

# KENDO

A u t u m n

# CLUB

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UNIVERSITY OF WASHINGTON DEPARTMENT OF RECREATIONAL SPORTS PROGRAMS

The Kendo Club at the University of Washington is dedicated to the Pursuit of the martial art of Kendo or the "Way of the Sword". Kendo involves learning various sword-wielding techniques derived from medieval Japanese swordsmanship. These techniques involve the coordination of hand, foot and body movements with the sword and the spirit. Kendo helps develop one's coordination and discipline, which builds an aggressive while controlled attitude toward life. The equipment required is:

## Beginner

Only a shinai (a bamboo sword used in sparring) and loose clothing. A beginning student starts by learning the basic footwork with the swinging of the shinai.

## Intermediate

At this stage sparring begins and the Bogu (protective armor) is worn. This equipment is available through the club and can be checked out on a quarterly basis from the IMA. The club president, with the instructor's approval, will authorize use of this equipment.

## Advanced

During this stage the student learns to apply the basic techniques and learns more advanced maneuvers.

*It is recommended that equipment be obtained through club approved suppliers.*

## Club Membership

All currently enrolled UW students and faculty/staff members may join the Kendo Club. Faculty/staff members, must however, purchase the quarterly (\$60.00) IMA Membership prior to participation. The IMA Membership may be purchased daily at the IMA Member Services desk during all operation hours.

UW extension and branch campus students(Tacoma, Bothel), and students of the ASUW experimental college, UW alumni, and the general public are not eligible to participate in the club sports program.

## Membership Waiver Card

All participants must complete a membership/waiver card prior to club activity. Membership/waiver cards are available from the club president at practice or at the Programs Office desk, 3rd floor.

## Club Practices

Time: 7:00pm - 9:00pm  
Days: Wednesday, Friday  
Dates: 10/1 - 12/12  
Location: IMA Studio 216

## Instructor

Dean Dejong (3rd degree black belt) - Our club is affiliated with the Pacific Northwest Kendo Federation and its members in good standing are entitled to all privileges of the P.N.K.F.

## Insurance

The Department of Recreational Sports Programs strongly recommends that all club sport members have adequate accident/medical insurance coverage while participating in club activities. Each club sport member is responsible for arranging their own coverage. Brochures on the Accident and Sickness Insurance Plan for registered UW students are available at the Programs Office desk.

## For More Information

Nate Jacobson	Club Representative	
	<a href="mailto:natejake@u.washington.edu">natejake@u.washington.edu</a>	
Sandi Lindbeck	Club Sports Coordinator	206.543.9499
	<a href="mailto:imaclubs@u.washington.edu">imaclubs@u.washington.edu</a>	
IMA HomePage	<a href="http://depts.washington.edu/ima">http://depts.washington.edu/ima</a>	
Kendo HomePage	<a href="http://students.washington.edu/uwkc">http://students.washington.edu/uwkc</a>	