



## Kata

Tsuki Zue	着杖
Suigetsu	水月
Hissage	引提
Shamen	斜面
Sakan	左貫
Monomi	物見
Kasumi	霞
Tachi Otoshi	太刀落
Rai Uchi	雷打
Seigan	清眼
Midare Dome	乱留
Ran Ai	乱合



## Program Instructors

Kevin Hyatt (5th Dan)  
David Lee (5th Dan)

## Registration

For registration and fees, please contact JCCC at [jccc@jccc.on.ca](mailto:jccc@jccc.on.ca)

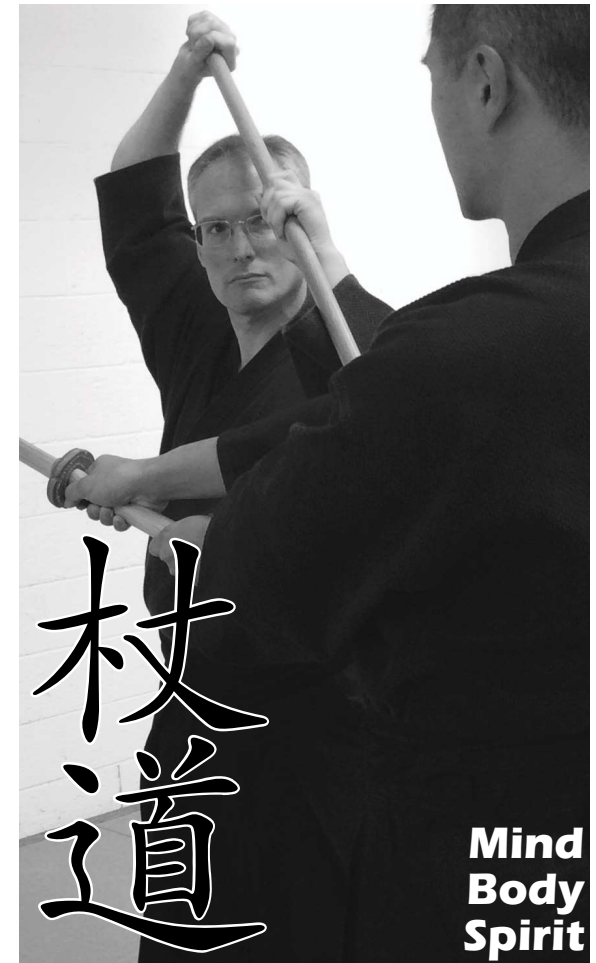
## Information

**Email:** [jodo@jccc.on.ca](mailto:jodo@jccc.on.ca)

Beginners need only wear loose clothing. A limited supply of jo (wooden staff) and bokuto (wooden sword) are available.

Trial classes are not available.

Photos courtesy of Kathryn Hyatt



# JODO

## The Way of the Staff

**Wednesdays:** 8:45 to 10:15 p.m.

**Sundays:** 3:30 to 5:00 p.m.

**Location:** Tatami Room

*For Adults, Senior and Youth*



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## What is Jodo?

Jodo, a Japanese art of the staff, is designed to defend against the sword. Its spirit is not to injure the opponent but utilize techniques that demonstrate the true versatility of the weapon. The All Japan Kendo Federation uses a standardized training curriculum for Jodo, which consists of 12 basic techniques (kihon) and 12 forms (kata).



## History of Jodo

Muso Gonnosuke was the founder of the first efficient style of Jojutsu called Shindo Muso Ryu (SMR). The Jo was developed from the Bo, a longer and much heavier wooden fighting stick. Muso Gonnosuke streamlined the Jo for greater efficiency in close combat against the sword. According to SMR history, Miyamoto Musashi, Japan's most famous swordsman, suffered his one lifetime defeat at the hands of Muso Gonnosuke's Jo techniques. Originating in Fukuoka, Jodo matured during the Meiji and Taisho periods. The art became a Do form in 1955. In 1968, Shimizu Takaji adapted core elements of SMR Jojutsu to create Seitei Jodo, which he presented to the All Japan Kendo Federation (Zen Nihon Kendo Renmei). Seitei Jodo became an art under the All Japan Kendo Federation and this connection has contributed to its subsequent diffusion and development. Except for minor changes in 1977, 1987, and 2003, Seitei Jodo remains unchanged from the original 1968 curriculum. Today, Jodo demonstrations are held throughout Japan and practiced worldwide. Jodo activities in Canada are overseen by the Canadian Kendo Federation.



## Learning Jodo

Learning and studying Jodo is a way of training both your mind and body. What one learns is not only dexterity of movement, but also the development of the spirit. The study of Jodo complements the study of other Budo by helping with strength, posture, concentration, balance, coordination and timing. The benefits derived from training are obvious, however the greatest values are:

- ◇ Develop courtesy, truthfulness, sincerity and patience;
- ◇ Become stronger and more active through regular practice;
- ◇ Improve posture through practicing the techniques;
- ◇ Gain confidence and improve sense of judgment in everyday life; and
- ◇ Better overall relationships with others.

Practitioners will learn Jodo in a non-competitive environment using kata-based partner training. Jodo techniques include: striking, thrusting, blocking, parrying, pinning, and sweeping. Through Jodo, one learns dexterity of movement and the development of the mind, body, and spirit. The art is suitable for adults and youth.

