



**Brings  
You**



# The Kaizen Kendo Workshop

Join us for an unforgettable week of Kendo in Japan's stunning Shizuoka Prefecture from **November 4th – 9th, 2025**, starting one day after the All Japan Championships at the Tokyo Budokan. This one-of-a-kind experience is designed for bogu-wearing Kenshi of all levels who are looking to refine their Kendo skills, sharpen their mindset, and deepen their Kendo knowledge. If you've ever dreamed of training in Japan under the guidance of high-ranking sensei, then don't miss this opportunity!

[Enquire Now](#)

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# Improve Your Kendo in Japan

The Kaizen Kendo Workshop is an immersive, week-long journey that adapts to your unique Kendo goals. Whether you're preparing for dan exams, working on your shiai craft, or cultivating a lifelong approach to Kendo, the program blends sensible training with cultural immersion for a truly transformative experience.

Designed by Kendo practitioners for Kendo practitioners, Kaizen Kendo offers customized, one-on-one instruction that evolves with you. It accommodates the shifts in physical condition that come with different stages of Kendo development, complementing them with mental training suited to your needs.

The workshop dates are **November 4th - 9th, 2025** (5 nights, 6 days).

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## One Week That Could Change Your Kendo For Life

Set in Shizuoka prefecture, famous for its budo heritage and Mt Fuji viewing spots, the workshop offers an authentic Kendo experience in the cultural heart of Japan. Shizuoka is only 1 hour by Shinkansen (bullet train) from Tokyo and provides the perfect backdrop to train with purpose, surrounded by the traditions that have shaped Kendo.



# Meet The Instructors



## Hideaki Takahashi - Kyoshi 8th dan

World Champion (1994), Japanese Team Member at 3 World Kendo Championships (including 1 as team captain), and runner-up at the All Japan Championships. He currently serves as Shihan at the Kyoto University Kendo Bu, bringing elite competitive experience to his teachings.



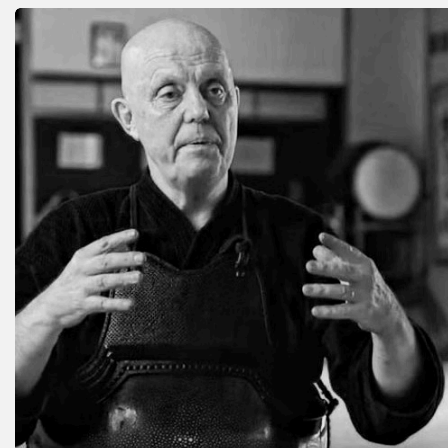
## Alex Bennett - Kyoshi 7th dan

Renowned budo scholar, founder of Kendo World magazine, and highly respected international Kendo teacher and author. His deep understanding of Kendo philosophy and technique bridges Eastern and Western approaches to the art.



## Masayuki Norizuki - Kyoshi 7th Dan

President of the Yaizu Kendo Federation with over 45 years experience in the travel industry. A veteran in Kendo exchanges with New Zealand and a committed Jodan player in his university years, he brings a fresh local perspective.



## Graham Sayer - Kyoshi 7th Dan

Auditor of the International Kendo Federation and former president of the New Zealand Kendo Federation, a position he held for 32 years. Founder of the Kendo Tours initiative with extensive experience instructing in NZ, China, and Europe.

- i** We will take part in at least 5 or more local machi dojo keiko during the week, ensuring exposure to a wide range of 5th, 6th, 7th and 8th dans. It will be a rare opportunity for you to test and measure what you learn. English speaking 4th and 5th dans will also be assisting, meaning there's no shortage of interpreters or excuses when it comes to mixing with the locals!

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# What's Included?



## Personalized Assessment

Start with a comprehensive evaluation of your current skills, highlighting strengths and pinpointing areas for improvement to shape a tailored development plan.



## Technique Mastery

Receive personalized waza instruction and have your Kendo analyzed on video. You'll also learn kata from a direct Deshi of Chionkenshukan's founder, the renowned Inoue Yoshihiko Sensei.



## Tactical Development

Learn strategic approaches to shiai, jigeiko, and grading examinations with focus on reading opponents, creating opportunities, and decision-making under pressure.



## Mental Strengthening

Develop mental fortitude through meditation, visualization techniques, and mindfulness practices specifically designed to enhance focus and presence during keiko.

- ① Each day includes morning and afternoon training sessions with opportunities for one-on-one instruction, group sessions, and open practice. Evening sessions feature discussions on Kendo philosophy, strategy, and cultural aspects, and 4 of the 5 keiko will be evening practices at local machi dojo.

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# Aspects We Will Focus On



- Solidify core techniques and kihon foundations
- Develop proper Ki-Ken-Tai-Ichi (unity of spirit, sword, and body)
- Build effective strategies for shiai competition
- Establish lasting training habits for long-term growth

- Refine timing and opportunity creation (debana and oji-waza)
- Develop greater seme and zanshin
- Enhance keiko quality through mindful practice
- Learn efficient teaching methods for leading practices
- Balance physical techniques with mental development
- Focus on kata and its connection to your jigeiko
- Develop deeper understanding of seme and ki dynamics
- Refine teaching methodologies
- Prepare for high-level examinations
- Cultivate personal kendo philosophy and leadership

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# Where Will I Stay?

Participants will stay at the Tokinosumika Hotel in Shizuoka city, a comfortable hotel located within walking distance of one of the main dojo. The hotel offers a variety of room types and amenities to ensure a pleasant stay, including on-site dining options, an onsen, sauna, and more.

We've booking a limited number of single rooms, double rooms, and twin rooms for the whole week, so be quick to take advantage! The immediate area also has a number of reasonably priced restaurants, convenience stores, and a couple of train stations.



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# Testimonials From Past Events

The Kaizen Kendo Workshop is brought to you by the team behind Kendo Tours. Hear what past Kenshi have said about the Kendo Tours experience.



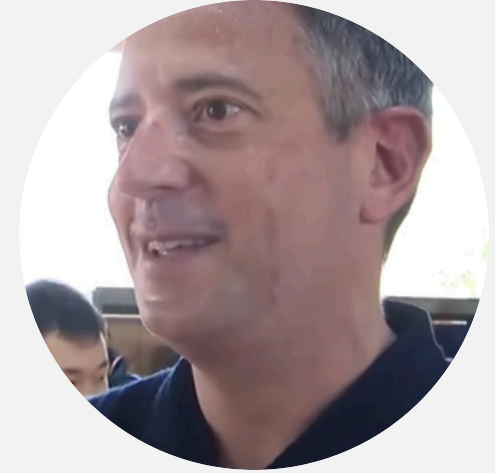
**Zultsetseg Chuluunbat- 1st Dan  
Mongolia**

*"It was more than just Kendo! It was a beautiful life experience and memorable moments! I highly recommend it for all Kendoka."*



**Bernard Yehuda - 5th Dan  
Australia**

*"The Kendo Tours experience helped me plan my Kendo journey beyond international shiai."*



**Benoit Reignault - 4th Dan  
France**

*What a great team! Thank you for all you have done to offer the opportunity to have a Japanese slice of life."*



**Ray Blakney - 3rd Dan Mexico**

*"I travelled 11,000 kms to be here and it taught me so much."*



**Eric Jeffrey - 6th Dan Australia**

*"Kendo Tours really helped me prepare for my 6th dan grading the following week. Thank you Graham & everyone!"*



**Mark Jorgensen - 3rd Dan  
Canada**

*"Everything exceeded my expectations and it was an experience of a lifetime."*



**Howard Babus - 4th Dan USA**

*"The sensei were so generous with their time and expertise!"*



**Luke McGray - 1st Dan UK**

*"We had lots of early starts, but it was worth it. What a fantastic experience!"*



**Martin Zabka - 4th Dan Slovakia**

*"Shizuoka is a lovely place and the dojos are full of wonderful people."*



# Frequently Asked Questions

## Who is this workshop for?

Kendo practitioners of **all levels** who are wearing bogu and looking to refine skills, deepen their understanding, and train in Japan's cultural heartland.

## How much does it cost?

We guarantee the cost will be very reasonable. We're finalizing the workshop details to ensure an exceptional experience. Once everything is confirmed, we'll share the full schedule and pricing. To be among the first to receive updates, contact us via [this form](#).

## How physically demanding is it?

We have **not** created an endurance Gasshuku. The training will be balanced for all ages and fitness levels, and you will be in charge of your own physical load. We want you to grow your Kendo, not suddenly get fit.

## What should I pack?

We will be sending out additional information, but a local Bogu store will give us a good discount on shinai and other consumables to assist with airline luggage allowance.

## Are meals included?

Daily breakfast is included, along with one lunch and two dinners. The hotel is surrounded by a wide range of restaurants, from very affordable to high level. Convenience stores and supermarkets are also just a short walk away.

[Enquire Now](#)



# Reserve Your Spot Now!



## Workshop Dates

November 4th - 9th, 2025  
(5 nights, 6 days)



## Location

Shizuoka prefecture,  
Japan (detailed venue  
information provided upon  
registration)



## Contact

Email Graham at:  
info@kendotours.com |  
Website:  
[www.kendotours.com](http://www.kendotours.com)

Spaces are limited to ensure quality instruction and personalized attention, so early registration is highly recommended. This is a transformative Kendo experience that could change the trajectory of your Kendo journey. You will train in the birthplace of Kendo under the guidance of world-class sensei who are committed to helping you discover where to take your Kendo next.

[Enquire Now](#)

