Aikido is traditional material art which is created in Japan by Morihei Ueshiba (1883–1969). Its techniques incorporate woven elements of philosophy, psychology and dynamics. The basic form is the circle and the straight, upward line.

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 (合気道本部道場)*
17–18, Wakamatsucho, Shinjuku-ku, Tokyo.
Tel: (03)3203-9236
E-mail: aikido@aikikai.or.jp
5 min. walk from Wakamatsu-Kawada Station on Subway Toei Oedo Line.

Please visit the following URL for the latest information.
URL: www.aikikai.or.jp/eng/

**Ki Society Tokyo Office** (心身統一合気道)
1F Sasada building, 4-4 Ichibancho, Chiyoda-ku, Tokyo.
5 min. walk from Exit 5 of Hanzomon station on Subway Hanzomon Line.

Hours: 9:30–18:30 from Tue. to Fri.
If you are interested in observing a class, please contact them from the following web site.
URL: http://www.shinshintoitsuaiikido.org/english/

**Tenshin Dojo** (天心道場)*
1–10–8, Higashi-Juso, Yodogawa-ku, Osaka.
Tel: (06)6304-8710
E-mail: mi@aitenshin.com
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./ 19:00–20:20 Thu./ 10:20–11:40 Sat./ 11:00–12:20 Sun.
Registration fee: Contact the dojo
Monthly tuition: ¥8,500 (3 times a week), ¥6,000 (once a week), Short-term visitor’s fee: ¥2,000/class
URL: http://www.aitenshin.com/

**Nihon Sobudorengoukai 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
5 min. walk from Yoyogi-Uehara Station on the Odakyu Line or Subway Chiyoda Line.

Hours: 18:30–19:40, 20:00–21:10 on Mon. & Sat./ 19:00–20:20 on Tue./ 19:30–20:50 on Thu./ 11:00–12:00, 12:00–13:00, 13:00–14:00 on Sun. Closed on Wed., Fri. and national holidays.
Registration fee: ¥5,000
Annual fee: ¥4,500
Monthly tuition: ¥8,000
E-mail: info@nippon.sobukan.net
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 (15:00–20:00 except Sun. and National holiday)
Near Subway Kudanshita Station.
School term: One year (April-March following year).
Hours: 18:30–20:00 on Thu.
Due to the school term, registration for the dojo’s classes is limited to those who will stay in Japan at least for 6 months. For tuition information and other inquiries, please contact the dojo.
**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 Ju-jutsu, 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).

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**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
URL: http://www.judo.or.jp/english/
Near Subway Kasuga or Korakuen Station.

**Kodokan** (講道館)

1-16-30, Kasuga, Bunkyo-ku, Tokyo. Tel: (03)3818-4172
URL: http://kodokanjudoinstitute.org/en/
Near Subway Kasuga or Korakuen Station.

Hours: Regular class 16:00–20:00 (Sat. 16:00–19:30), Women’s class 18:00–19:30. Closed Sun. and national holidays.
Registration fee: ¥8,000
Monthly tuition: ¥5,000
Kodokan Judo Hall has a museum which opens to visitors. free of charge, during practice hours.
Admission: free.
Open: 10:00–17:00 (Mon.–Fri.)

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**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.

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**Information**

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

1-1-20 Tatsumi, Koto-ku, Tokyo. Tel: (03)5534-1951
5-min. walk from Tatsumi Sta. on the Yurakucho Subway Line.
URL: www.jkf.ne.jp

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**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
(15:00–20:00 except Sun. and National holiday)
Near Subway Kushishita Station.
School term: One year (April–March following year).
Hours: 18:30–19:30 on Mon., Wed. and Fri.
Due to the school term, registration for the dojo’s classes is limited to those who will stay in Japan at least for 6 months.
For tuition information and other inquiries, please contact the dojo.
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, Kitamuramachi-koen, Chiyoda-ku, Tokyo. Tel: (03)3211-5804
Near Subway Kudanshita Station.

URL: 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
E-mail: dojo@zendoren.org

3-min. walk from Omorikaigan Station on Keihin Kyuko line.

<Kyokushin-ryu>

Kyokushinkai Hombu Dojo (極真会本部道場)

Kyokushin Kaikan, 2-38-1, Nishi-Ikebukuro, Toshima-ku, Tokyo. Tel: (03)3592-9200 on Mon.–Fri.
5-min. walk from JR or Subway Ikebukuro Station.
Hours: 10:00–12:00 on Mon., Wed. & Fri., 10:00–11:00 on Wed., Sat., 17:00–18:00 on Thu., 17:00–18:00 on Mon., 20:00–21:00 on Mon., 20:00–22:00 on Thu., 17:00–18:00 on Sat.
Regarding National holiday, Please contact them in advance.
The tuition is different at each branch. Please contact the individual dojo for information about their fees.


<Dojo>

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

2-3, Kitamuramachi-koen, Chiyoda-ku, Tokyo. Tel: (03)3216-5143
Near Subway Kudanshita Station.

School Term: 1 year (April–March following year)
Hours: 18:30–20:00 on Mon., Wed. 19:00–20:00 on Fri.
Due to the school term, registration for the dojo’s classes is limited to those who will stay in Japan at least for 6 months.
For tuition information and other inquiries, please contact the dojo.

Kyumeikan Dojo (久明館道場)

2-1-7, Akatsuka-Shinmachi, Itabashi-ku, Tokyo.
Tel: (03)3930-4636
Fax: (03)3975-2494
E-mail: kendo@kyumeikan.info
URL: http://www.bekkoame.ne.jp/~kyumeikan
If you are interested in observing a practice, contact the dojo by e-mail, fax, or phone.
Near Chikatetsu-Akatsuka Station on Subway Yurakucho & Lines, or Shin-akatsuka Station on Tobu Tojo Line.
Registration fee: ¥10,000
Monthly tuition: ¥5,000
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 (Kyur 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 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 Shimogam Shrine (Tel:075-781-0010) in Kyoto on May 3rd.

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**<Information>**

**All Nippon Kyudo Federation**

Kishi Memorial Hall, 1-1-1, Jinman, Shibuya-ku, Tokyo. 5-min. walk from JR or Subway Harajuku Station.

Tel: (03)3481-2387 Fax (03)3481-2398


**<Ranges in Tokyo>**

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

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

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

2-min. walk from Nishi-Waseda Sta. on the Fukutoshin Subway line.

Hours: 9:00–22:00, Closed: 2nd Mon. (open when 2nd Mon. falls on a national holiday and closed the following day.), Dec. 29–Jan. 3

Fee: ¥300

Some ranges are open to experienced people.

Please check information before your visit.

**Minato-ku Sports Center**

1-16-1, Shibaura, Minato-ku, Tokyo. Tel: (03)3452-4151

5-min. walk from JR Tamachi Station.


Some ranges are open to experienced people.

Please check the website above before your visit.

**Chiyoda Sogo Taiikukan**

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

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

Hours: 9:00–12:00, 13:00–17:00 and 18:00–21:00 (depending on the date)

Closed: 3rd Mon. (Open when 3rd Mon. falls on a national holiday and closed the following day.), Dec. 29–Jan. 3

Fee: ¥350

**Chuo-ku Sogo Sports Center**

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

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

Hours: 9:00–12:30, 13:00–17:00 and 17:30–21:30 Not available when the training hall is reserved.

Closed: 3rd Mon. (Open when 3rd Mon. falls on a national holiday and closed the following day.), Dec. 28–Jan. 4

Fee: ¥300 (for each section)

Some ranges are open to experienced people.

Please check information before your visit.
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 (Only Japanese)
Near JR Ryogoku Station.
Hours: 9:30–17:00 on Mon. through Fri. Closed on Sat., Sun. & national holidays.
URL: www.sumo.or.jp/en/

Japan Amateur Sumo Federation (日本相撲連盟)
1-15-20, Hyakunin-cho, Shinjuku-ku, Tokyo.
Tel: (03)3368-2211, FAX. (03)3368-0440

Sumo Museum (相撲博物館)
1-3-28, Yokoami, Sumida-ku, Tokyo. (first floor in the Kokugikan Sumo Hall) Tel: (03)3622-0366
Near JR Ryogoku Station.
Hours: 10:00–16:30 (enter by 16:00); Closed on Sat., Sun., national holidays and during the tournaments in Tokyo.
Admission: Free
URL: http://www.sumo.or.jp/en/sumo_museum/

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 8:30 or 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 Taikukukaikan (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 Taikukan (Aichi Prefectural Gymnasium)
1-1, Ninomaru, Naka-ku, Nagoya. Tel: (052)971-2516
2-min. walk from Shiyakushomae Station on Subway Meijo Line.

* Fukuoka
  November (2nd Sun.– 4th Sun.)
Fukuoka Kokusai Center
2-2, Chikuko-Honnachi, Hakata-ku, Fukuoka.
Tel: (092)272-1111
20 min. by taxi from Fukuoka Airport.
15 min. by bus from JR Hakata Sta.
13 min. walk from Gofukumachi Sta. on Subway Hakoizaki Line.

Admission (for Tokyo):

A Seat ............. ¥8,500
B Seat ............. ¥5,100
C Seat ............. ¥3,800

A .......... ¥46,800 (for 4 people)
B .......... ¥42,400 (for 4 people)
C .......... ¥38,000 (for 4 people)

*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, on the web and at “Ticket PIA” counters in downtown Tokyo.

Ticket Pia Counters in Tokyo
Shinjuku: In Isetan Dept. Kaikan
Open: 10:00–20:00. Closed irregularly.
Ikebukuro: In Ikebukuro PARCO Store
Open: 10:00–20:00. Closed irregularly.
Yurakucho: In Tokyo International Forum
Watching Sumo Tour:
· Sunrise Tour
  Operated by JTB during the tournaments.
  Reservations are necessary.
  Tel: (03)5796-5454 (7:00–22:00, English available)
  URL: http://www.jtb-sunrisetours.jp/
  Provides English-speaking guides and assistant services.
  From ¥9,500

Tourist Information Center (TIC)
TIC of Japan National Tourism Organization is your helping hand while in Japan. Its main services are providing travel information and free literature on Japan such as tourist spots, transportation, and suggesting four itineraries, etc.
1st Fl., Shin Tokyo Bldg., 3-3-1, Marunouchi, Chiyoda-ku, Tokyo 100-0005
Tel. 03-3201-3331
Open from 9 a.m. to 5 p.m. (Closed: Jan. 1st)

Note: Transportation expenses, admission fees and other charges may change due to the increase in the consumption tax rate to 8% from April 2014.
All information, including transportation schedules, fares, prices and accommodation charges, which is contained in this leaflet is based on data as of December 2015, 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.
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