
| Taishō Period | 1912  | Taishō Democracy begins.  | 1912 | The <i>Dai-Nippon Teikoku Kendō Kata</i> is formulated.  |
|               | 1914–   | First World War. Japan's exports increase.  | 1919 | The Butokukai school is changed in name to the Budō Senmon Gakkō. Also, the suffix “-dō” is used to replace “-jutsu” so that <i>kenjutsu</i> becomes <i>kendō</i> , etc.   |
|               | 1921–   | Urbanization, emergence of “salary men”, and the Westernization of the Japanese lifestyle.              | 1922 | <i>Karate</i> is introduced to the Japanese mainland from Okinawa. Kanō Jigorō announces the ideals of <i>seiryoku-zenyō</i> and <i>jita-kyōei</i> . The Keishichō starts its interdepartmental <i>budō</i> tournaments. |
|               | 1923  | The Great Kantō Earthquake.   |      |  |
|               | 1924  | The first Meiji Jingū Sports Tournament is held.  | 1924 | The Butokukai announces its intention not to participate in the Meiji Jingū Sports Tournament.   |
|               | 1925  | The Universal Suffrage Law and The Public Order Act are promulgated.                                    | 1926 | The Ministry of Education officially starts referring to <i>kenjutsu</i> and <i>jūjutsu</i> as <i>kendō</i> and <i>jūdō</i> .  |
| Shōwa Period  | 1929  | The Great Depression begins.  | 1929 | The emperor watches the “Tenran Budō Taikai” (Tenran-jiai) in which top exponents in <i>kendō</i> and <i>jūdō</i> compete.   |
|               | 1931  | Manchurian Incident.  | 1931 | <i>Jūdō</i> and <i>kendō</i> become compulsory subjects in middle and normal schools.  |
|               | 1932  | The Manchu State is created.  |      |  |
|               | 1932  | May 15 Incident. Prime Minister Inukai Tsuyoshi is assassinated.  | 1936 | <i>Kamidana</i> (small Shintō altars) must be placed in <i>dōjō</i> .  |
|               | 1937  | The second Sino-Japanese War intensifies.   | 1936 | <i>Kyūdō</i> and <i>naginata</i> are allowed to be taught in schools.  |
|               | 1938  | “National Mobilization Law” introduced. Strengthening of national consolidation and rise in militarism. | 1941 | <i>Budō</i> becomes compulsory in Kokumin Gakkō (National [Elementary] Schools). <i>Budō</i> 's militaristic ideology escalates.   |
|               | 1941  | The Asia Pacific War starts.  | 1942 | The Butokukai becomes an extra-governmental organization. <i>Budō</i> education becomes combat-oriented.   |
| 1945          | Wartime regime, student conscription, evacuation. |   |      |  |

## III. Modern Budō (Timeline 3)

| Era             | Year      | Historical Event   | Year | Budō Tradition   |
|-----------------|-----------|--|------|--|
| Post-war Period | 1945      | Japan loses the war. Occupation; post-war reforms; democratization; gender equality; land reforms; Zaibatsu dissolution; rise of trade unions etc.                             | 1945 | <i>Budō</i> is prohibited, and cannot be taught in schools. The various <i>budō</i> seek to “sportify” in order to be resurrected. |
|                 | 1946      | Japanese “Constitution” is promulgated.  | 1946 | <i>Kamidana</i> are removed from the Butokuden and other <i>dōjō</i> . The Dai-Nippon Butokukai is ordered to disband.             |
|                 | 1947      | The “Basic Education Act” is passed, a new education system introduced, cold war intensifies, and GHQ's occupation policy changes from “democratization” to “economic reform”. | 1946 | The Japan Sumō Federation is established. The ban on <i>karate</i> is lifted.  |
|                 |           |  | 1948 | The Aikikai Foundation is launched.  |
|                 | 1949      | Large companies become the centre of economic recovery. The Communist Party forms in China.  | 1949 | The All Japan Judo Federation and the All Nippon Kyudo Federation are inaugurated.   |
|                 | 1950–1953 | Korean War. Japan's economy booms due to special procurements.   | 1950 | The All Japan Shinai-Kyōgi Federation is launched. School <i>jūdō</i> is introduced.   |
|                 | 1951      | The San Francisco Peace Treaty is signed with forty-eight countries in the West.   | 1951 | School <i>kyūdō</i> is reinstated.   |
|                 | 1952      | Japan's independence is reinstated.  | 1952 | The All Japan Kendo Federation is formed. The All Japan Judo Federation joins the International Judo Federation.                   |

| III. Modern Budō (Timeline 3)   |   |   |   |  |
|---------------------------------|---|---|---|--|
| Era                             | Year  | Historical Event  | Year  | Budō Tradition   |
| Post-war Period                 | 1953  | Television transmission begins. The Amami Islands are returned.   | 1953  | School <i>kendō</i> is introduced.   |
|                                 | 1954  | The Self-Defence Force is formed.   | 1955  | The All Japan Naginata Federation is established.  |
|                                 | 1955  | The Liberal Democratic Party is launched.   | 1956  | All Japan Jukendo Federation is created. <i>Iaidō</i> and <i>jōdō</i> are included in the All Japan Kendo Federation.  |
|                                 | 1956  | Soviet-Japanese Joint Declaration. Affiliation to the United Nations. "White Paper on the Economy" declares, "Japan is no longer in the post-war period." | 1957  | The All Japan Shorinji Kempo Federation is formed.   |
|                                 |   |   | 1958  | <i>Kakugi</i> is included in the "National Curriculum Guidelines". ( <i>Jūdō</i> , <i>kendō</i> and <i>sumō</i> for boys.)   |
| 1959                            | The crown prince marries. The IOC decides to hold the Olympic Games in Tokyo. | 1959  | School <i>naginata</i> is introduced for girls.         |  |
| Period of High Economic Growth  | 1960  | New United States-Japan Security Treaty demonstrations. Plan for income tax increases unveiled. Beginning of the period of high economic growth.          | 1961  | <i>Jūdō</i> is selected as an Olympic event.   |
|                                 |   |   | 1962  | The Nippon Budokan gains foundation status.  |
|                                 | 1964  | Tokyo Olympics; Shinkansen; highway system; period of mass-consumption; sports boom (women also).   | 1964  | Nippon Budokan construction is completed. Japan wins gold medals in three weight categories of the Olympic <i>jūdō</i> competition, and a silver in the prestigious open-weight category. <i>Kendō</i> , <i>kyūdō</i> and <i>sumō</i> feature as demonstration sports. The Japan Karatedo Federation is formed. <i>Budō</i> becomes increasingly popular among children and women. |
|                                 | 1965  | Korea-Japan Treaty; Vietnam peace movement.   | 1967  | <i>Kyūdō</i> and <i>naginata</i> are permitted as regular subjects in high schools. A Budō Department is started at the Tokyo University of Education (forerunner to Tsukuba University).  |
|                                 | 1968  | Japan's GDP becomes second in the world.  |   |  |
|                                 | 1968–69   | Student demonstrations erupt nationwide.  | 1968  | The Japanese Academy of Budō is launched.  |
|                                 | 1969  | The student's blockade on the Yasuda Auditorium at Tokyo University is lifted.  | 1969  | Seven <i>Iaidō Seitei Kata</i> are created by the AJKF.  |
| The Era of Internationalization | 1970  | Osaka Expo.   | 1970  | The International Kendo Federation and World Union of Karate Organization is formed.   |
|                                 | 1971  | Nixon (dollar) shocks.  |   |  |
|                                 | 1972  | Okinawa is returned to Japan. Establishment of diplomatic relations with China.   | 1972  | World Shorinji Kempo Federation is established.  |
|                                 | 1973  | Floating exchange rate system for the yen; Oil shock.   | 1975  | The All Japan Kendo Federation promotes the "Concept of Kendo".  |
|                                 | 1976  | Lockheed Incident. Political turmoil ensues.  | 1976  | The International Aikido Federation is created.  |
|                                 | 1979  | Second oil crisis. Ezra Vogel publishes <i>Japan as No. 1</i> .   | 1977  | The Japanese Budō Association is established from ten <i>budō</i> organizations.   |
|                                 | 1980  | International trade friction as Japan's export profits increase.  | 1978  | The 1st Kobudō Taikai is held. The Kobudō Kyōkai, an association for classical styles of <i>budō</i> , is created the following year.  |
|                                 | 1983–   | Political reforms.  | 1980  | A decision is made to build the International Budo University. Three more <i>kata</i> are added to the AJKF's <i>Iaidō Seitei</i> forms.   |
| 1985                            | Plaza Accord. High-valued yen.  | 1984  | The International Budo University is officially opened. |  |

| III. Modern Budō (Timeline 3)   |  |  |  |  |
|---------------------------------|--|--|--|--|
| Era                             | Year   | Historical Event   | Year   | Budō Tradition   |
| The Era of Internationalization | 1986–  | “Bubble economy”.  | 1986   | Completion of the Budō Science Research Centre.  |
|                                 | 1987   | Japanese National Railways splits into six private companies.  | 1987   | The “Budō Charter” is formulated.  |
|                                 | 1989   | The Shōwa Emperor dies. The Heisei era begins.   | 1988   | Women’s <i>jūdō</i> is introduced at the Seoul Olympics.   |
| Heisei Era                      | 1989   | End of the Cold War; Berlin Wall is dismantled; Globalized economy.                                    | 1989   | The term <i>kakugi</i> is replaced by <i>budō</i> in the “National Curriculum Guidelines”.                   |
|                                 | 1990   | Bubble economy collapses; Gulf War begins.   | 1990   | The International Naginata Federation is formed.   |
|                                 | 1993   | Coalition government; J-League professional soccer starts; mobile phones become popular.               | 1992   | International Sumo Federation is formed.   |
|                                 | 1993   |  | 1993   | WUKO is changed in name to the World Karate Federation.  |
|                                 | 1995   | Great Hanshin Awaji Earthquake; Tokyo subway sarin gas attacks.  | 1994   | The decreasing <i>budō</i> population is debated at the Japanese Academy of Budo.                            |
|                                 | 1997   | Security broker Yamaichi Shōken ceases its operations; political reforms; deregulation.                | 1997   | Blue <i>jūdō-gi</i> are introduced by the International Judo Federation.                                     |
|                                 | 2000   | Declining birth rates and aging society; nursing-care insurance system introduced.                     | 2000   | All Japan Judo Federation contests a referee’s call at the Sydney Olympics.                                  |
|                                 | 2001   | Reorganization of ministries; 9-11 terrorist attack; structural reforms; social disparity intensifies. | 2001   | The “ <i>Jūdō</i> Renaissance” is set in motion.   |
|                                 | 2003   | The Iraq War starts.   | 2003   | An international symposium on <i>budō</i> is held at the International Research Centre for Japanese Studies. |
|                                 | 2005   | Aichi Expo.  | 2005   | Expo Kendo Festival.   |
|                                 | 2006   | “Fundamental Law of Education” is changed.   | 2006   | The International Kyudo Federation is inaugurated.   |
| 2008                            | Lehman Shock and worldwide economic decline.   | 2008   | New “National Curriculum Guidelines” are instated by MEXT. <i>Budō</i> is to become a compulsory subject at junior high schools from 2012. |  |
| 2009                            | The opposition Democratic Party of Japan defeats the ruling coalition of the Liberal Democratic Party and the New Kōmeitō Party in the general election. | 2009   | The Nippon Budokan publishes <i>Budō: The Martial Ways of Japan</i> in English.  |  |

## APPENDIX 2 THE “BUDŌ CHARTER”

### The Budō Charter

*Budō*, the Japanese martial ways, have their origins in the age-old martial spirit of Japan. Through centuries of historical and social change, these forms of traditional culture evolved from combat techniques (*jutsu*) into ways of self-development (*dō*).

Seeking the perfect unity of mind and technique, *budō* has been refined and cultivated into ways of physical training and spiritual development. The study of *budō* encourages courteous behaviour, advances technical proficiency, strengthens the body, and perfects the mind. Modern Japanese have inherited traditional values through *budō* which continue to play a significant role in the formation of the Japanese personality, serving as sources of boundless energy and rejuvenation. As such, *budō* has attracted strong interest internationally, and is studied around the world.

However, a trend towards infatuation just with technical ability compounded by an excessive concern with winning is a severe threat to the essence of *budō*. To prevent any possible misrepresentation, practitioners of *budō* must continually engage in self-examination and endeavour to perfect and preserve this traditional culture.

It is with this hope that we, the member organizations of the Japanese Budō Association, established “The Budō Charter” in order to uphold the fundamental principles of *budō*.

#### Article 1: Objective of Budō

Through physical and mental training in the Japanese martial ways, *budō* exponents seek to build their character, enhance their sense of judgement, and become disciplined individuals capable of making contributions to society at large.

#### Article 2: Keiko (Training)

When training in *budō*, practitioners must always act with respect and courtesy, adhere to the prescribed fundamentals of the art, and resist the temptation to pursue mere technical skill rather than strive towards the perfect unity of mind, body and technique.

#### Article 3: Shiai (Competition)

Whether competing in a match or doing set forms (*kata*), exponents must externalise the spirit underlying *budō*. They must do their best at all times, winning with modesty, accepting defeat gracefully and constantly exhibiting self-control.

#### Article 4: Dōjō (Training Hall)

The *dōjō* is a special place for training the mind and body. In the *dōjō*, *budō* practitioners must maintain discipline, and show proper courtesies and respect. The *dōjō* should be a quiet, clean, safe and solemn environment.

#### Article 5: Teaching

Teachers of *budō* should always encourage others to also strive to better themselves and diligently train their minds and bodies, while continuing to further their understanding of the technical principles of *budō*. Teachers should not allow focus to be put on winning or losing in competition, or on technical ability alone. Above all, teachers have a responsibility to set an example as role models.

#### Article 6: Promoting Budō

Persons promoting *budō* must maintain an open-minded and international perspective as they uphold traditional values. They should make efforts to contribute to research and teaching, and do their utmost to advance *budō* in every way.

## APPENDIX 3 JAPANESE BUDŌ ASSOCIATION AND THE JAPANESE ACADEMY OF BUDŌ

### Japanese Budō Association

The Nippon Budokan was instrumental in establishing the Japanese Budō Association (Nippon Budō Kyōgikai) in 1977. The association consisted of the nine federations representing *jūdō*, *kendō*, *kyūdō*, *sumō*, *karatedō*, *aikidō*, *shōrinji kempō*, *naginata*, and *jūkendō*. The stated purpose was as follows:

“To facilitate contact between the affiliated organizations to promote the spirit of each art, and ultimately to benefit the physical and mental wellbeing of the nation’s people. In particular, the education of youth is considered essential for the creation of a healthy country, through which we will be able to make a national contribution to the stability and prosperity of the world.”

#### Member Organizations and Number of Registered Dan Holders

All Japan Judo Federation (Zen Nihon Jūdō Renmei) – Founded on May 6, 1949  
230,000 registered *dan* holders (Kōdōkan *dan*-rank holders not included)

All Japan Kendo Federation (Zen Nippon Kendō Renmei) – October 14, 1952  
1,420,000 registered *dan* holders. *Iaidō* (80,000) and *jōdō* (19,000) introduced in 1965

All Nippon Kyudo Federation (Zen Nihon Kyūdō Renmei) – September 15, 1953  
130,000 registered *dan* holders

Japan Sumo Federation (Nihon Sumō Renmei) – September 1, 1946  
7,000 registered *dan* holders (75,000 members overall)

Japan Karatedo Federation (Zen Nihon Karate-dō Renmei) – October 1, 1964  
300,000 registered members (2,500,000 members overall)

Aikikai Foundation (Aikikai) – April 30, 1940  
182,000 registered *dan* holders (1,000,000 members overall)

Shorinji Kempo Federation (Shōrinji Kempō Renmei) – May 1, 1957  
40,000 registered *dan* holders (140,000 members overall)

All Japan Naginata Federation (Zen Nihon Naginata Renmei) – May 4, 1955  
5,500 registered *dan* holders (65,000 members overall)

All Japan Jukendo Federation (Zen Nihon Jūkendō Renmei) – April 1, 1956  
48,000 registered *dan* holders (400,000 members overall)

Nippon Budokan Foundation (Zaidan Hōjin Nippon Budōkan) – October 3, 1964

### Japanese Academy of Budō

The Japanese Academy of Budō was established in 1978 as an organization not only for university academics but also enthusiasts. The Academy publishes research findings in *The Research Journal of Budo* (available online), and holds an annual convention for research presentations in the categories of humanities, natural sciences, and education and instruction. A symposium addressing a specified theme is also conducted.

There are six branches in Tokyo, Saitama, Yamanashi, Tōkai, Hokuriku and Osaka, and specialist sub-divisions for *jūdō*, *kendō*, *kyūdō*, *sumō*, *karatedō* and *naginata*. Currently, there are nine-hundred members, and the head office is based in the Nippon Budokan.



## APPENDIX 4 JAPANESE CLASSICAL BUDŌ ASSOCIATION (NIPPON KOBUDŌ KYŌKAI)

The Japanese Classical Budō Association was established in 1979 to preserve and promote Japan's classical martial arts. A Kobudō Embu (Demonstration) Taikai is conducted annually. The Nippon Budokan retails an extensive series of videos / DVDs of eighty-eight *ryūha* and Kobudō Embu Taikai events. There are currently eighty-three *ryūha* affiliated with the association. (Alphabetical order, 2008).

### Jūjutsu

|   |  |
|---|--|
| Daitō-ryū Aiki Jūjutsu (Tokyo)                              | Daitō-ryū Aiki Jūjutsu Takumakai (Osaka) |
| Hasegawa-ryū Jūjutsu (Saitama)                              | Hontai Yōshin-ryū Jūjutsu (Hyōgo)        |
| Igaryūha Katsu Shin-ryū Jūjutsu (Ibaraki)                   | Kitō-ryū Jūjutsu (Kyoto)                 |
| Kiraku-ryū Jūjutsu (Gunma)                                  | Ryūshin Kaichū-ryū Jūjutsu (Hokkaidō)    |
| Sekiguchi Shinshin-ryū Jūjutsu (Wakayama)                   | Shibukawa-ryū Jūjutsu (Osaka)            |
| Shibukawa Ichi-ryū Jūjutsu (Hiroshima)                      | Shindō Yōshin-ryū Jūjutsu                |
| Shingetsu Musō Yanagi-ryū Jūjutsu (Hyōgo)                   | Shoshō-ryū Yawara (Iwate)                |
| Takagi-ryū Jūjutsu & Kukishin Bōjutsu                       |  |
| Takenouchi-ryū Jūjutsu (Hinoshita Torite Kaisan) (Okayama)  |  |
| Takenouchi-ryū Jūjutsu (Koshi-no-Mawari Kogusoku) (Okayama) |  |
| Tenjin Shin'yō-ryū Jūjutsu (Tokyo)                          | Tenjin Shin'yō-ryū Jūjutsu (Saitama)     |

### Kenjutsu

|  |  |
|--|--|
| Bokuden-ryū Kenjutsu (Aomori)                      | Hokushin Ittō-ryū Kenjutsu (Ibaragi)       |
| Hyōhō Niten Ichi-ryū Kenjutsu (Fukuoka)            | Jigen-ryū Heihō Kenjutsu (Kagoshima)       |
| Kashima Shinden Jikishin Kage-ryū Kenjutsu (Chiba) |  |
| Kashima Shintō-ryū Kenjutsu (Ibaragi)              | Kōgen Ittō-ryū Kenjutsu (Saitama)          |
| Kurama-ryū Kenjutsu (Tokyo)                        | Mizoguchi-ha Ittō-ryū Kenjutsu (Fukushima) |
| Noda-ha Niten Ichi-ryū Kenjutsu (Kumamoto)         | Ono-ha Ittō-ryū Kenjutsu (Tokyo)           |
| Shindō Munen-ryū Kenjutsu (Tokyo)                  | Shingyōtō-ryū Kenjutsu (Mie)               |
| Shojitsu Kenri-hō Ichi-ryū Kenjutsu (Okayama)      | Taisha-ryū Kenjutsu (Kumamoto)             |
| Tatsumi-ryū Heihō (Chiba)                          | Tennen Rishin-ryū Kenjutsu (Tokyo)         |
| Tenshinshō-den Katori Shintō-ryū Kenjutsu (Chiba)  |  |
| Unkō-ryū Kenjutsu (Kumamoto)                       | Yagyū Shinkage-ryū Heihō Kenjutsu (Aichi)  |

### Iaijutsu, Battōjutsu

|   |  |
|---|--|
| Enshin-ryū Iai Suemono (Osaka)                              | Hayashizaki Musō-ryū Iaijutsu (Yamagata) |
| Hōki-ryū Iaijutsu (Hyōgo)                                   | Kanemaki-ryū Battō-jutsu (Okayama)       |
| Kanshin-ryū Iaijutsu (Shimane)                              | Musō Jikiden Eishin-ryū Iaijutsu (Tokyo) |
| Sekiguchi-ryū Battōjutsu (Kumamoto)                         |  |
| Shojitsu Kenri-hō Ichi-ryū Katchū Battōjutsu (Okayama)      |  |
| Suiō-ryū Iai Kempō & Masaki-ryū Kusarigama-jutsu (Shizuoka) |  |
| Tamiya-ryū Iaijutsu (Kanagawa)                              |  |

### Sōjutsu

|                               |                                     |
|-------------------------------|-------------------------------------|
| Fūden-ryū Sōjutsu (Osaka)     | Hōzōin-ryū Takada-ha Sōjutsu (Nara) |
| Owari Kan-ryū Sōjutsu (Aichi) | Saburi-ryū Sōjutsu (Hiroshima)      |

### Jōjutsu, Bōjutsu

|                                     |                                   |
|-------------------------------------|-----------------------------------|
| Chikubushima-ryū Bōjutsu (Nagasaki) | Muhi Muteki-ryū Jōjutsu (Ibaragi) |
| Shindō Musō-ryū Jōjutsu (Fukuoka)   |                                   |

**Naginata-jutsu**

Higo Koryū Naginata (Kumamoto)  
 Tendō-ryū Naginata-jutsu (Kyoto)  
 Yōshin-ryū Naginata-jutsu (Hiroshima)

Jikishin Kage-ryū Naginata-jutsu (Nara)  
 Toda-ha Bukō-ryū Naginata-jutsu (Tokyo)

**Karate, Ryūkyū Kobujutsu**

Ito-ryū Karate (Kanagawa)  
 Okinawa Gōjū-ryū Bujutsu (Okinawa)  
 Ryūkyū Kobujutsu (Tokyo)

Kingai-ryū Karate Okinawa Kobujutsu (Okinawa)  
 Ryūkyū Ōke Hiden Motobu Udundi (Osaka)  
 Wadō-ryū Jūjutsu Kempō (Tokyo)

**Taijutsu**

Nagao-ryū Taijutsu  
 Yagyū Shingan-ryū Katchū Heihō (Iwate)

Yagyū Shingan-ryū Taijutsu (Kanagawa)

**Hōjutsu**

Morishige-ryū Hōjutsu (Kanagawa)  
 Yō-ryū Hōjutsu (Fukuoka)

Seki-ryū Hōjutsu (Ibaragi)

**Other**

Araki-ryū Kempō (Gunma)  
 Negishi-ryū Shuriken-jutsu (Tokyo)  
 Ogasawara-ryū Kyūba-jutsu (Tokyo)

Araki-ryū Gun'yō Kogusoku (Saitama)  
 Nitō Shinkage-ryū Kusarigama-jutsu (Kōchi)  
 Takeda-ryū Aiki-no-jutsu (Fukuoka)

**Provisional Members**

Ittō Shōden Mutō-ryū  
 Hōki-ryū Iaijutsu (Kumamoto)

Hōki-ryū Iaijutsu (Hyōho)  
 Mugai-ryū Iaijutsu

## APPENDIX 5 BUDŌ REFERENCES IN ENGLISH, FRENCH, GERMAN AND SPANISH

This list of books related to the various martial arts in English, French, Spanish and German is by no means comprehensive, but should serve as a useful guide for further reading.

### ENGLISH

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#### • Aikidō

**Stanley Pranin, *Aikido News Encyclopedia*, Aiki News, 1989**

Stanley Pranin, the editor of the *Aikido Journal*, is one of the most influential and prolific writers on *aikidō*. This book is a valuable reference containing detailed information about many influential *aikidō* masters, and other useful material pertaining to the history and philosophy of the art.

**Ueshiba Kisshōmaru, *The Spirit of Aikido*, Kodansha International, 1988**

Kisshōmaru, second Dōshu and son of the founder of *aikidō*, presents some of the principles and philosophies of the art in a clear and succinct way. This book is an interesting and informative introduction into the often nebulous theories espoused in *aikidō*.

**Ueshiba Morihei, *Budo: Teachings of the Founder of Aikido*, Kodansha International, 1996**

The founder of *aikidō* did not write much about his art, making the content of this book originally penned in the 1930s a valuable compendium of his ideals. Concise and inspirational in some sections, other areas are somewhat difficult to comprehend. Nevertheless, this book is a vital addition to the martial arts scholar, and the material was translated and edited masterfully by the well-known *aikidō* practitioner John Stevens.

#### • Jūdō

**Kanō Jigorō, *Kodokan Judo*, Kodansha International, 1994**

This book was first published in 1955, and is considered to be the definitive text on *jūdō* by many experts. It contains descriptions of the formal techniques of *jūdō*, and all seven sets of *kata*. The descriptions are brief, but are useful to both advanced and novice practitioners.

**Syd Hoare, *The A–Z of Judo*, Ippon Books, 1993**

Syd Hoare collated information from a number of authoritative texts, and brought it together in this volume with clear photographs to introduce many *jūdō* techniques. This book is a valuable reference for the technical aspects of *jūdō*.

#### • Karate

**Funakoshi Gichin, *The Twenty Guiding Principles of Karate: The Spiritual Legacy of the Master*, Kodansha International, 2003**

Written by the “father” of Japanese *karate*, this volume examines the essence of the art he introduced into mainland Japan in the 1920s. Although Funakoshi founded Shōtōkan *karate*, the principles contained in the book are applicable to all styles of *karate*.

**Nakayama Masatoshi, *Dynamic Karate*, Kodansha International, 1987**

The late Masatoshi Nakayama, former chief instructor of the Japan Karate Association, illustrates in detail the correct movements involved in various standard blocks, punches, and kicks used in *karate*. The book also contains a useful glossary of *karate* terms.

#### • Kendō

**Ozawa Hiroshi, *Kendo: The Definitive Guide*, Kodansha International, 1997**

This highly acclaimed book contains useful information about all aspects of *kendō*. This includes the history of *kendō*, techniques, competitions, and even guidelines for running training sessions. Ozawa hails from a highly influential family of *kendō* masters, and passed the extremely difficult 8-*dan* examination in 2010.

**Sakai Toshinobu (translated by Alexander Bennett), *Bilingual Guide to the History of Kendo*, Ski Journal, 2010**

A recent addition to the growing body of literature related to *kendō*, this book covers the historical evolution of the philosophy and culture of Japanese swordsmanship. As a bilingual publication, the Japanese text is placed on the left pages, and the English on the right. Apart from elucidating the often confusing historical aspects of *kendō*, this small volume may be of particular interest to practitioners who are also studying the Japanese language.

**Sasamori Junzō and Gordon Warner, *This is Kendo: The Art of Japanese Fencing*, Tuttle Publishing, 1989 (reprint)**

This book is considered the classic introduction to *kendō* in the English language. Although slightly dated now, especially some of explanations for applied techniques, it provides a relatively comprehensive overview of *kendō* history, culture and *waza*.

***Kendo World Journal Vol. 1–5*, Bunkasha International**

*Kendo World* is a biannual publication devoted to *kendō*, but also with sections dealing with *koryū*, *iaidō*, *jōdō* and *naginata* and related arts. The content varies and contains information on history, philosophy, and techniques of *kendō*. Featuring articles translated from *Kendō Jidai* and *Kendō Nihon*, as well as original articles, *Kendo World* is highly acclaimed as a reliable source of information, and the only regular English language publication dedicated to the Japanese sword arts.

• **Kyūdō**

**Onuma Hideharu, Dan and Jackie DeProspero, *Kyudo: The Essence and Practice of Japanese Archery*, Kodansha International, 1993**

This volume is undoubtedly the most comprehensive guide available in English on *kyūdō*. The authors offer detailed explanations on both the spiritual and the technical aspects of the art. The text is accompanied by hundreds of illustrations and photographs, making it a useful reference for practitioners of all levels.

• **Naginata**

**Alexander Bennett, *Naginata: The Definitive Guide*, KW Publications, 2005**

This book covers the history and practice of Naginata, using original source materials, and technical photos taken under the guidance of Kimura Yasuko. Sanctioned by the International Naginata Federation, this is the first comprehensive English-language guide to this growing martial art, and the first in any language to comprehensively collate information on the history, philosophy, techniques and rules of the art into one volume.

• **General**

**Alexander Bennett (ed.), *Budo Perspectives*, KW Publications, 2005**

This publication is the result of an international symposium: “The Direction of Japanese Budō in the 21st Century: Past, Present, Future”, conducted at the International Research Centre for Japanese Studies in November, 2003. The book contains academic articles related to the history, philosophy, and educational aspects of many different types of *budō* by leading Japanese and foreign scholars in the field.

**Alexander Bennett (ed. & trans.), *Budō: The Martial Ways of Japan*, Nippon Budokan Foundation, 2009**

First published in Japanese to commemorate the 35th anniversary of the Japanese Budō Association, this book is essentially a report by the various federations outlining the inroads made over the last four decades in popularizing their arts, and the issues they face in the future. The underlying theme is one of urgency. How can the *budō* world appeal to generations of people who potentially stand to benefit from what *budō* has to offer? The purpose and content of the English version is slightly different from the Japanese volume as it includes a degree of contextual clarification, specifically for non-Japanese readers with little knowledge of Japan’s history, or of the various *budō* arts that exist.

## FRENCH

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### • Aikidō

**Ueshiba Kisshomaru et Moriteru, *Aikido officiel – Enseignement fondamental*, traduction Josette Nickels-Grolier, Noisy sur Ecole, Budo Editions, 2004**

Manuel pratique avec photographies. Présentation des techniques de préparation à la pratique et des techniques fondamentales de l'*aikidō*. Traduit de l'anglais.

**Ueshiba Moriteru, *Aikido officiel – Enseignement supérieur*, traduction Josette Nickels-Grolier, Noisy sur Ecole, Budo Editions, 2005**

Manuel pratique avec photographies. Présentation des techniques avancées et des techniques avec armes de l'*aikidō*. Ce volume introduit également le travail sur le souffle. Traduit de l'anglais.

### • Jūdō

**Brousse Michel, *Les racines du judo français*, Pessac, Presses Universitaires de Bordeaux, 2005**

Ce livre retrace la naissance et l'évolution du *jūdō* en France ainsi que l'histoire de la fédération française de *jūdō*. Michel Brousse y établit une importante bibliographie comprenant manuels techniques, articles scientifiques, bulletins fédéraux, articles de presse, caricatures, photographies, etc. Attention, ce livre ne traite pas des aspects purement techniques ou sportifs du *jūdō* (mouvements, techniques, règles, *kata*...)

**Kanō Jigorō, *Judo Kodokan. La bible du judo*, traduction Thierry Plée et Valérie Melin, Noisy sur Ecole, Budo Editions, 2006**

Cet ouvrage, écrit par le fondateur du *jūdō* en collaboration avec plusieurs grands noms du Kōdōkan, présente l'historique et les aspects théoriques de la discipline. La quasi intégralité des techniques du *jūdō* y est consignée.

**Kanō Jigorō, *L'essence du judo*, traduction Josette Nickels-Grolier, Noisy sur Ecole, Budo Editions, 2007**

Ce livre réunit plusieurs écrits de Kanō Jigorō traitant des concepts clés et de la philosophie du *jūdō*. Traduit de l'anglais.

### • Karate

**Funakoshi Gichin, *Karate-do : ma voie, ma vie*, traduction Valérie Melin, Noisy sur Ecole, Budo Editions, 2007**

Autobiographie du fondateur du *karate* moderne, Funakoshi Gichin. Ce livre regroupe des anecdotes présentées par l'auteur, sans suivre de chronologie particulière. Traduit de l'anglais.

### • Kendō

**Delorme Pierre, *Kendo : la voie du sabre*, Paris, Guy Trédaniel Editeur, 2007**

Introduction aux différents aspects de la pratique du *kendō*, regroupés en trois axes principaux : la posture, la respiration et l'état d'esprit. L'auteur présente les techniques de base et les coupes, avant d'aborder les principes plus théoriques et spirituels de la discipline.

### • Kyūdō

**Herrigel Eugen, *Le zen dans l'art chevaleresque du tir à l'arc*, Paris, Editions Devry, 1998**

Récit autobiographique par le philosophe allemand Eugen Herrigel. Il retrace sa période d'apprentissage du *kyūdō* au Japon dans les années 1920. Le livre décrit son parcours en tant qu'élève, sa rencontre avec le maître de tir à l'arc Awa Kenzō, son premier cours, ses erreurs, le travail sur le souffle, ou bien encore l'aspect spirituel du tir. Traduit de l'allemand.

**Onuma Hideharu, *Kyudo – l'essence et la pratique du tir à l'arc japonais*, Noisy sur Ecole, Budo Editions, 1998**

Petite encyclopédie du *kyūdō* dans laquelle le maître Onuma Hideharu aborde des sujets aussi variés que la

technique du tir à l'arc japonais, la philosophie et l'histoire du *kyūdō*, la construction d'un *dōjō* ou le choix de l'équipement. Traduit de l'anglais.

### • Classiques

**Issai Chozan, *Le sermon du tengu sur les arts martiaux*, traduction Josette Nickels-Grolier, Noisy sur Ecole, Budo Editions, 2008**

Traduction française du *Tengu geijutsu ron*, traité achevé en 1729 soulignant les bienfaits spirituels de l'étude du sabre. Ecrit en période de paix, dans une société régie par la pensée confucianiste, l'auteur du *Tengu geijutsu ron* s'oppose au bouddhisme et tente de désavouer l'influence du Zen dans la pratique du sabre. Traduit de l'anglais.

**Miyamoto Musashi, *Traité des cinq roues*, traduction Maryse et Masumi Shibata, Paris, Editions Albin Michel, 1983**

Traduction française du *Gorin no sho*, traité d'escrime et de stratégie de Miyamoto Musashi écrit au XVII<sup>e</sup> siècle. Le texte est divisé en cinq parties : le *Rouleau de la terre* où sont décrits les principes généraux des arts martiaux et de la stratégie, le *Rouleau de l'eau* où est décrit le style de Musashi, le *Rouleau du feu* traitant de la stratégie à appliquer en duel ou sur les champs de bataille, le *Rouleau du vent* où Musashi pointe du doigt les erreurs commises par les autres écoles, et enfin le *Rouleau du vide* où sont exposés certains principes ésotériques. Traduit du japonais.

**Yagyū Munenori, *Le sabre de vie : les enseignements secrets de la maison du Shōgun*, traduction Josette Nickels-Grolier, Noisy sur Ecole, Budo Editions, 2005**

Traduction française du *Heihō kadensho*, traité d'escrime et de stratégie de Yagyū Munenori, écrit au XVII<sup>e</sup> siècle. La première partie présente les techniques et les principes de l'école Shinkage-ryū. Sont exposés par la suite des aspects plus philosophiques, notamment empruntés au Zen, comme la théorie du « sabre de mort » et de « l'épée de vie » (*settsu-nin tō / katsu-jin ken*). Traduit de l'anglais.

### • Ouvrages divers

**Amdur Ellis, *Traditions martiales. Origine et transmission du savoir dans les écoles d'escrime japonaise*, traduction Guy LeSieur et Yvon Racine, Noisy sur Ecole, Budo Editions, 2006**

Ouvrage traitant des écoles martiales traditionnelles du Japon. De nombreux styles et plusieurs armes y sont présentés. Le livre contient également un article traitant des femmes guerrières au Japon. L'auteur propose enfin une critique du *naginata* sportif moderne. Traduit de l'anglais.

**Andlauer Dominique, *Vertu et richesse de l'étiquette dans les arts martiaux traditionnels japonais*, Paris, Amphora, 1996**

A travers ce livre, Dominique Andlauer examine différents aspects de l'Etiquette dans les arts martiaux et *budō* japonais. Après une première partie d'introduction générale, l'auteur retranscrit plusieurs interviews sur le thème de l'Etiquette menées avec des professeurs d'*aikidō*, de *iaidō*, de *jōdō*, de *karate*...

**Tokitsu Kenji, *Budō – Le ki et le sens du combat*, Méolans-Revel, Editions DésIris, 2000**

Etude sur l'utilisation du *ki* et sur son importance dans le combat au sabre (*kendō*) et dans le *karate*. L'auteur compare également les différentes relations au *ki* qu'entretiennent ces deux disciplines.

**Tokitsu Kenji, *Miyamoto Musashi, maître de sabre japonais du XVII<sup>e</sup> siècle*, Méolans-Revel, Editions DésIris, 1998**

Ce livre se présente comme une biographie de Miyamoto Musashi. Il contient une analyse de plusieurs de ses écrits. Le *Gorin no sho* y est intégralement traduit et l'on y trouve aussi l'une des rares traductions françaises (bien que partielle) du *Heihō sanjūgo kajo*.

## GERMAN

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### • Aikidō

**Stevens John, „Unendlicher Friede“. Die Biographie von Morihei Ueshiba, Gründer des Aikidō, Kristkeitz Verlag, 2002**

In der vorliegenden Biografie werden anhand des Lebensweges Ueshibas historische und gesellschaftliche Hintergründe der Entstehung des Aikidō aufgezeigt.

**Ueshiba Kisshōmaru, *Der Geist des Aikidō*, Kristkeitz Verlag, 2003**

Verfasst vom Sohn des Begründers. Neben den technischen Prinzipien werden die erzieherischen und geistigen Aspekte dieser Kampfkunst ausführlich dargelegt.

**Ueshiba Morihei, *Budō. Das Lehrbuch des Gründers des Aikidō*, Kristkeitz Verlag, 1997**

Die Bearbeitete Übersetzung von Ueshibas Lehrbuch *Budō* von 1938 stellt ein wertvolles Dokument zur Entwicklung des Aikido in der Vorkriegszeit. dar. Ueshiba erläutert Technik, Geist und Zielsetzung seiner Kunst. Zahlreiche historische Fotos zeigen den Gründer in der Frühphase des Aikido.

### • Jūdō

**Kanō Jigorō, *Kōdōkan Jūdō*, Verlag Dieter Born, 2007 (Japanische Erstauflage 1956)**

Revidierte deutsche Fassung von *Kōdōkan Jūdō*, basierend auf der englischen Übersetzung. Umfassende Erläuterung des kompletten Lehrprogramms des Kōdōkan Jūdō, verfasst von Kanō, dem Gründer der Schule und weiteren führenden Meistern des Kōdōkan. Das Buch behandelt grundlegende Prinzipien und Techniken des Jūdō, außerdem sind eine Abhandlung zum freien Kampf (*randori*) sowie sämtliche Formen (*kata*) enthalten. Des weiteren sind Erläuterungen zu Geschichte, erste Hilfe usw. enthalten.

**Niehaus Andreas, *Leben und Werk Kanō Jigorōs (1860-1938). Ein Forschungsbeitrag zur Leibeserziehung und zum Sport in Japan*, Ergon, 2003**

Umfassende Darstellung der Geschichte des Jūdō und der Rolle Kanōs für Leibeserziehung und Sport in Japan.

**Velte Herbert, *Judo von A-Z*, Pietsch Verlag, 2009**

Lexikon mit über 2000 Fachbegriffen in alphabetischer Reihenfolge, außerdem sind eine Chronik der Entwicklung des Judo in Deutschland und ein kurzer Abriss zum geschichtlicher Hintergrund des Judo enthalten.

### • Karate

**Bittmann Heiko, *Die Lehre des Karate-dō*, Verlag Heiko Bittmann, 2000**

Verkürzte Fassung der Dissertation von 1999, erschienen im selben Verlag. Umfangreiche Darstellung der Geschichte des Karate und der kulturellen Hintergründe, sowie Erläuterung der wesentlichen Lehrtexte der vier Hauptstilrichtungen und Biografien ihrer Begründer.

**Funakoshi Gichin, *Karate-dō. Mein Weg*, Kristkeitz Verlag, 2001**

Deutsche Fassung von *Karate dō ichiro*, erstmals erschienen 1956. Autobiografie Funakoshi Gichins. Enthält neben persönlichen Erfahrungen und Anekdoten auch Gedanken zu Hintergründen, Philosophie und Geschichte des Karate.

**Funakoshi Gichin, *Karate-Dō Nyūmon. Einführung zum Meistertext*, Schlatt Verlag, 2000**

1943 erschien das Buch erstmals in japanischer Sprache unter dem Titel *Karate Nyūmon*. Die deutsche Fassung basiert auf der englischen Übersetzung von 1988. Die Zusammenstellung der wesentlichen Lehrtexte Funakoshis umfasst Zielsetzung, Methodik und Technik des Karate. Die wesentlichen Formen (*kata*), welche die Grundlage des heutigen *shōtōkan* bilden, werden ausführlich erläutert.

**Handel Horst, *Karate oder das Wesen des Dō*, Schlatt Verlag, 1998**

Umfassende Darstellung des Karate, verfasst von einem der Pioniere des Karate in Deutschland. Neben den technischen und sportlichen Aspekten des Karate werden auch Geschichte und Philosophie umfassend behandelt

**Fraguas Jose M., *Karate Masters*, Schlatt Verlag, 2008**

Interviews mit mehr als 20 Karate-Pionieren des 20. Jahrhunderts, die an der internationalen Verbreitung des Karate maßgeblich beteiligt waren. Es kommen Meister aus Japan, Australien, Europa und Nordamerika zu Wort.

**• Kendō****Oshima Kotaro und Kozo Ando, *Kendo. Lehrbuch des japanischen Schwertkampfes*, Weinmann, 2006**

Erläuterung von Ausrüstung und Waffe, Grundtechniken und Anwendung in der Wettkampfpraxis, außerdem Darstellungen der maßgeblichen Formen (*kata*). Allerdings wird in dem Buch kaum auf den geschichtlichen Hintergrund eingegangen.

**• Kyūdō****Herrigel Eugen, *Zen in der Kunst des Bogenschiessens*, O.W.Barth Verlag (bei Scherz), 2003 (erstmalig erschienen 1948)**

Anhand seiner eigenen Erfahrungen in Japan schildert Herrigel aus westlicher Sicht die Kunst des Bogenschießens als spirituellen Weg im Sinne des Zen-Buddhismus.

**Hoff Feliks F. und Genshiro Inagaki, *Kyudo. Die Kunst des Bogenschiessens*, Weinmann, 2005 (Erstauflage 1979)**

Standardlehrwerk des japanischen Bogenschießens. Neben der historischen Entwicklung werden Technik, Material und Trainingsmethoden ausführlich behandelt.

**• Allgemeine Darstellungen****Hanelt Klaus, *Taschenwörterbuch der Kampfkünste Japans*, Verlag Dieter Born, 2009**

Zusammenstellung gebräuchlicher Fachbegriffe aus den japanischen Kampfkünsten in lateinischer Umschrift und japanischen Schriftzeichen in rund 3700 Einträgen mit dem Schwerpunkt auf Jūdō. Begriffe aus anderen Budō-Disziplinen wie Aikidō, Kendō usw. wurden ebenfalls aufgenommen, außerdem sind Erläuterungen zu den historischen Hintergründen enthalten.

**Möller Jörg (Herausgeber), *Die Geschichte der Kampfkünste*, Lüneburg, Verlag der Universität Lüneburg, 1996**

Aufsatzsammlung zur Geschichte der einzelnen Budō-Künste. Enthalten sind u.a. Darstellungen zu Judo und Karate.

**Reid Howard and Michael Croucher, *Der Weg des Kriegers. Kampfsportarten-Tradition, Technik, Geist*, Hugendubel, 1999**

Überblick über die ostasiatischen Kampfkünste mit Schwerpunkt auf Indien, China und Japan unter ausführlicher Erläuterung der jeweiligen kulturellen und gesellschaftlichen Hintergründe.

**Von Saldern Matthias, *Budo in heutiger Zeit*, Universität Lüneburg, 1998**

Sammlung von Vorträgen, gehalten auf dem ersten Europäischen Budō Symposiums, das 1998 in Deutschland, unter Zusammenarbeit mit der japanischen Botschaft stattfand.



## SPANISH

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### • Aikidō

**Satō Nagashima, *Aikido Básico*, Editorial Alas, Barcelona, 1982**

Como dice el título del libro, este libro es para instruir el Aikido básicamente. Explica qué es el Aikido y el Ki al principio del libro. Después explica los movimientos del cuerpo y las técnicas con muchas ilustraciones

**J.S Nalda Albiac, *Apuntes de Aikido*, Editorial Alas, Barcelona, 1981**

Como el título del libro, no es el libro de instrucciones sino el libro que explica los términos del Aikido con las caricaturas. Contiene, por ejemplo, el Ki, la Respiración, Tai-sabaki, La no-violencia, el Bushido, el Zen etc. Para los que tienen interés en el Aikido o apenas empiezan el Aikido es muy útil.

### • Jūdō

**Jean-François Renault & Ana María Arranz Carabias, *El Judo en Diez lecciones*, Editorial Cantábrica, Bilbao, 1975**

Este libro es un manual en el que se trata de lo básico del Judo. Y empieza con los grandes principios, donde explican cómo ponerse el cinturón, manera de saludarse, etc. Después ven los *nagewaza*, *katame-waza* con las ilustraciones. Al final del libro se encuentra “Anexo de A a Z”, donde se pueden buscar los términos para entender mejor el *jūdō*.

**Cesar Barioli, *El Judo en 12 lecciones*, Editorial de Vecchi, Barcelona, 1979**

Este libro trata del Judo general. Se explican los diferentes waza detalladamente con algunas ilustraciones. Al final se explican los Reglamentos Internacionales de competiciones de Judo y Palabras utilizadas por el árbitro en el transcurso del arbitraje. Entonces, este libro se sirve no sólo para los principiantes sino también para los que llevan tiempo practicando Judo.

**Jen Heim, *El Judo - Apréndalo por sí mismo*, Espasa-Calpe, Madrid, 1967**

Como el subtítulo dice, este libro es útil para aprender el Judo por sí mismo. Explica desde los principios generales del Judo hasta la preparación para las competiciones. Se utilizan muchas fotos sobre los waza con los que nos hacen más fácil aprenderlo.

**Robert Lasserre, *Judo. Manual práctico: Según las enseñanzas del Kodokan de Tokio*. Editorial Hispano Europea, 1975**

Este libro trata del Judo desde su historia hasta el reglamento de los torneos. Lo característico de este libro es que explica los waza desde el punto de vista del movimiento del cuerpo. Por ejemplo, los Ashi-waza se dividen en dos grupos: los movimientos realizados al nivel del tobillo y los con toda la pierna. Se utilizan muchas ilustraciones no sólo de las formas sino los movimientos de las piernas.

**Raymond Thomas, *Judo Moderno: Nage no Kata*, Editorial Alas, Barcelona, 1980**

Este libro tiene sólo 76 páginas, donde explican el Judo básico. Es principalmente para los principiantes, y explica los Kata del Judo con las ilustraciones. Es el primer libro de los libros en serie sobre el Judo.

**Raymond Thomas, *Judo Moderno: Programa para cinturón blanco y amarillo*, Editorial Alas, Barcelona, 1971**

A continuación del libro mencionado arriba, este libro trata de las explicaciones para los que acaba de empezar el Judo de como el segundo libro de la serie. Entonces, este libro contiene lo básico del Judo como “¿Qué es el Judo?, “Nacimiento del Judo” etc.” Como apéndice, existe la lista de las palabras en japonés empleadas en el Judo con las palabras españolas adecuadas, que es útil para entender mejor el Judo.

**Raymond Thomas, *Judo Moderno: Programa para cinturón naranja y verde*, Editorial Alas, Barcelona, 1972**

Este libro es como el tercer libro de los libros en serie sobre el Judo. Entonces, en este libro se trata de los waza para el nivel de tercer Kyu (cinturón verde) y cuarto Kyu (cinturón naranja) del Judo, con algunas ilustraciones.

**Raymond Thomas, *Judo Moderno: Programa para cinturón azul y marrón*, Editorial Alas, Barcelona, 1972**

Este libro es como el cuarto libro de los libros en serie sobre el Judo. Entonces, este libro trata de los waza más difíciles para el nivel del primer Kyu (cinturón marrón) y del segundo Kyu (cinturón azul) del Judo, con algunas ilustraciones.

**Tony Reay y Geoffrey Hobbs, *Manual de Judo*, Editorial Diana, México, 1989**

Este libro fue escrito en inglés en Londres el 1979, y traducido al español por el Editorial Diana. Este libro trata de lo básico del Judo y ve no sólo las técnicas del Judo sino su historia, sus reglas para la competición, la manera de entrenamiento etc. Para explicar las técnicas utilizan muchos dibujos que nos facilitan entenderlas mejor. Para el entrenamiento, también se utilizan los dibujos. Este libro es útil para los principiantes y para los que llevan poco tiempo practicando Judo.

#### • **Kendō**

**John Panchamé, *El Kendo : La esgrima japonesa, técnicas y katas*, Editorial Alas, Barcelona, 1986**

Este libro sólo tiene 61 páginas, que explica el Kendo desde su historia hasta las combinaciones básicas con muchas fotos que facilitan entender bien el Kendo a los lectores.

#### • **Kyūdō**

**José Santos Nalda, *Kyudo*, Editorial Alas, Barcelona, 1988**

Este libro es un manual elemental del Kyudo, que explica el concepto y el espíritu del Kyudo, y también las técnicas. Sin embargo, este libro abunda muchas ilustraciones (o caricaturas) pero con pocas explicaciones. Parece que este libro es para la presentación del Kyudo que sirve para que los lectores tengan interés en el Kyudo.

#### • **Naginata**

**José Santos Nalda, *Naginata*, Editorial Alas, Barcelona, 1988**

Este libro es para explicar el Naginata desde el principio hasta la manera de competición. Para este motivo, al principio del libro explica la historia de Naginata con caricaturas. Después explica las posturas, los movimientos y los kata con muchas ilustraciones. Es útil como una introducción del Naginata.