

眞劍道

SHINKENDO

Japanese Swordsmanship

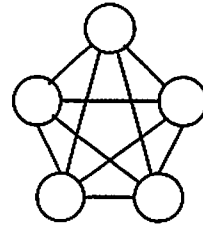
眞劍道

Call: (217) 502-4507 (Sensei Tito Gomez)
(217) 726-0097 (c/o Progressive Kenpo Karate)
E-mail: www.springfieldshinkendo@msn.com

INTERNATIONAL SHINKENDO FEDERATION
www.shinkendo.com

Shinkendo swordsmanship emphasizes "Gorin Goho Gogyo" (five aspects of training):

- Suburi (footwork, body movement, sword movement)
- Battoho (combative sword drawing methods)
- Tanrenkata (solo forms)
- Tachiuchi (sparring)
- Tameshigiri (test cutting)



Students typically train using a bokuto/bokken (wooden sword), and later advance to training with an iaito (non-sharpened sword) and finally with a shinken ("live" sword; aka katana).

While Shinkendo requires rigorous physical training, depth of coordination, and intense focus, one of the most important aspects of Shinkendo is the emphasis on spiritual forging, which inspires "Bushi Damashii" (the samurai/ warrior spirit). Proper practice of Shinkendo should provide one with not only a strong body and mind, but also a calm, clear and focused spirit.



Jinsei Shinkendo

