

PG-088

# TRADITIONAL SPORTS


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## 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 (1883–1970), 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

17–18, Wakamatsucho, Shinjuku-ku, Tokyo  
 Tel.(03)3203-9236  
 About 10 min. by bus from Shinjuku Station, west exit.

### <Dojo>

#### Aikikai Hombu Dojo\*

17-18, Wakamatsucho, Shinjuku-ku, Tokyo. Tel.(03)3203-9236  
 About 10 min. by bus from Shinjuku Station, west exit.  
 Hours: 7:00-8:00 Mon. through Sat., 17:30–18:30, 19:00–20:00, Mon., Wed. and Fri., 9:30–10:30 Sun. (Only for beginners),  
 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.  
 Registration fee: ¥6,000  
 Monthly tuition: ¥10,000

#### Tenshin Dojo\*

1-10-8, Juso Higashi, Yodogawa-ku, Osaka. Tel.(06)604-8710  
 5-min. walk from Juso Station.  
 Registration fee: ¥7,000  
 Monthly tuition: ¥8,000 (3 days a week),  
 ¥10,000 (at anytime & unlimited hours)  
 Hours: 18:00–19:00, 19:15–20:30 Mon., Wed. and Fri.,  
 15:00–16:30 Sat., 10:00–11:30 Sun.

#### Sobukan Hombu Dojo\*

1-36-2, Uehara, Shibuya-ku, Tokyo. Tel.(03)3468-3944  
 Near Yoyogi-Uehara Station on the Odakyu Line.  
 Hours: 18:30–19:50, 20:00–21:20, Mon. and Fri.; 10:40–12:00, 13:40–15:00, 18:30–19:50, 20:00–21:20, Tue. and Thu.;  
 17:30–18:50, 19:00–20:20, Sat.; Closed on Wed. and Sun.  
 Registration fee: ¥5,000  
 Monthly tuition: ¥8,500– (3 days a week).

#### Ki-no-Kenkyukai Headquarters\*

Ushigome Heim No. 1409, 2-30, Haramachi, Shinjuku-ku, Tokyo. Tel.(03)3353-3461  
 About 15 min. by bus from Shinjuku Station, west exit.  
 Registration fee: ¥8,500  
 Annual fees: ¥5,500  
 Monthly tuition: ¥8,800–¥21,000  
 Hours: 6:45–8:15, 19:00–21:00, Tue., Thu. and Sat.

## 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, struggles 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

martial 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

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

### <Dojo>

#### Kodokan\*

1-16-30, Kasuga, Bunkyo-ku, Tokyo. Tel.(03)3818-4172  
Near Kasuga or Korakuen Subway Station.  
Hours: 17:30–19:30, Mon. through Sat., Closed Sun. and national holidays.  
Registration fee: ¥6,000  
Monthly tuition: ¥5,000

Kodokan Judo Hall has a spectators' gallery which is open to visitors, free of charge, during practice hours.

Kodokan Hostel (Accommodation):

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

Conditions for staying at the Kodokan Hostel:

1. The students are guaranteed by an approved Japanese sponsor in Japan from his conducts and payments during the stay.
2. They are recommended (or introduced) by an authorized Judo body or Judo Federation they belong to and have to practice at Kodokan.

#### Nippon Budokan Budo Gakuen\*

2-3, Kitanomaru-koen, Chiyoda-ku, Tokyo. Tel.(03)3216-5143  
Near Kudanshita Subway Station.  
School term: One year (April–March next year).  
Hours: 18:30–19:30, Mon., Wed. and Fri.  
Registration fee: ¥3,090  
Yearly tuition: ¥33,990–¥46,865 (including insurance).  
Locker rent: ¥3,090  
\*Japanese guarantor is required.

## 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

6th fl. of the No.2 Nippon Zaidan Bldg., 1-11-2, Toranomon, Minato-ku, Tokyo. Tel.(03)3503-6640  
Near Toranomon Subway Station.

Headquarters and Dojo (training schools):

[Shotokan-ryu]

#### Japan Karate Association/International Headquarters JKA

4th fl. of the Sanshin Bldg. 29-33, Sakuragaoka-cho, Shibuya-ku, Tokyo. Tel.(03)5459-6226  
English is not spoken.  
10-min. walk from Shibuya Sta.  
Azabu-Dojo  
Hours: Mon. & Wed. 18:15–19:15, 19:15–20:30, Tue. & Thu. 19:30–21:00., Fri. 18:15–19:15. Closed on Sat. & Sun. and national holidays  
Registration fee: ¥5,000 (for a year)  
Initiation fee: ¥20,000  
Monthly tuition: ¥10,000

**Shotokan Karate International\***

2-1-20, Kugahara, Ota-ku Tokyo. Tel.(03)3754-5481  
Near Kugahara Station.  
Hours: 6:30–8:00 on Mon. & Sat.  
Registration fee: ¥20,000  
Monthly tuition: ¥8,000~  
Annual fees: ¥3,000

[Goju-ryu]

**Karate-do Gojukan\***

1-16-23, Zempukuji, Suginami-ku, Tokyo. Tel.(03)3395-2311  
Near Nishi-Ogikubo Station.  
Hours: 19:30–21:30 on Mon., Wed. and Fri. Sat.  
Registration fee: ¥15,000  
Monthly tuition: ¥7,000 (for once a week);  
¥9,000 (for twice and over a week).

**Goju-ryu Yoyogi Ryushinkan\***

4-30-3, Sendagaya, Shibuya-ku, Tokyo. Tel.(03)3404-1560  
Near Yoyogi Station.  
Hours: 13:00–15:00, 19:00–21:00 on Mon., Wed., and Fri.  
Registration fee: ¥15,000  
Monthly tuition: ¥9,000  
[Kyokushin-ryu]

**Kyokushin-kai Hombu Dojo**

Kyokushin Kaikan, 2-38-1, Nishi-Ikebukuro, Toshima-ku, Tokyo. Tel.(03)5992-9200  
8-min. walk from Ikebukuro Sta.  
Hours: 10:00–11:30, 16:00–17:30, 19:00–20:30. every day  
Ladies' class: 19:00–20:30 on Wed. and Fri., 13:00–14:30 on Sun. (miscellaneous expenses: ¥16,625).  
Registration fee: ¥15,750  
Monthly tuition: ¥10,500

**International Karate League**

c/o Kyokushin-kaikan Hombu Dojo, 2-38-1, Nishi-Ikebukuro, Toshima-ku, Tokyo. Tel.(03)5992-9200  
8-min. walk from Ikebukuro Sta.

## 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**

c/o Nippon Budokan, 2-3, Kitanomaru-koen, Chiyoda-ku, Tokyo. Tel.(03)3211-5804/5  
Near Kudanshita Subway Station.

Locker rent: ¥3,090

Hours: 18:30–20:00 on Mon. Wed. and Fri. Closed on Sun. and national holidays.

\*Japanese guarantor is required.

**<Dojo>****Nippon Budokan Budo Gakuen**

2-3, Kitanomaru-koen, Chiyoda-ku, Tokyo.  
Tel.(03)3216-5143  
Near Kudanshita Subway Station.  
School Term: 1 year (April–March next year)  
Registration fee: ¥3,090  
Yearly tuition: ¥50,470 (including insurance).

**Kyumeikan Dojo**

2-1-7, Akatsuka-Shinmachi, Itabashi-ku, Tokyo. Tel.(03)3930-4636  
Near Eidan Akatsuka Subway Station.  
Hours: 16:00–21:00. Closed on Sun.  
Registration fee: ¥10,000  
Monthly tuition: ¥5,000  
\*Iaido and Jodo lessons are also available. (Hours: 19:30–21:00 on Mon. Wed. Fri.)

## 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 every high school and university 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 in Kyoto on May 3rd.

### <Information>

#### All Nippon Kyudo Federation

Kishi Memorial Hall, 4th fl., 1-1-1, Jinnan, Shibuya-ku, Tokyo.  
Tel.(03)3481-2387  
5-min. walk from Harajuku Station.

### <Ranges in Tokyo>

#### Shinjuku-ku Taiikukan, Cosmic Sports Center

3-1-2, Okubo, Shinjuku-ku, Tokyo. Tel.(03)3232-7701  
20-min. walk from Takadanobaba Station.  
Hours: 9:00-12:30, 13:00-16:30, 17:00-21:00 on Tue., Thu., Sat. and Sun. Depend on the monthly schedule, closed on 2nd Mon.  
Fee: ¥300 (each time)

#### Minato-ku Sports Center

3-1-19, Shibaura, Minato-ku, Tokyo. Tel.(03)3452-4151  
3-min. walk from Tamachi Station.  
Hours: 13:00-16:50 on Tue. & Thu. (free of charge)  
\*This lesson is given only to those who work or live in Minato Ward.

There is no lesson but the range is open to anybody:  
Hours: 13:00-15:00 & 15:30-16:50 on Tue. and Thu.  
Fee: ¥300 (for those who work or live in Minato Ward), ¥600 (for others)

The other ward offices give Kyudo lessons from time to time. Contact directly for further information.  
Some of them in Tokyo are:

#### Chiyoda Sogo Taiikukan

2-1-8, Uchi-Kanda, Chiyoda-ku, Tokyo. Tel.(03)3256-8444  
5-min. walk from JR or Subway Kanda Sta.  
The range is open to public:  
Hours: 18:00-21:00 on Thu.  
13:00-15:00 & 18:00-21:00 on 1st, 4th Sat. 9:00-12:00, 13:00-17:00 on 4th Sun.  
Fee: ¥130 (for those who live in Chiyoda Ward), ¥250 (for others).

#### Chuo-ku Sogo Taiikukan

2-59-1, Nihombashi-Hamacho, Chuo-ku, Tokyo.  
Tel.(03)3666-1501  
3-min. walk from Subway Hamacho Sta. on Toei Shinjuku Subway Line  
There is no lesson but the range is open to anybody:  
Hours: 9:00-21:30 on Tue. & Sat., 15:30-21:30 on Wed. & Fri.  
Fee: ¥300 for 4 hrs.

## 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

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. and national holidays.

### Japan Amateur Sumo Federation

c/o 4th fl., Kishi Memorial Hall, 1-1-1, Jinnan, Shibuya-ku, Tokyo. Tel.(03)3481-2377

### Sumo Museum

1-3-28, Yokoami, Sumida-ku, Tokyo. (in the Kokugikan Sumo Hall) Tel.(03)3622-0366  
Near JR Ryogoku Station.  
Hours: 9:30–16:30; Closed on Sat., Sun., national holidays and during the tournaments in Tokyo.  
Adm.: Free  
Materials related to Sumo are displayed.

### 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)631-0120  
Near Namba Subway Station

#### Nagoya

July (1st Sun.–3rd Sun.)  
Aichi Ken Taiikukan (Aichi Prefectural Gymnasium)  
1-1, Ninomaru, Naka-ku, Nagoya. Tel.(052)971-2516  
15 min. by car from Nagoya Station

#### Fukuoka

November (2nd Sun.–4th Sun.)  
Fukuoka Kokusai Center Sogo Hall  
2-2, Chikuko-Honmachi, Hakata-ku, Fukuoka. Tel.(092)272-1111

### Admission (for Tokyo):

A Seat	¥8,200
B Seat	¥6,200
C Seat	¥3,600
Unreserved Seat	¥2,100

Tickets for the Tokyo Tournaments are sold at the office of the Nihon Sumo Kyokai at Kokugikan Hall in Ryogoku as well as at “Play Guides” in downtown Tokyo.

### Books on Sumo:

#### Sumo; Pocket Guide,

¥907 by David Benjamin  
published by Charles E. Tuttle Co., Tokyo. Tel.(03)3291-7071

#### Sumo World (bimonthly)

¥650 for a copy by Andy Adams  
published by Foreign Press Club, Tokyo. Tel.(03)3211-3161

## Watching Sumo Tour:

Operated by Hato Bus during the tournaments in Tokyo.  
Reservations are necessary. Tel.(03)3761-1100  
¥17,000-22,500

## Play Guides in Tokyo

### Ginza:

in Matsuya Dept. Store  
Tel.(03)3567-8888, Closed Depend on the month.

### Shinjuku:

in Isetan Dept. Store  
Tel.(03)3352-1111, Closed on Depend on the month. in Keio  
Dept. Store  
Tel.(03)3343-1801, Open daily except New Year holidays

### Ikebukuro:

in Tobu Dept. Store  
Tel.(03)3981-2211, Closed on Wed.

**W** The **Welcome Inns** comprise a range of accommodations from hotels, business hotels, ryokan, minshuku and pensions to youth hostels. Most of them have guest rooms the charge for which is a modest ¥8,000 or less per night for a single room .

**Reservation for Welcome Inns** is available through International Tourism Center of Japan (ITCJ).

#### Reservation before your departure for Japan

Your reservation request by mail, fax or e-mail is accepted and processed at ITCJ's head office. To make a reservation, simply complete the Reservation Request Form available from your nearest JNTO or ITCJ offices and send it to the head office at least three weeks ahead of your departure from home. Confirmed flight booking is required for application. Especially for your first night in Japan, we accept the reservation request only when you have a firm booking on a flight arriving in Japan by no later than 7:00 p.m.

#### Reservation after your arrival 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 (TICs) operated by JNTO (in Tokyo and Kyoto) or ITCJ (at Narita Airport and Kansai Airport).

### Welcome Inn Reservation Center c/o International Tourism Center of Japan

B1F, Tokyo International Forum, 3-5-1 Marunouchi, Chiyoda-ku, Tokyo 100-0005  
Tel: (03) 3211-4201 Fax: (03) 3211-9009



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