

# KOSEIBUKAN Welcomes You

Contributed by James Perry Zammit  
Wednesday, 12 May 2004  
Last Updated Saturday, 22 May 2010

"Many think that if you learn martial arts, this will not prove useful when a real need arises. Regarding that concern, the true science of martial arts means practicing them in such a way that they will be useful at any time, and useful in all things." Miyamoto Musashi - undefeated swordsman and author of "Book Of Five Rings" Malta Kendo Seminar Sep 09 - 70 athletes 18 countries 3x8th Dan Instructors Welcome to KOSEIBUKAN - the leading kendo Dojo in Malta and home for the development of quality kendo in the Maltese islands, reputed with the most qualified dan kendo players in Malta. With seminars organized regularly, visits by foreign sensei's and trips to the UK, students have the opportunity to develop their true ability as a quality kendo player. Kendo the way of the sword embodies the spirit of Japan and is highly revered as it incorporates in its practice cultural aspect such as etiquette, Zen, spiritual and mind meditation with aerobic physical agility. The history of kendo began around the 8th Century in Japan with the Katana (the samurai sword) where practice was devised into set forms known as Kata. Around the 16th century Japan was ushered into a time of peace, so the sword schools introduced the use of armor and bamboo swords which allowed for the free form of the Kata to be exercised without constraint. Today Kendo is practiced by millions and is growing in popularity as it is the ideal art / sport for the stresses of the modern world & lifestyle, developing the mind spirit and body to face our daily challenges while remaining peaceful and respected in harmony. Beginners start off slowly with an introductory course into understanding the history of how kendo evolved, with the first lesson focusing on basics and dojo etiquette. The first 12 weeks are set out so that one may progress at their own pace, making them feel welcome and comfortable to their first steps of understanding the way of the sword. The second lesson beginners will focus on foot work, how to hold a sword and how to yield it. From there one moves into fundamental sword kata, which later will translate into use with shinai. Kendo has many benefits including aerobic training, meditation in motion and zen understanding. Through regular practice one will see improvement in their general health, frame of mind and the ability to destress from everyday tension, character development, spiritual and philosophical development which lead to a better life style. One will also develop the insight on how to face daily challenges and adopt for practical solutions. Kendo students see an improvement in their daily lives, be it an increase in their school grades, a promotion on the job, the will to stay calm and mentally focused when sitting for an exam or job interview, or as managers in positions of responsibility and decision making roles. Kendo provides a way of strengthening character, one's will to face a situation and act upon it with a calm and steady mind. In our kendo practice we are always encouraging each other to go beyond our abilities. Kendo is for all, any one of any age or sex, and our practice sessions are always open to guests to come and be part of our fun and friendly club. Any one can practice Kendo as the lessons are by a qualified 3rd Dan Kendo Instructor, and are done in an easy to follow and fun way. The members are all friendly and will make you feel as part of the club. So do accept our invitation to visit, as we look forward to see you in person, Kind regards, Sensei James Perry Zammit 3rd Dan Kendo Instructor KOSEIBUKAN - Malta Kendo Institute T: 9921 6879E: info@maltakendo.com