

日本柔術

Nihon Jujutsu



News & Updates

2010 Kokusai Budoin, IMAF European Seminar

New Year Holiday in Japan

Recommended Reading

Kodokan judo throwing techniques

by Toshiro Daigo
Kodokan Judo 10th Dan

ISBN-13: 9784770023308
ISBN-10: 4770023308

Upcoming Events

2011 Nihon Jujutsu Denmark Seminars
04, 05, 06 March

Copenhagen, Denmark

Mr. Hans Lausten
Branch Director Denmark
Email: halaust@gmail.com

2011 Nihon Jujutsu France Seminars
08, 09, 10 March

Paris, France

M. Antoine Torres
Branch Director France
imaf-france@wanadoo.fr

2011 Nihon Jujutsu German Seminars
11, 12, 13 March

Dresden, Germany

Dr. Peter Deegen
deegen@forst.tu-dresden.de

Details of All Events:

www.nihonjujutsu.com/events

Nihon Jujutsu Newsletter: 2011 January

2010 Kokusai Budoin, IMAF European Seminar

The annual IMAF seminars were held in Zwickau, Germany October 29 - 31. The event sponsor Marcus Schubert welcomed more than 250 people from eight different countries for the weekend events.

The seminars began Friday afternoon with senior European instructors leading training, and continued into the evening when IMAF HQ instructors joined the sessions.

Nearly all IMAF Branch and Regional Directors, and Senior European instructors attended, with Peter Klein and Peter Deegen leading Nihon Jujutsu. The IMAF Headquarters delegates included I. Higuchi (karate-do), I. Matsuzaki (iaido), J. Komoto (aikido), and J. Gage (judo and Nihon Jujutsu).

Saturday morning the seminars began with an opening ceremony at 09:00. Soon thereafter, all members went to one of two training halls for day-long sessions. That evening an exhibition featuring instructors and senior members was held from 17:00.

continued on page 2

New Year Holiday in Japan

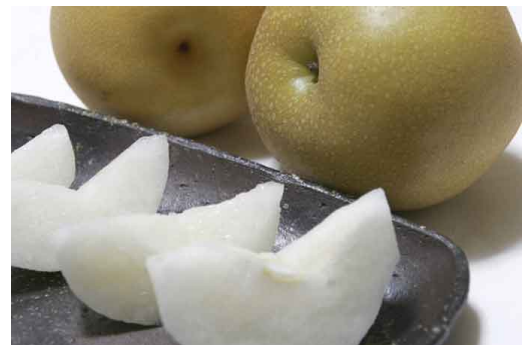
The New Year period in Japan is a time of rich, ancient traditions.

In Japan people give gifts on many occasions. It is common to give a year-end gift, or Oseibo, during December. Long ago, people who worked far from home generally had only two chances per year to visit their hometown. One was in the summer during Obon, and the other at New Year. It was common practice to bring a gift, a local specialty such as fruit, seafood, or other unique item from one's hometown when returning. To this day, many people give gifts of food as oseibo.

continued on page 2



Dresden Frauenkirche, first built between 1726 - 1743, rebuilt in 1990



Japanese pears

2010 Kokusai Budoin, IMAF European Seminar

Saturday evening a reception for all seminar participants was held at a local Chinese restaurant.



Saturday morning Nihon Jujutsu warm up

Sunday morning everyone trained until noon, when the official closing ceremony was held. For those that could stay, afternoon sessions finished at 16:30. Dan rank examinations for more than twenty people were held that afternoon.



Higuchi Sensei demonstrating karate-do



Matsuzaki Sensei demonstrating iaido



Sunday afternoon aikido participants

Special thanks are due to the local and national teams that worked so hard to support the 2010 events.

- 2011 Kokusai Budoin, IMAF European Seminars
- Oct 21, 22, 23
- Exincourt, France
- M. Antoine Torres
- E-mail: imaf-france@wanadoo.fr

New Year Holiday in Japan

Bonenkai, or year-end party, is usually held among office colleagues and friends. Bonenkai literally means a "Forget-the-year party" to forget the unpleasant memories of the passing year and to welcome the New Year with an open mind.

Omisoka is the day of New Year's Eve. As the biggest event in the year, people work hard to prepare traditional dishes called Osechi-ryori, clean the entire house – to rid the home of the past years' dirt, and welcome the New Year in a clean state.

On Omisoka people finish up all the work of the year, eat Toshikoshi-soba in the evening, and visit a nearby temple to ring in the New Year with Joya-no-kane. At midnight temple bells are rung 108 times to release people from the 108 worldly sins.

In Japan one sends New Year greeting cards, or nengajo, to relatives, friends, business acquaintances and customers to wish them a happy New Year. Post offices in Japan collect and keep them then deliver all cards on New Year day.

Hatsumoude: The shrines all over Japan are packed with people from the New Year's Day to January 3rd. People go to shrine to pray for safety, happiness and long lives. Many people dress in Kimono and buy a good luck charm called Omamori, which is kept as a protection from illness, accidents and disasters during the coming year.

To write "Happy New Year" in Japanese:

あけましておめでとうございます

To say "Happy New Year" in Japanese:

Akemashite omedeto gozaimasu