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Welcome

Welcome to the second newsletter of the European Kyudo Federation. I hope you will find this a useful update on the kyudo activities in Europe.

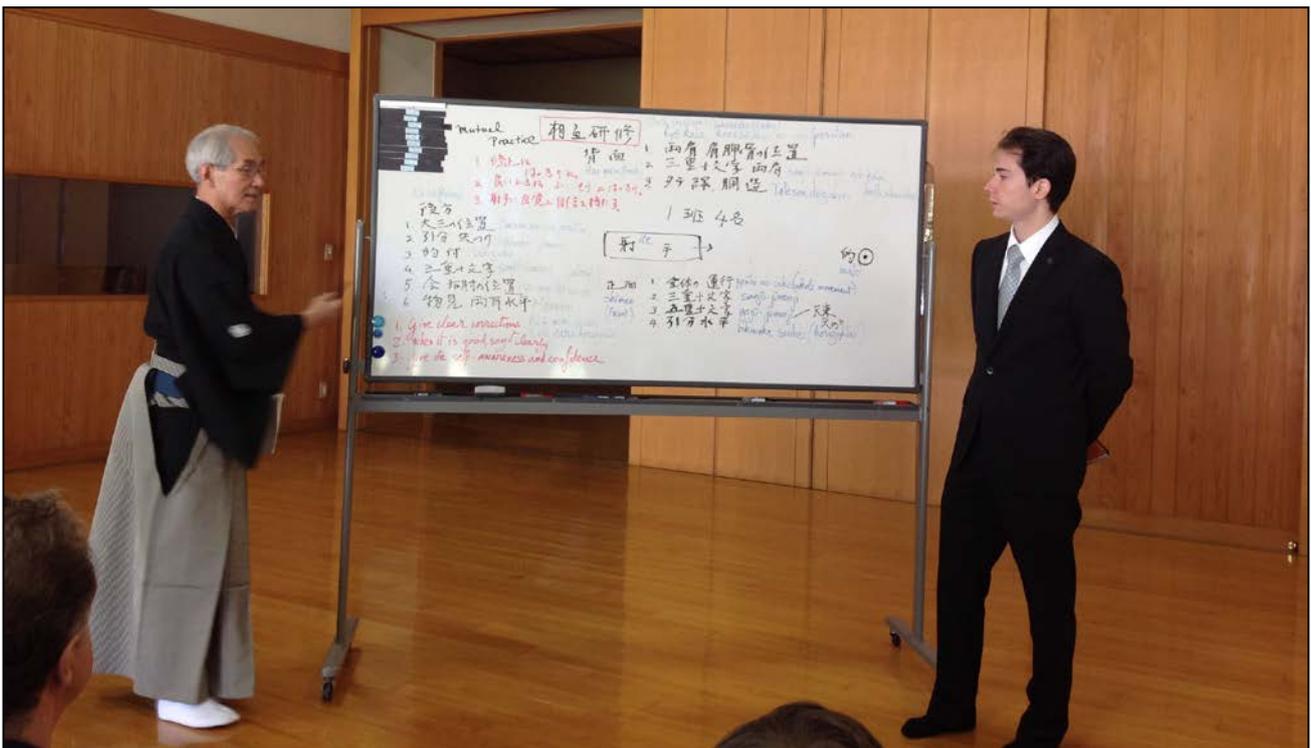
I would like to thank everyone who has supported the project of a newsletter so far, particularly those who have contributed to its publication and have written a report or an article.

In this edition you will find some useful information on the guidelines of a few new taikai rules but also on the development and the up-coming events in Europe. We also added a section introducing new EKF members. In this issue you will learn about Kyudo in Lithuania.

We look forward to this continuing and productive dialogue throughout the project.

Tryggvi Sigurdsson
EKF President

Teachings instructions - more in the article on the IKYF Special Seminar for Foreigners in Tokyo



EKF Taikai 2015: New Rules

The EKF Taikai Rules are based on the ANKF Guidelines. As of April 2014 the ANKF introduced some changes and additions to the existing rules. EKF Vice-President and Taikai coordinator, Feliks F. Hoff, has summarized some of the important changes.

Equipment

Hakama: Andon-bakama are no longer to be worn for taikai. However, they may still be worn for practice sessions.

Keikogi: Only one emblem with a maximum diameter of 10cm is allowed per archer.

Bows and arrows: Any marks drawn on bows or arrows are forbidden. However, a mark at the nocking point on the nakajikake is allowed. Arrows with flight feathers from protected birds are forbidden. The ANKF will send further instructions to the international federations in due course. Flights made of plastic (as used in western archery) are forbidden. Specifications of the flight feathers: Kinteki: Height: at least 5mm. Length: 13-15cm. Enteki: Length: 9-15cm

Hazu: Illuminated nocks are not allowed.

Glove: The yugake must be made of deerskin. The yugake must have a boshi (hard thumb), hikae (joint support) and a tsurumakura (groove for the string).

Picking up the arrows

In order to save time, the following alternative method (kanihou) can be used to pick up the arrows in place of the original method (gensoku).

The tachi performs hirakiashi at shai and lowers the tip of the bows. The four arrows are placed on the floor with the points on shai and at a right angle to the line of shai. The first two arrows are picked up directly by their points and placed on the hip. After the first pair have been shot, the second pair of arrows are picked up in the same manner.

Before the start of the taikai, the Taikai Guidelines will announce whether the original form (gensoku) or the short form (kanihou) will be used.

Sequence and Timing

The overall time allowed for each round has been increased by an additional 30 seconds.

The tachi enters the dojo and waits at honza in kiza. At the command "Hajime" (start) the tachi performs yu, stands up and moves to shai.

3 archers with 4 arrows have 7 mins 30 secs to complete the round of shooting, 30 secs before the time limit (i.e. after 7 mins) the bell rings once. This signal is called "yorei". As soon as they have shot their last arrow, each archer leaves the shajo.

At the end of the time limit (i.e 7 mins 30 secs) the bell rings twice. This final signal is called "honrei". All arrows shot after honrei are not valid.

*Feliks F. Hoff
EKF Vice- President*

Kyogi-Maai

	Omae	Niban	Ochi
Haya	The tachi enters the shajo at the tsurune of th ochi's haya. Maintain a smooth transition between each of shooting.	As omae finishes dozukuri, stand up, proceed and wait in dozukuri. At the sound of omae's tsurune begin uchiokishi and continue to shoot.	At the dozukuri of niban, stand up and proceed and wait in dozukuri. At the sound of niban's tsurune, begin uchiokoshi and continue to shoot.
Otoya	Raise the bow up immediately, make yatsugae, stand up, proceed and wait in dozukuri. At the sound of the tsurune of ochi, begin uchiokoshi and continue shooting.	Raise the bow up, make yutsugae. As omae finishes dozukuri, stand up, proceed and wait in dozukuri. At the sound of the tsurune of omae, begin uchiokishi and continue to shoot.	Raise the bow up, make yutsugae. At the dozukuri of niban, stand up, proceed and wait in dozukuri. At the sound of niban's tsurune, begin uchiokoshi and continue shooting.

In the case of shooting four arrows the tachi simply continues, following the same sequence.

13th EKF Taikai in Moscow

IPO “Kyudo Federation” Russia is proud to have the honour of hosting the 13th European Taikai 2015 in Moscow.

For over 25 years the EKF Taikai has been an example of successful international competitions. Not only it contributes significantly to the development and popularization of kyudo, but it also provides a unique opportunity for kyudojins from all over Europe to exchange their knowledge and experience.

The European Kyudo Championship will take place in Moscow on the 13th and 14th of June 2015. 40 kyudojins including 11 teams from Austria, France, Germany, Hungary, Latvia, Romania, Russia, Switzerland, Sweden and the United Kingdom are expected to participate in it.

The highest level of judging will be ensured by Liam O'Brien Sensei (kyoshi, 7th dan), Feliks F. Hoff Sensei (kyoshi, 6th dan) and Tryggvi Sigurdsson Sensei (kyoshi, 6th dan).

According to the tradition scores from the first day will determine three finalists in team competitions, along with the twenty archers who will continue to compete in the individual championship on the next day.

The Taikai will be held at the International Exhibition Centre “Crocus Expo” – the newest and one of the most convenient Moscow centres for hosting international cultural and sports events. It is located on the bank of the Moskva River, near the metro station Myakinino, about 40 minutes from the city centre and one and a half hours from any airport.



The Centre’s Universal Sports Arena “Aquarium”, with its main floor area of over 1,500 m² and a seating capacity of 1,200 people, is more than any other sports arenas in Moscow suitable for such an important event. The “Aquarium” hotel will also provide a support in obtaining a Russian visa for the convenience of the participants and guests of the Championship.



Volunteers participating in the organization of the championship will complete a special training within a workshop that will be an important part of the preparation for the event.

The website dedicated to the 13th Taikai will be launched in February 2015. It will contain detailed information on obtaining the visa and transporting the equipment, route maps as well as other useful materials.

Although it is only for the third time that the Russian kyudo community will have the pleasure to participate in the Taikai, we will make every effort and to keep up the glorious tradition of the European Kyudo Championship.

We are grateful to the General Assembly of the EKF for their trust, and to all the countries that have accepted our invitation in these times when there’s undoubtedly a special need for mutual cooperation and understanding in international relations.

*Petr Anokhin
Executive secretary of
IPO “Kyudo Federation” Russia*

Up-coming events

2015/05: EKF Regional Seminar in Vilnius, Lithuania

2015/06: EKF Taikai 2015 in Moscow, Russia

2015/07: IKYF Seminars and ANKF Shinsa in Magglingen/Macolin, Switzerland supported by the EKF

EKF Shogo Benkyokai 2014

The third EKF Shogo Benkyokai was held at the Kyudojo National at Noisiel (K2N) near Paris, France, during the weekend of 11/12 October 2014. It was the first important event after its official inauguration on 23rd July this year, under the auspicious patronage of Her Imperial Highness the Princess Hisako de Takamado.

Actually, since the dojo and the hotel were within easy walking distance, the Benkyokai started informally on Friday from 4:30 PM allowing all of us who hadn't come before to discover the dojo for a free practice session technique (shagi) and improve the basis for practice within the EKF.

As for the Rome Shogo Benkyokai, Feliks Hoff as the most senior amongst us took the lead of the group, although the actual spirit of the Benkyokai was more of a workshop for sharing and practice in common rather than top-down teachings. The main themes of the weekend were "Tai no warikomi/Munewari" and "Functional anatomy of breathing". These points were introduced during a lecture by



Feliks Sensei, using computer and beamer, and the white wall of the dojo as the screen.



We were introduced to some of the complexity of the human body anatomy, in particular in the shoulders, torso and back region, and how everything is linked to everything. We learned about muscles that maintain and consolidate the right posture, those used dynamically for Hikiwake, those others involved in breathing, and the eventual relationships between them. We approached, exchanged on, and practiced core-muscles training and work on the Hara. And of course we also practiced Shagi - in workshop mode: by groups of three or four, alternatively shooting, observing and commenting - and we concluded the weekend with a series of Sharei.

Although only ten title holder participated at the 2014 EKF Shogo Benkyokai, which may seem a small number when there are more than fifty shogo in Europe, participants to this year's event expressed their wish to continue and keep up with the format of a European Shogo Benkyokai.

*Claude Luzet
Dojo Manager of the Kyudojo National de Noisiel*

Shogo Benkyokai *in retrospect*

The format and the name of the **EKF Shogo Benkyokai** have only been introduced recently. It started in 2012 in Lillehall/UK with 15 participants, followed by the Rome 2013 edition with 12 shogo and finally 2014 in Noisiel near Paris with 10 participants. Although the number of shogo title holders in Europe is increasing, the support for a shogo benkyokai does not seem to be a demand, quite the contrary. Coincidentally, the same is true for the "IKYF Special Seminars for Foreigners" in Japan. However, the shogo benkyokai had its predecessor in the EKF Renshikai: First edition in 1996, another meeting in 1997 and in 2002 in Hamburg with 8 participants from 5 countries. What are the prospects? As one of this year's participants aptly put it: "In kyudo we just have to continue and keep on meeting and practicing".

*Gérald Zimmermann
EKF Secretary General*

New EKF-Members: Lithuanian Kyudo Federation

Over the last few years the EKF has been growing steadily. More federations have joined and become members of the EKF. With this newsletter we start a series on “new” members to the EKF. This issue introduces the Lithuanian Kyudo Federation. Ringa Baltrusaite tells the story of kyudo of one of the Baltic countries.

2009

Demonstration by the teachers Akira Sato (Renshi 6.Dan), Feliks F. Hoff (Kyoshi 6.Dan), Connie Brandl-Hoff (Renshi 5.Dan) and Yoshio Sekine (4.Dan) in Riga (Latvia) is a great inspiration for Lithuanians Artūras, Ringa and Tomas to **start Kyudo in Lithuania**.

2009

First Kyudo Seminar in Vilnius with Feliks F. Hoff and Connie Brandl-Hoff: over 30 people from all over the country participate at this event.

2011

First **participation at IKYF Shinsa** in Paris. Ringa, Kristina and Aušra bring back the first kyudo dan grades to Lithuania.

2012

The first European Regional Kyudo Seminar is organized in Vilnius with Feliks F. Hoff (Kyoshi 6.Dan) and Hans de Wekker (Kyoshi 6.Dan) as teachers and with 29 participants from Lithuania, Finland, Sweden, Germany, Netherlands, Romania and Russia.

2012

First Lithuanian National Championship – Tomas is the winner and Ringa got a Style prize.

2013

Lithuanian Kyudo Federation becomes a **member of European Kyudo Federation**.

2014

Participation at **Second Sekai Kyudo Taikai** in Paris. 16th place at team competition (Vitalijus, Aurelija and Vladas) and 22nd place at Individual competition under sandan group (Ringa).

2014

Lithuanian Kyudo Federation becomes a **member of International Kyudo Federation**.

Lithuanian Kyudo Federation demonstrates Kyudo at different Sport Festivals and Japanese Culture Events. Our activities are supported by the Japanese embassy.

At the moment there is one club in Vilnius with nearly 20 archers: Marika (3rd Dan), Ringa, Aurelija, Vitalijus and Aušra (2nd Dan), Kristina and Vladas (1st Dan) and others.

Ringa Baltrusaite
President
Lithuanian Kyudo Federation
www.kyudo.lt

IKYF European Seminar 2015

The IKYF European Seminars 2015 will be held in Magglingen/Macolin, Switzerland. This will be the fifth time the Swiss Kyudo Federation has hosted the European Kyudo Seminars - four times under the auspices of the European Kyudo Federation and now, for the first time, under the direction of the International Kyudo Federation.

The Swiss Kyudo Federation would like to invite kyudo practitioners from all over Europe to join in the IKYF European Kyudo Seminars 2015 in Magglingen/ Macolin, Switzerland. We are delighted to have the honour of hosting the Seminars in our country once again.



The Location

You will find that the National Sports Centre of Excellence has the ideal surroundings and facilities for your practice. Participants have access to the Centre's training infrastructure including a swimming pool and medical services. The practice hall, accommodation and restaurant are all within easy walking distance of each other. The Centre can be reached easily from other parts of Europe with access from all major airports in Switzerland or by road or rail.



Magglingen/Macolin overlooks the city of Biel/Bienne, the biggest bilingual city (German and French) in Switzerland and which also claims to be "the world capital for watchmaking", Rolex, Omega and Swatch have their headquarters here. To get to Magglingen/Macolin you will need to take the "funic" a 7-minute cable car ride from the city up to the Centre. In the evening, those who are not joining in the kyudo free practice or meeting their friends in the bar after dinner can stroll in the woods or enjoy themselves in Biel/Bienne. The last cable car up to the Sports Centre leaves at five minutes to midnight.

The Seminars

The EKF/IKYF Seminars offer a unique opportunity for participants to develop their practice of kyudo. There will be an A seminar for yondan participants and higher; two B seminars for nidan and sandan participants and two C seminars for ungraded and shodan participants. The B and C seminars will have English and French translators. After each seminar there will be an additional day for shinsa. The ANKF, as the examining body, is still considering whether to hold renshi and rokudan examinations but we hope to have their decision by the end of the year.

As usual the ANKF/IKYF will send a delegation of senior teachers of the highest level to take the Seminars. The masters will have made a long journey from Japan to give us their guidance and instruction. Once again it will be an excellent opportunity to improve our knowledge and understanding of kyudo – body, heart and spirit.

Members of the Swiss Kyudo Federation have been working hard to offer the best possible facilities for your practice. We are looking forward to welcoming you to an enjoyable and productive kyudo event in Switzerland.

*Gérald Zimmermann
President
Swiss Kyudo Federation*

IKYF Special Seminar for Foreigners held in Tokyo

26th to 29th of October 2014

I have been asked to write briefly about the special seminar for foreigners, held by the International Kyudo Federation in Tokyo last October. This was the 3rd time this seminar took place in Tokyo, the others having been held in Nagoya in January and February.

The seminar took place, as the previous ones, in the Chuo Dojo near the Meiji Jingu. This time the two teachers were Iijima Masao sensei and Kubota Kiyoshi sensei, both hanshi hachidan. Participants were 15 in total, 11 from Europe, 3 from America and 1 from Canada.

How to describe the four days of intense training that passed quickly, at least in retrospect. First, allow me to mention the wonderful teaching of the two masters of the ANKF. Their total dedication, care and detailed attention during the whole event was indeed extraordinary.

The daily programme, apart from the first day, started at 9.30am and continued until 4pm and consisted of shooting with corrections from the teachers, sharei-training, both mochi-mato sharei and hitotsu-mato sharei and lectures. Each day of the seminar started with ceremonial shooting, yawatashi or another form

of sharei performed by the teachers, either individually or together.

On Wednesday the 28th, after training, a reception was held by the IKYF at a nearby hotel: a good opportunity to enjoy Japanese hospitality in the company of the teachers and the participants of the seminar.

To describe the experience of participating in this seminar is difficult to convey into words. It was perfect in all respect. The teachers were fantastic and the low number of participants, although surprising, permitted an intensive training rarely experienced in bigger seminars in Europe. Not to mention the possibility of training in the magnificent Chuo-Dojo in Tokyo in the usually beautiful autumn weather in Japan.

Although the cost of traveling to Japan is of course a hindrance for many, I can only encourage and strongly recommend to kyudojin from Europe to have the experience of participating in future IKYF seminars held in Japan. They are a unique experience indeed.

Tryggvi Sigurdsson
EKF President

Senior Grades in Europe

It is with great pleasure that we can inform you that our President, Tryggvi Sigurdsson, passed his 7 Dan grading this November in Tokyo, Japan. The progress of our senior members reflects the steady development of kyudo in Europe and their effort should be a motivation for us all.

At the Regular Chuo Shinsa in Tokyo in the beginning of November, 278 applicants registered for the nanadan examination. Four were successful. The shinsa consist of a first round in shinsa timing, those who are selected for the second round usually have to perform a hitotsu mato sharei for the niji. The examinees who also passed the niji have to write a thesis to complete their examination.

Gérald Zimmermann
EKF Secretary General

Contact

Officials

President: Tryggvi Sigurdsson, tryggvi@greining.is
Vice-President: Feliks F. Hoff, fhoff@t-online.de

Officers

Secretary General: Gérald Zimmermann, gerald.zimmermann@unibas.ch
Treasurer: Diethard Leopold, dietpold@gmail.com