

PG-807

# TRADITIONAL SPORTS



JNTO Website : <http://www.jnto.go.jp>

Tourist Information Center (TIC)

10th Fl., Tokyo Kotsu Kaikan Bldg., 2-10-1,  
Yurakucho, Chiyoda-ku, Tokyo 100-0006

Tel. (03)3201-3331



"YOKOSO" means "welcome"

## AIKIDO

Aikido is half sport, half religion. It means an elevation from the traditional physical arts to a spiritual martial art. Its techniques incorporate woven elements of philosophy, psychology and dynamics. The basic form is the circle and the straight, upward line.

Created in Japan by Morihei Ueshiba (1883-1969), Aikido embodies the principles of Judo, Karate and Kendo into one form of non-body contact self-defense. It features throwing exercises, holding techniques and "atemi" or a body blow aimed at keeping one's opponent's power in check. Adherents of

Aikido claim an ability to lead an opponent's "ki," spirit power, and to throw him with little effort, sometimes even without touching his body. This martial art is performed without a weapon, as a rule, but one may be used if an opponent is armed. Practice is usually performed in either a white Judogi or Japanese Hakama (split-skirt).

In Japan today, lessons are given in city wards, towns, prefectures, etc.

\*Visitors are welcomed to observe practicing.

### <Information>

#### International Aikido Federation (国際合気道連盟)

17-18, Wakamatsucho, Shinjuku-ku, Tokyo.

Tel.(03)3203-9236

5-min. walk from Wakamatsu-Kawada Station on Subway Toei Oedo Line.

### <Dojo>

#### Aikikai Hombu Dojo (合気会本部道場)\*

17-18, Wakamatsucho, Shinjuku-ku, Tokyo.

Tel.(03)3203-9236

5 min. walk from Wakamatsu-Kawada Station on Subway Toei Oedo Line.

Regular class: 6:30-7:30, 8:00-9:00, 15:00-16:00, 17:30-18:30, 19:00-20:00, Mon. through Sat., 9:00-10:00, 10:30-11:30 Sun.

Beginners' class: 7:00-8:00 Mon. through Sat., 17:30-18:30, Mon., Wed. & Fri., 19:00-20:00 Mon. through Fri. 9:30-10:30 Sat. & Sun.

Women's class: 10:30-11:30 Tue. & Fri., 18:00-19:00 Tue. & Thu.

Registration fee: ¥8,400

Monthly tuition: ¥10,500 (everyday from Mon. through Sat.)

URL: [www.aikikai.or.jp](http://www.aikikai.or.jp)

#### Ki-no-Kenkyukai Headquarters (気の研究会本部・心身統一合気道)\*

#101 Ushigome Heim, 2-30, Haramachi, Shinjuku-ku, Tokyo.

Tel.(03)3353-3461

1-min. walk from Ushigome-Yanagicho Station on Subway Toei Oedo Line.

Hours: 6:45-8:15, 19:00-21:00, Tue., Thu. & Sat., 14:00-15:30, Thu.

Registration fee: ¥5,000

Annual fee: ¥4,000

Monthly tuition: ¥8,800-¥16,000

URL: [www.ki-society.com/english/index.html](http://www.ki-society.com/english/index.html)

#### Tenshin Dojo (天心道場)\*

1-10-8, Higashi-Juso, Yodogawa-ku, Osaka. Tel.(06)6304-8710  
5-min. walk from Juso Station on Hankyu Line.

Hours: 7:00-8:00, 19:00-20:20 Mon., 7:00-8:00, 19:30-20:40 Wed., 19:00-20:30 Thu., 8:00-9:00, 15:30-16:40 Sat., 11:00-12:20 Sun., (English class) 19:00-20:20 Tue.

Registration fee: ¥7,500

Monthly tuition: ¥8,500 (3 times a week), ¥5,500(once a week),

¥10,000 (4 or more times a week)

<http://www.aitenshin.com/>

#### Nihon Sobudorengukai Hombu Dojo (日本総武道連合会・本部道場)\*

1-36-2, Uehara, Shibuya-ku, Tokyo. Tel.(03)3468-3944

Near Yoyogi-Uehara Station on the Odakyu Line or Subway Chiyoda Line.

Hours: 18:30-19:40, 20:00-21:10 on Mon., Thu. & Sat. 19:00-20:10 on Tue. Closed on Wed., Fri., Sun. and national holidays.

Registration fee: ¥5,000

Monthly tuition: ¥8,000

Yearly tuition: ¥4,500

Please contact to [info@takedaryu.jp](mailto:info@takedaryu.jp) or (Tel.) 03-3468-3944 by one day prior to your visit.

#### Nippon Budokan Budo Gakuen (日本武道館武道学園)\*

2-3, Kitanomaru-koen, Chiyoda-ku, Tokyo. Tel(03)3216-5143

Near Subway Kudanshita Station.

School term: One year (April-March following year).

Hours: 18:30-20:00 on Thu.

Registration fee: ¥3,150

Yearly tuition: ¥47,775 (including insurance).

Locker rent: ¥3,150

## JUDO

Judo is a unique art of self-defense developed in Japan from the art of grappling with one's enemy and defeating him on the battlefield. The fundamental Judo technique is to utilize the strength of the opponent to one's own advantage.

Beginners first learn falling methods and then throws, strangles and hold-downs. Practice is done in white, plain Judogi, consisting of trousers, jacket and belt or Obi.

Dr. Jigoro Kano (1860–1938) organized modern Judo by modifying and coordinating the two schools of Jujutsu, a major mar-

tial art in the Edo Period (1603–1867). He also devised a scientific training system based on modern athletic principles.

The Kodokan in Tokyo is the headquarters of Judo in Japan. Offices in prefectures, city wards, suburban cities, towns, etc., hold classes from time to time.

All Judo activities in Japan are controlled by the All-Japan Judo Federation, including members from schools, business firms, police, Self-Defense Forces, public and private Dojo (drill halls).

### <Information>

#### All-Japan Judo Federation (全日本柔道連盟)

c/o Kodokan, 1-16-30, Kasuga, Bunkyo-ku, Tokyo.  
Tel.(03)3818-4199  
Near Subway Kasuga or Korakuen Station.

### <Dojo>

#### Kodokan (講道館)\*

1-16-30, Kasuga, Bunkyo-ku, Tokyo. Tel.(03)3818-4172  
Near Subway Kasuga or Korakuen Station.  
Hours: Regular class 16:00–20:00 (Sat. 16:00–19:30),  
Women's class: 17:30–19:30. Closed Sun. and national holidays.  
Registration fee: ¥8,500  
Monthly tuition: ¥5,000  
Kodokan Judo Hall has a museum which opens to visitors. free of charge, during practice hours.  
Admission: free.  
Open: 10:00–12:00, 13:00–17:00 (Mon.–Fri.)

#### Kodokan Hostel (Accommodation):

Location: 3rd floor of the Kodokan Building.  
Charge: ¥3,500 – ¥9,000 per person, per night.  
¥1,800 for a common room (capacity: 20 persons) per person, per night.

For lodging information and reservation, please contact International Department:

Tel. (03)3818-4172, Fax. (03)3814-2918,  
E-mail intl@kokugikan.org  
URL: www.kokugikan.org/index.html

#### Nippon Budokan Budo Gakuen (日本武道館武道学園)\*

2-3, Kitanomaru-koen, Chiyoda-ku, Tokyo. Tel.(03)3216-5143  
Near Subway Kudanshita Station.  
School term: One year (April–March following year).  
Hours: 18:30–19:30, Mon., Wed. and Fri.  
Registration fee: ¥3,150  
Yearly tuition: ¥47,775 (including insurance).  
Locker rent: ¥3,150

## KARATE

Karate-do (or simply Karate) is essentially an art of self-defense, but it is also far more than just a physical sport. It is a marvelous synthesis of physical, mental and spiritual disciplines.

Karate learner employs techniques of hitting, jabbing and kicking. Karate rules out the use of a weapon. Training includes the fundamentals, Kata (form), basic Kumite (sparring) and free Kumite.

Karate developed over a long period in ancient China. Later, it

was introduced to Okinawa, gradually becoming a unique art of combat. Since 1922 when it was introduced from that island to Japan, it has made remarkable progress, going through many scientific modifications. There are many Karate styles and in most countries the sport is rather fragmented.

In Japan today, lessons are offered by city wards, suburban cities, towns, prefectures, etc., as well as at the Dojo of the various Karate schools and within the school system itself.

### <Information>

#### Japan Karatedo Federation (全日本空手道連盟)

6F. Nippon Zaidan No.2 Bldg., 1-11-2, Toranomon, Minato-ku, Tokyo. Tel.(03)3503-6637  
Near Subway Toranomon Station.  
URL: www.karatedo.co.jp/jkf/jkf-eng/e\_index.htm

### <Dojo>

#### Nippon Budokan Budo Gakuen (日本武道館武道学園)\*

2-3, Kitanomaru-koen, Chiyoda-ku, Tokyo. Tel.(03)3216-5143  
Near Subway Kudanshita Station.  
School term: One year (April–March following year).  
Hours: 18:30–20:00 on Thu., 18:00–19:30 on Sat.  
Registration fee: ¥3,150  
Yearly tuition: ¥47,775 (including insurance).  
Locker rent: ¥3,150

**Shotokan Karatedo International Federation** (国際松濤館  
空手道連盟本部道場)\*

2-1-20, Minami Kugahara, Ota-ku Tokyo. Tel.(03)3754-5481  
Near Kugahara Station on Tokyu Line.  
Hours: 6:00–8:00, 10:00–12:00, 19:00–21:00 Mon.,  
19:00–21:00, Tue., 19:00–20:30 Wed., 10:30–12:00,  
19:00–20:30 Fri., 6:30–8:00, 14:00–15:30 Sat.  
Registration fee: ¥10,000  
Annual fee: ¥3,000  
Insurance: ¥3,000 per yaer  
Monthly tuition: ¥8,000

**[Goju-ryu]****Karate-do Gojukan** (空手道剛柔館)\*

1-16-23, Zempukuji, Suginami-ku, Tokyo. Tel.(03)3395-2311  
Near JR Nishi-Ogikubo Station.  
Hours: 19:45–21:30 on Mon., Wed., Fri. 19:00–21:00 Sat.  
Registration fee: ¥10,500  
Monthly tuition: ¥7,350 (for once a week); ¥9,450 (for twice  
and more a week).

**[Kyokushin-ryu]****Kyokushin-kai Hombu Dojo** (極真会本部道場)

Kyokushin Kaikan, 2-38-1, Nishi-Ikebukuro, Toshima-ku,  
Tokyo. Tel.(03)5992-9200  
5-min. walk from JR or Subway Ikebukuro Station.  
Hours: 10:00–11:30 Mon.-Fri. & Sun., 16:00–17:30 Mon.–Sat.  
19:00–20:30 Mon. Tue., Thu. & Sat..  
Registration fee: ¥15,750  
Annual fee: ¥10,500  
Monthly tuition: ¥10,500  
Uniform: ¥11,550  
Protector: ¥2,100

**KENDO**

Kendo (literally the Way of the Sword) or Japanese fencing is an ancient martial art still practiced widely throughout the nation. It is practiced with the long Japanese sword, Katana, and with its bamboo counterpart, Shinai.

Historically, this form of defense was refined during the Muromachi Period (1392–1573), but not until the Edo Period did the now common protective clothing and bamboo stave appear allowing for safe competition and demonstration. In 1952, the original type of Kendo was reborn as a sport, having renounced its martial character.

A Kendo match is engaged in by two opponents wearing a protective mask, a breastplate and gloves and both people wielding a bamboo sword. The match is won by effectively hitting the three parts of the body and jabbing the throat.

Classes in Kendo are offered in city wards, suburban cities, towns and prefectures. One begins by learning the forms, striking at the air in various ways with a bamboo sword. In December, each year, the All-Japan Championships are held in Tokyo under the auspices of the All-Japan Kendo Federation, which was formed in 1952.

**<Information>****All-Japan Kendo Federation** (全日本剣道連盟)

c/o Nippon Budokan, 2-3, Kitanomaru-koen, Chiyoda-ku,  
Tokyo. Tel.(03)3211-5804  
Near Subway Kudanshita Station.  
URL: [www.kendo-fik.org/english-page/english-top-page.html](http://www.kendo-fik.org/english-page/english-top-page.html)

**All Nippon Kendo Dojo Federation** (全日本剣道道場連盟)

1-2-8, Omorihoncho, Ota-ku, Tokyo  
Tel.(03)5493-7080  
3-min. walk from Omorikaigan Station on Keihin Kyuko line.

**<Dojo>****Nippon Budokan Budo Gakuen** (日本武道館武道学園)\*

2-3, Kitanomaru-koen, Chiyoda-ku, Tokyo. Tel.(03)3216-5143  
Near Subway Kudanshita Station.  
School Term: 1 year (April–March following year)  
Registration fee: ¥3,150  
Yearly tuition: ¥51,450 (including insurance).  
Locker rent: ¥3,150  
Hours: 18:30–20:00 on Mon. & Wed. 19:00–20:00 on Fri.

**Kyumeikan Dojo** (久明館道場)\*

2-1-7, Akatsuka-Shinmachi, Itabashi-ku, Tokyo.  
Tel.(03)3930-4636  
Near Akatsuka Station on Subway Yurakucho Line, or  
Shimoakatsuka Station on Tobu Tojo Line.  
Registration fee: ¥10,000  
Monthly tuition: ¥5,000  
Uniform, Shinai: ¥20,000–¥40,000  
Hours: 19:00–21:00(Mon., Wed. & Fri.) 10:30–12:00(Sat. &  
Sun.)  
Iaido (the art of quick drawing, wielding and shielding of a real  
sword) lesson is also available.

## KYUDO

Kyudo (literally the Way of Archery) is one of the oldest traditional martial arts and the most closely associated with Zen. It is a noble and refined martial art and is considered also as a graceful exercise.

Kyudo practices and contests still have a wide following throughout Japan. It is pursued by almost as many female students as males. Virtually most high schools and universities in the country has kyudo clubs. Schools and exercise halls are often closely linked with shrines and temples as well, and Kyudo has come to figure significantly in the religious life of the Japanese.

The Japanese bow (Kyu or Yumi) measures 2.25 meters from tip to tip. It is made with strips of bamboo and mulberry wood, and lacquered. Practice is done in the Hakama, or split skirt. In practice, every movement is rigidly prescribed, with no room for random action from the time one takes his place before the target until he leaves. Ogasawara and Heki are two of the most

famous Kyudo schools originating around 1380.

Yabusame or archery on horseback was performed as a ceremony by courtiers or Imperial guards in around the 7th century. In the turbulent Kamakura days of the early 12th century, it was promoted by the then shogunate government to develop martial spirit among the warriors.

Yabusame today is a Shinto rite for ensuring peace and good harvests and dispelling evil spirits. It is staged by horsemen dressed in colorful traditional costumes who gallop down a narrow, 250-meter course, shooting at three small wooden targets set up at 80-meter intervals.

Yabusame is still an annual event at several shrines, but the best known of these is held at the Tsurugaoka Hachimangu Shrine in Kamakura on the 3rd Sun. of April and September 16, and at Shimogamo Shrine (Tel.075-781-0010) in Kyoto on May 3rd.

### <Information>

#### All Nippon Kyudo Federation (全日本弓道連盟)

Kishi Memorial Hall, 1-1-1, Jinnan, Shibuya-ku, Tokyo.  
Tel.(03)3481-2387

5-min. walk from JR or Subway Harajuku Station.

### <Ranges in Tokyo>

#### Shinjuku-ku Taiikukan, Cosmic Sports Center (新宿区体育館コスミックスポーツセンター)

3-1-2, Okubo, Shinjuku-ku, Tokyo. Tel.(03)3232-7701

20-min. walk from JR or Subway Takadanobaba Station.

Hours: 9:00-22:00

Fee: ¥8,400-¥10,500 for 3 hours

Some ranges are open to experienced people.

Please check information before your visit.

#### Minato-ku Sports Center (港区スポーツセンター)

3-1-19, Shibaura, Minato-ku, Tokyo. Tel.(03)3452-4151

3-min. walk from JR Tamachi Station.

Hours: 13:00-17:30 on Tue. & Thu.

Fee: ¥700

Some ranges are open to experienced people.

Please check information before your visit.

#### Chiyoda Sogo Taiikukan (千代田区総合体育館)

2-1-8, Uchi-Kanda, Chiyoda-ku, Tokyo. Tel.(03)3256-8444

5-min. walk from JR or Subway Kanda Station, west exit.

Hours: 18:00-21:00 on Thu. 13:00-17:00 & 18:00-21:00 on 1st, 4th Sat. 9:00-12:00, 13:00-17:00 on 4th Sun.

Fee: ¥350

#### Chuo-ku Sogo Sports Center (中央区総合スポーツセンター)

2-59-1, Nihombashi-Hamacho, Chuo-ku, Tokyo. Tel.(03)3666-1501

3-min. walk from Hamacho Station on Subway Toei Shinjuku Line.

Fee: ¥300

Some ranges are open to experienced people.

Please check information before your visit.

#### Meiji Shrine Budojo Seishikan second Kudojo (明治神宮武道場至誠館第二弓道場)

1-1, Kamizono-cho, Yoyogi, Shibuya-ku, Tokyo. Tel. (03)5302-5865

20-min. walk from JR or Subway Yoyogi Station or 10-min. walk from Sangubashi Station on Odakyu line.

Hours: 9:00-12:30, 13:00-16:30

Fee: ¥400/hour

Please make a reservation by 12:00, one day prior to the date of use.

## SUMO

Sumo is “wrestling” fought by professionals in traditional Japanese style. It is a man-to-man bout performed on a hard-packed clay circle, 4.5 meters in diameter, by top-knotted giants who are bare-handed and wear only a loincloth.

The history of Sumo goes back to ancient times in Japan. The legend goes that this form of athletic competition was an event used to tell whether crops would be good or not through the seeking of the divine intention of the gods. This is why it is held under a hanging roof which resembles that of a Shinto shrine and salt is sprinkled to purify the sanddirt ring as a precontest ritual.

The issue of a bout is decided when any part of a wrestler's body, except the bottoms of the feet, touches the ground, or

when he steps or is pushed out of the ring. There are some 70 different tricks to be used at their disposal. The Gyoji or referee, wearing the headgear worn by nobles and a colorful robe, stands in the background with a sort of fan symbolizing his authority.

Professional Sumo players are all “giants,” usually weighing from 90 to 160 kg. They are divided into six divisions. The top-ranked wrestler is called Yokozuna or grand champion. The win-loss records achieved by the wrestlers in the six annual tournaments are used as criterion for their promotion and demotion, except for Yokozuna. The wrestlers live and train in dormitory-gymnasiums, each run by a former high-ranking wrestler. Apprentice wrestlers enter a stable as young as 15.

### Nihon Sumo Kyokai (日本相撲協会)

c/o Kokugikan Sumo Hall, 1-3-28, Yokoami, Sumida-ku, Tokyo. Tel.(03)3623-5111

Near JR Ryogoku Station.

Hours: 9:30–17:00 on Mon. through Fri. Closed on Sat., Sun. & national holidays.

URL: [www.sumo.or.jp/eng/index.html](http://www.sumo.or.jp/eng/index.html)

### Japan Amateur Sumo Federation (日本相撲連盟)

1-15-20, Hyakunin-cho, Shinjuku-ku, Tokyo. Tel.(03)3368-2211

### Sumo Museum (相撲博物館)

1-3-28, Yokoami, Sumida-ku, Tokyo. (in the Kokugikan Sumo Hall) Tel.(03)3622-0366

Near JR Ryogoku Station.

Hours: 10:00–16:30; Closed on Sat., Sun., national holidays and during the tournaments in Tokyo.

Admission: Free

### Sumo Tournaments:

Six tournaments annually, each lasting for 15 days, are held in January, May and September in Tokyo, in March in Osaka, in July in Nagoya, and in November in Fukuoka. During the tournament, matches are televised daily from 16:00 to 18:00. Matches by junior wrestlers begin at about 10:00; matches by senior wrestlers at 15:00 on the first and the last days, and at 15:30 on the other days.

### Annual schedule, place & access

#### Tokyo

January (1st or 2nd Sun.– 3rd or 4th Sun.)

May (same as above)

September (2nd Sun.– 4th Sun.)

#### Kokugikan Sumo Hall

1-3-28, Yokoami, Sumida-ku, Tokyo. Tel. (03)3623-5111

Near JR Ryogoku Station.

#### Osaka

March (2nd Sun.– 4th Sun.)

**Osaka Furitsu Taiikukaikan** (Osaka Prefectural Gymnasium)

3-4-36 Namba Naka, Naniwa-ku, Osaka. Tel. (06)6631-0121

Near Subway Namba Station.

### Nagoya

July (2nd Sun.– 4th Sun.)

**Aichi Ken Taiikukan** (Aichi Prefectural Gymnasium)

1-1, Ninomaru, Naka-ku, Nagoya. Tel. (052)971-2516

5-min. walk from Shiyakushomae Station on Subway Meijo Line.

### Fukuoka

November (2nd Sun.– 4th Sun.)

**Fukuoka Kokusai Center Sogo Hall**

2-2, Chikuko-Honmachi, Hakata-ku, Fukuoka.

Tel. (092)272-1111

20 min. by taxi from Fukuoka Airport.

### Admission (for Tokyo):

		*Masu Seat
A Seat	¥8,200	A ¥45,200 (for 4 people)
B Seat	¥4,900	B ¥41,200 (for 4 people)
C Seat	¥3,600	C ¥36,800 (for 4 people)
Unreserved Seat	¥2,100	

\*Masu Seat: A special seat where several persons can sit and watch sumo tournaments. It is the best seat for sumo wrestling viewers.

The Tokyo Tournaments Tickets are sold at the office of the Nihon Sumo Kyokai at Kokugikan Hall in Ryogoku as well as at “Ticket PIA” in downtown Tokyo.

Nihon Sumo kyokai Ticket office: (03)3622-1100

Ticket PIA: (03)5237-9310

### Ticket Pishops Tokyo

**Shinjuku:** In Isetan Dept. Kaikan

Tel. (03)3352-1111

Open: 10:00-20:00. Closed irregularly.

In front of Keio Dept. Store

Tel. (03)3343-1801

Open: 10:00-19:30.

**Ikebukuro:** In Tobu Dept. Store

Tel. (03)3981-2211

Open: 10:00-20:00. Closed irregularly.

**Watching Sumo Tour:**

- Sunrise Sumo Tour  
Operated by JTB Global Marketing & Travel during the tournaments in Tokyo.  
Reservations are necessary.  
Tel. (03)5796-5454  
URL: [www.jtbgmt.com/sunrisetour](http://www.jtbgmt.com/sunrisetour)  
¥9,800
- HatoBus Sumo Tour  
Operated by Hato Bus during the tournaments in Tokyo.  
Reservations are necessary.  
Tel. (03)3435-6081 (9:00–19:00).  
¥9,800  
Tour Operated in Jan., May & Sep. (13:40–18:00).

**Welcome Inn Reservation Center (WIRC)** is

here to help you book economical accommodations at participating inns throughout the country. Our participating establishments, called "Welcome Inns", comprise a range of accommodations from hotels, business hotels, Ryokan, minshuku, pensions and Shukubo (temple lodgings) to youth hostels. Most of them have guest rooms at rates which do not exceed ¥8,000 yen per night (excluding tax and service charges) for a single room.

**Reservation over the Internet**

Visit our website at <http://www.itcj.jp> and apply through our system.

Application deadline – generally 5 days ahead of your check-in date

**Reservation at booking counters in Japan**

To take advantage of our service, you must appear in person at any of the Welcome Inn reservation counters located at the Tourist Information Centers (at Narita International Airport and Kansai International Airport) and Kyoto Tourist Information (on the 9th Fl. of JR Kyoto Sta. Bldg.).

**Welcome Inn Reservation Center**

c/o International Tourism Center of Japan

Kinseisha-Kanda Bldg. 3F, 3-15 Kanda-Nishikicho, Chiyoda-ku, Tokyo 101-0054

Tel:03-3233-3303 Fax:03-3233-3305

**JNTO Website**

JNTO Website can be a great help for getting detailed information for your travel to Japan. It provides a wide range of travel information in English and other 5 languages (Français · Deutsch · 中文简体字 · 中文繁體字 · 한국어) via the internet on transportation, accommodations, shopping and events. Information is updated frequently to enable you to access the latest information anytime.

URL: <http://www.jnto.go.jp>

All information, including transportation schedules, fares, prices and accommodation charges, which is contained in this leaflet is based on data as of January 2007 and is subject to change without notice. While every effort is made to ensure the accuracy of all information, regrettably errors do occasionally occur. Therefore, you should check with organizations concerned for updated and accurate information on your chosen destination. JNTO shall not be liable for any loss or damage of whatever nature that may arise as a result, directly or indirectly, from the use of any of the information or material contained in this leaflet.