

KENDO SEMINAR

THE POWER OF LESS, WINNING BEFORE THE STRIKE

Hikaru Iwabu

All Japan Student Champion

Winterthur, Switzerland

Place and Time:

Akrohalle Sulzerallee 1, 8404 Winterthur

Saturday, September 19

09:00 - 18:00

Sunday, September 20

09:00 - 16:00

Lead By:

Hikaru Iwabu, Koryukan Takamatsu

Crispin Mårtens, Switzerland

Seminar Content:

What can European Kendoka learn from a small, remote dojo in Japan that consistently produces strong Kendo despite limited resources? Koryukan has earned a reputation for developing strong Kendoka far from Japan's major Kendō centres and without the advantages of a large player base. In this seminar, Hikaru Iwabu will share the training methods and philosophy behind that success.

The focus will be on building efficient, adaptable Kendō through purposeful practice, effective seme, pressure, timing, and the ability to recognize decisive moments. Participants will gain practical insights into how strong Kendō can be developed regardless of circumstance, and how limitations can become strengths.

About Hikaru Iwabu Born in Kagawa Prefecture in 2000, he attended the renowned Kendō powerhouse Mito Kiryo High School, one of Japan's strongest Kendō programs. During his time there, he won both team and individual titles at the Kanto High School Championships and the National High School Selection Tournament.

After graduating, he entered Kokushikan University where he won both the Kanto Student Championship and the All Japan Student Championship in the same season, a rare achievement that established him as one of the most prominent university competitors in Japan.

Seminar Fee: **70 CHF / EUR / USD**
Flat price for single or **both day** attendance.
Please pay online whenever possible. Onsite cash payments can only be accepted on a very limited exception basis.

Participation: **From 14 years of age**

Registration: Please register online via
www.goken.ch/iwabuseminar

Accomodation: Not provided this time, Winterthur offers a wide variety of different accomodation types (Hotels, Hostels, AirBnB etc.)

Dinner: Group dinner in Winterthur after the Saturday session.
Details to be announced on Saturday during the seminar.

Disclaimer: As the organizer, we do not assume any liability, insofar as legally permissible.

Contact: Please send an email to info@goken.ch

See you in Winterthur!