

日本柔術

Nihon Jujutsu



News & Updates

February Special Feature

Budokan Kagami Biraki

Cultural Feature

Hoshigaki - a seasonal treat



Upcoming Events

Denmark Seminars

Judo & Nihon Jujutsu
Weekend Sessions

Copenhagen

March 06 - 08

Contact: info@djjf.dk

German Seminars

Judo & Nihon Jujutsu
Wednesday Sessions

Dresden

March 11

Contact: kontakt@jujutsu-judo-dresden.de

France Seminars

Judo & Nihon Jujutsu
Weekend Sessions

Lauterbourg

March 14 - 15

Contact: imaf-france@wanadoo.fr
goshinbudo67@free.fr

Details of All Events at:

www.nihonjujutsu.com

Nihon Jujutsu Newsletter: 2009 February

Kagami Biraki - New Year opening ceremony

Kagami Biraki is a festival which literally means "unveiling of the mirror," has its origin in a ceremony that was widely practiced by the samurai in the 15th century. Every New Year's day, the warriors would honor and purify their personal armor and weapons by offering two layers of small round-shaped mochi cakes made from glutinous rice to the gods. Later, at the end of holiday season, between 11 and 20 of January, they would share these mochi cakes with their families and associates.



The Nippon Budokan sponsors an annual Kagami Biraki, the first event of the New Year. This year it was held January 12, and included demonstrations of traditional Japanese martial arts including aikido, jukendo, karate-do, kendo, kyudo, naginata-do, shorinji-kempo, and sumo.

A temporary Shinto shrine built inside the Budokan. The Japanese flag is on the left, and the Budokan flag is on the right (photo left)

Exhibition participants observing the opening ceremony (photo below)

continued on page 2



Hoshigaki - dried persimmons, a seasonal treat

What is hoshigaki, and why is it so special? Hoshigaki means dried persimmon. *Hoshi* means to dry, and *kaki* is persimmon.

Persimmon is an autumn fruit in Japan, which is dried for use throughout the winter. A Japanese proverb boasts of the health benefits, roughly translated, "a kaki each day keeps the doctor away."

continued on page 2

Kagami Biraki - New Year opening ceremony



Hundreds took part in the Kagami Biraki exhibition (photos above)

Hoshigaki - a seasonal treat

In times past, hoshigaki was an important staple during the long, cold winter months when food was scarce. Even today, most hoshigaki are produced in the country-side. Yamagata prefecture in northern Japan is well-known for its hoshigaki.

Making hoshigaki is very labor intensive, an art akin to winemaking, that requires careful attention to the fruit, weather conditions, and every step throughout the long production process.



Hoshigaki drying in Yamagata prefecture (left-side), packages ready for sale (right-side, top and bottom)

Website News:

The Nihon Jujutsu web site features a growing list of links to recognized judo and Nihon Jujutsu programs, web sites, and dojos. Please click on the following link for more details.

www.nihonjujutsu.com/links

Upcoming Events:

Copenhagen, Denmark Seminars

March 06 - 08

Contact: info@dijf.dk

Dresden, Germany Seminars

March 11

Contact: kontakt@jujutsu-judo-dresden.de

Lauterbourg, France Seminars

March 14 - 15

Contact: imaf-france@wanadoo.fr
goshinbudo67@free.fr

Contact Nihonjujutsu.com:

Individuals, clubs, and schools are invited to contact us to add links, arrange seminars, apply for recognition as a member organization, or find out more about Nihon Jujutsu.

info@usejc.com