

## Intensive Kendo Training

Intensive training sessions are intended to develop kendoka in preparation for competitions and are designed to develop kendoka both physically and mentally, but without negating the fundamental principles of Kendo. These training sessions will challenge you to perform to the maximum both in terms of technique and stamina, while fine tuning your Kendo skills and learning new skills through focused exercises.

The training sessions take place over one weekend on a monthly basis. They are generally based in the south east, with occasional trips to other UK locations.

All intensive training sessions are open to **all** BKA Kendo Bu members.

One goal of these sessions is to build a pool of talent from which the Great British Kendo Team will eventually be selected. GB Kendo National Team has had an international presence since the 1st World Kendo Championships in 1970 and through these intensive training sessions it will be growing stronger than ever. In order to become a Great British Kendo Team member, you must be committed and demonstrate that you will make a consistent contribution to the BKA and the Great British Kendo Squad.

Members of the BKA who would like to be selected to represent Great Britain and the BKA and who are residing in the United Kingdom will be expected to show a high level of attendance to these monthly training weekends. BKA members who are not residing in United Kingdom, but who still would like to be considered will also be expected to be contributing members of the squad, striving toward the group's aims.

Are you ready for the challenge?

Contact: Sean Starr [sean.starr@mac.com](mailto:sean.starr@mac.com)

# Dates

Month	Dates	Sat	Sunday	Location
January	16th and 17th	12 to 5	9.30 until 1	JFS, London

February 20th and 21st

see ref. seminar

9.30 until 1 <sup>1</sup>	Glasgow			
March <sup>1</sup>	13th and 14 <sup>th</sup>	2.30 until 6	9.30 until 1	JFS, London

April 17th and 18th

see ref. seminar

9.30 until 1 <sup>1</sup>	Brunel, London			
May	8th and 9th	2.30 until 6	9.30 until 1	Brunel, London
June	12th and 13th	2.30 until 6	9.30 until 1	Brunel, London

July 3rd and 4th

see ref. seminar

9.30 until 1 <sup>1</sup>	Stoke			
August				no training

September 25th and 26th

see ref. seminar

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9.30 until 1 <sup>1</sup>	Oxford			
October	23rd and 24th	2.30 until 6	9.30 until 1	Brunel, London

November 6th and 7th

see ref. seminar

9.30 until 1 <sup>1</sup>	Edinburgh			
December	11th and 12th	see ref. seminar	9.30 until 1	London
<b>Cost</b>	<b>£5 per day</b>			
International Competitions				
Month	Dates	Event	Location	
March	5th until 7th	5 nations	Sweden	
April	9th until 11th	EKC	Hungary	

## London venues

JFS

The Mall

Kenton

Middlesex HA3 9TE

Brunel Sport  
 Brunel University  
 Kingston Lane  
 Uxbridge  
 Middlesex UB8 3PH

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