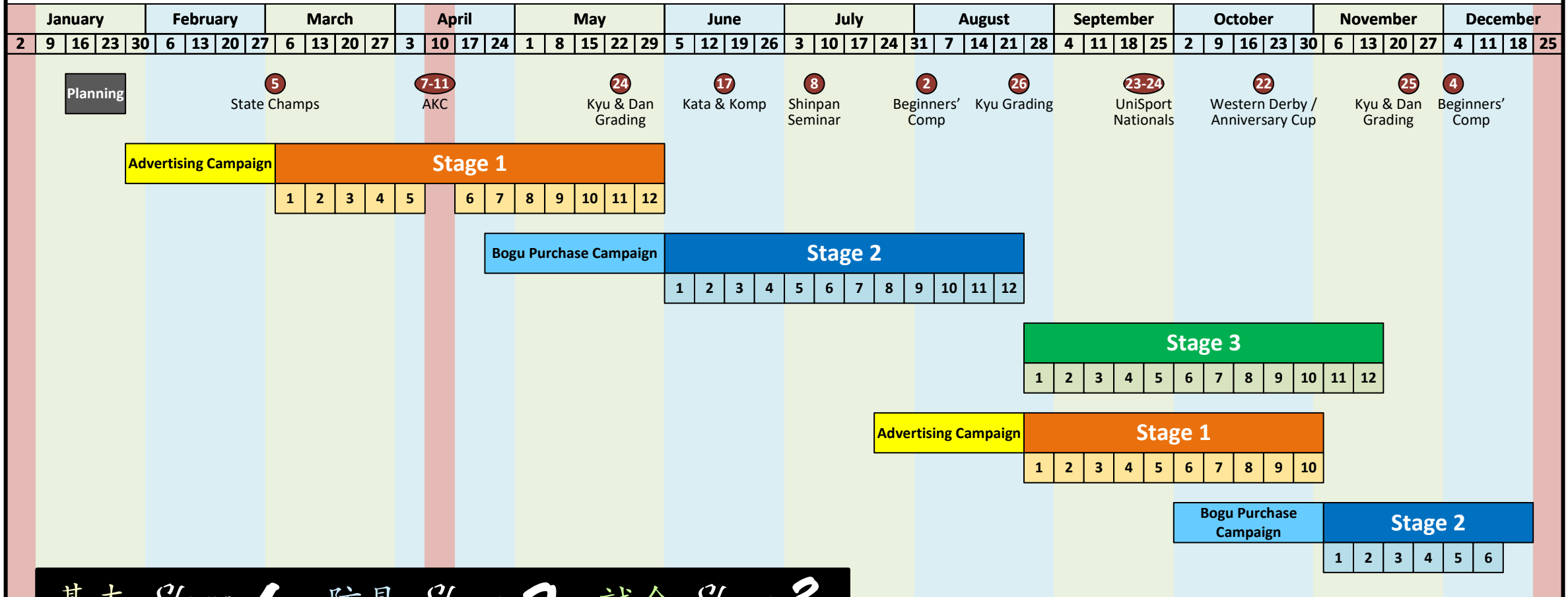


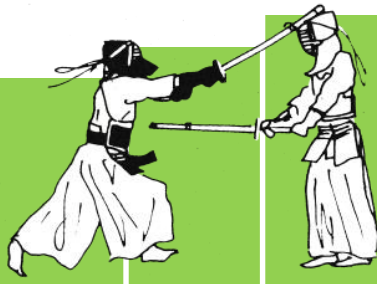


2023 Programme Plan

Murdoch Kendo Club



<h2>基本 Stage 1</h2> <p><i>Introduction to Kendo</i> Basic Techniques</p>  <p>MARCH APRIL MAY</p>			<h2>防具 Stage 2</h2> <p><i>Training in Armour</i> Full Contact Sparring</p>  <p>JUNE JULY AUGUST</p>			<h2>試合 Stage 3</h2> <p><i>Competing & Discipline</i> Developing Yourself</p>  <p>SEPTEMBER OCTOBER NOVEMBER</p>		
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- ### Training Programme Objectives
1. Provide an introduction to basic Kendo principles, conducts, and techniques.
 2. Train Beginners to learn enough Kendo basics to be able to join Senior training.
 3. Develop Seniors' skills for the purpose of competition.
 4. Spread Kendo and general Japanese culture interests within the local community.
 5. Recruit more Kendo players for potential competition purposes.
 6. Work with Murdoch University to collaboratively engage with university students.

June - August 2023 Programme Plan

Murdoch Kendo Club

Mon/Wed PM	Week 1		Week 2		Week 3		Mon/Wed PM	Week 4		Week 5		Week 6		Mon/Wed PM										
	Mon 5 Jun	Wed 7 Jun	Mon 12 Jun	Wed 14 Jun	Mon 12 Jun	Wed 14 Jun		Mon 26 Jun	Wed 28 Jun	Mon 3 Jul	Wed 5 Jul	Mon 10 Jul	Wed 12 Jul											
7:00	5m	Unpack & Prepare	5m	Unpack & Prepare	5m	Unpack & Prepare	7:00	5m	Unpack & Prepare	5m	Unpack & Prepare	5m	Unpack & Prepare	7:00										
	5m	Reiho Refresher	5m	Reiho & Warm Up	5m	Reiho & Warm Up		5m	Reiho & Warm Up	5m	Reiho & Warm Up	5m	Reiho & Warm Up											
7:10	10m	Reiho & Warm Up • hiraki-ashi (B)	5m	Footwork	10m	Dōjō Tour	7:10	10m	Oikomi	30m	Shikake Waza • harai M • harai K • Ōji Waza • M suriage M • K suriage M • M nuki D (B)	10m	Dōjō Tour	7:10										
7:20			5m	BREAK	5m	BREAK	7:20	5m	BREAK			5m	BREAK	5m	BREAK	7:20								
7:30	30m	Bokuto-Waza 1-3 (B)	45m	Basic Strikes • men • kote • kote men • dō • tsuki • tai-atari • kirikaeshi	35m	Basic Strikes • kirikaeshi • men • kote • kote men • dō • tsuki • tsuki men	7:30	35m	Big • kirikaeshi • men • kote • kote men • dō Sashi • tsuki men • men • kote • kote men			30m	Big • kirikaeshi • men • kote • kote men • dō Sashi • tsuki men • men • kote • kote men	35m	Basics • kirikaeshi • big men • men • kote • kote men • dō • men tai-atari hiki men • kakari-geiko	7:30								
7:40																7:40							7:40	
7:50	5m	BREAK															7:50							7:50
8:00	5m	men-tsuke															8:00	5m	BREAK					8:00
8:10	50m	Basic Strikes • men • kote • kote men • dō • tsuki • harai men • harai kote	5m	BREAK			8:10	45m	Advanced • tsuba-zeriai • hiki men • hiki kote • hiki dō • separating • zanshin and chasing	35m	Shikake Waza • harai M • harai K / K M • Ōji Waza • M suriage M • K suriage M • M nuki D	45m	Advanced • debana men • debana kote • kote ni misete men • men ni misete kote • gyaku dō	8:10										
8:20			5m	men-tsuke			8:20													8:20				
8:30			20m	Patterns																	8:30			
8:40			10m	Uchikomi-geiko			8:40							8:40										
8:50	10m	Reiho & Pack Up	9m	Reiho & Pack Up	8m	Reiho & Pack Up	8:50							8:50										
9:00							9:00	7m	Reiho & Pack Up	6m	Reiho & Pack Up	5m	Reiho & Pack Up	9:00										

September - November 2023 Programme Plan


Murdoch Kendo Club

Mon/Wed PM	Week 1		Week 2		Week 3		Mon/Wed PM	Week 4		Week 5		Week 6		Mon/Wed PM	
	Mon 28 Aug	Wed 30 Aug	Mon 4 Sep	Wed 6 Sep	Mon 11 Sep	Wed 13 Sep		Mon 18 Sep	Wed 20 Sep	Mon 25 Sep	Wed 27 Sep	Mon 2 Oct	Wed 4 Oct		
7:00	5m	Unpack & Prepare	5m	Unpack & Prepare	5m	Unpack & Prepare	7:00	5m	Unpack & Prepare	5m	Unpack & Prepare	5m	Unpack & Prepare	7:00	
•	5m	Reiho & Warm Up	5m	Reiho & Warm Up	5m	Reiho & Warm Up	•	5m	Reiho & Warm Up	5m	Reiho & Warm Up	5m	Reiho & Warm Up	•	
7:10	35m	Comp Warm-Up • kirikaeshi • b. men, s. men • kote, kote men • dō, gyaku dō • hiki set • shikake waza • ōji waza • jigeiko	15m	Comp Warm-Up	15m	Comp Warm-Up	7:10	10m	Dōjō Tour	5m	Footwork	45m	Kata 1, 2, 4 Ⓑ	7:10	
•			25m	Ippon-geiko (Mawari)	30m	Sanbon-geiko (Mawari)	•	15m		Comp Warm-Up	7:20				
7:20			•				•	15m	Comp Warm-Up	7:20					
7:30			•	•	25m	Ippon-geiko (Mawari)	30m	Sanbon-geiko (Mawari)	7:30	•	15m			• morote tsuki • katate tsuki	7:30
7:40	•	•	5m	BREAK	5m	BREAK	7:40	•	30m	Waza • harai men • osae men • M suriage M • K nuki M • men kaeshi dō	7:40				
7:50	•	•	5m	BREAK	5m	BREAK	7:50	•	10m		• holding centre	7:50			
8:00	•	Waza • osae men • katsugi men • advanced kuzushi for hiki-waza • men kaeshi dō	5m	BREAK	5m	BREAK	8:00	•	5m	BREAK	5m	BREAK	8:00		
8:10	•		40m	5m	Shinpan Commands	5m	BREAK	•	5m	BREAK	20m	Jigeiko (Mawari)	15m	Comp Warm-Up	8:10
8:20	•		55m					Shiai Practice (Group with Seniors)	55m	Shiai Practice	•		20m	Waza • maki-age / maki-otoshi • gyaku dō	8:20
8:30	•		25m	Jigeiko (Mawari)	35m	King of the Hill Ippon	40m				Jigeiko (Free)	8:30			
8:40	•	25m	Jigeiko (Mawari)	35m	King of the Hill Ippon		40m	Jigeiko (Free)	8:40						
8:50	•	—	Last round	—	Last round	—	Last round	—	Last round	—	Last round	—	Last round	8:50	
9:00	5m	Reiho & Pack Up	5m	Reiho & Pack Up	5m	Reiho & Pack Up	9:00	5m	Reiho & Pack Up	5m	Reiho & Pack Up	5m	Reiho & Pack Up	9:00	

UniSport Nationals

September - November 2023 Programme Plan

Murdoch Kendo Club

Mon/Wed PM	Week 7		Week 8		Week 9		Mon/Wed PM	Week 10		Week 11		Week 12		Mon/Wed PM	
	Mon 9 Oct	Wed 11 Oct	Mon 16 Oct	Wed 18 Oct	Mon 23 Oct	Wed 25 Oct		Mon 30 Oct	Wed 1 Nov	Mon 6 Nov	Wed 8 Nov	Mon 13 Nov	Wed 15 Nov		
7:00	5m	Unpack & Prepare	5m	Unpack & Prepare	5m	Unpack & Prepare	7:00	5m	Unpack & Prepare	5m	Unpack & Prepare	5m	Unpack & Prepare	7:00	
	5m	Reiho & Warm Up	5m	Reiho & Warm Up	5m	Reiho & Warm Up		5m	Reiho & Warm Up	5m	Reiho & Warm Up	5m	Reiho & Warm Up		
7:10	15m	Comp Warm-Up	15m	Comp Warm-Up	20m	Jodan Practice <ul style="list-style-type: none"> • left foot • katate men • katate kote • katate kote men 	7:10	45m	Kata 5, 3, 6 	10m	Nitō Demonstration	15m	Comp Warm-Up	7:10	
7:20	20m	Waza <ul style="list-style-type: none"> • harai men • M ni misete K • K ni misete M 	20m	Waza <ul style="list-style-type: none"> • close range dō • men nuki dō • men kaeshi dō 			7:20			7:20	7:20	7:20	7:20	7:20	7:20
7:30	5m	BREAK	5m	BREAK	45m	Jodan Basics <ul style="list-style-type: none"> • katate men • katate kote • morote men • morote kote Against Jodan <ul style="list-style-type: none"> • hidari kote • migi kote • nuki men 	7:30	5m	BREAK	55m	Nitō Basics <ul style="list-style-type: none"> • harai men • harai kote • dō • hiki men • hiki kote • hiki dō • sei nitō 	35m	Waza <ul style="list-style-type: none"> • osae men • katsugi men • gyaku dō 	7:30	
7:40	10m	Dantai Procedure	5m	Dantai Procedure			7:40							7:40	7:40
7:50	5m	BREAK	5m	BREAK	55m	Dantai Practice	7:50	15m	Comp Warm-Up	5m	BREAK	15m	Patterns	7:50	
8:00	5m	BREAK	5m	BREAK			8:00							8:00	8:00
8:10	5m	BREAK	5m	BREAK	35m	Jigeiko (Free)	8:10	40m	Jigeiko (Free)	35m	Jigeiko (Free)	35m	Jigeiko (Free)	8:10	
8:20	55m	Dantai Practice	60m	Dantai Practice			8:20							8:20	8:20
8:30	5m	Reiho & Pack Up	5m	Reiho & Pack Up	5m	Reiho & Pack Up	8:30	5m	Reiho & Pack Up	5m	Reiho & Pack Up	5m	Reiho & Pack Up	8:30	
8:40	5m	Reiho & Pack Up	5m	Reiho & Pack Up	5m	Reiho & Pack Up	8:40	5m	Reiho & Pack Up	5m	Reiho & Pack Up	5m	Reiho & Pack Up	8:40	
8:50	5m	Reiho & Pack Up	5m	Reiho & Pack Up	5m	Reiho & Pack Up	8:50	5m	Reiho & Pack Up	5m	Reiho & Pack Up	5m	Reiho & Pack Up	8:50	
9:00	Western Derby				5m	Reiho & Pack Up	9:00	5m	Reiho & Pack Up	5m	Reiho & Pack Up	5m	Reiho & Pack Up	9:00	