

Training at the KIF Headquarters of my admiration

For many practicants, training in Japan is the best. On a material point, life is not very expensive, and Tokyo is a city where it can be found everything anytime anywhere. Honbu dojo is located in Ikebukuro, 5 minutes walking from Ikebukuro station, which is a quite big train station. Thus, it is possible to come to Ikebukuro from any place in Tokyo very quickly. Ikebukuro is one of the best place for living. For training, the better is to take a hotel near Ikebukuro station in order to not take the subway. For eating, Tokyo is the perfect place! You can eat anytime (before training, after training, not during...), anything, good quality and very cheap (around 600 yen). To conclude on daily life, you can train in excellent conditions quite cheap.

Concerning martial arts, I practiced and tried before several martial arts like traditional karate, muay-thai or aikido. Nevertheless, none of them regrouped all the skills necessaries in a realistic fight. That is why I looked for kudo. Furthermore, Kudo has an important part in judo training and thus in throwings. This is an important point, which is not often trained in MMA. Another important point is the use of helmets which allows head strikings. Fights and techniques are realistics, and fighters' health is preserved. More, the use of small gloves makes fights again more realistic. Kudo is oriented to reality. That is why I looked for. I sent a mail to kudo headquarters, and I received an answer from Azuma sensei very soon after. The next day, I went to honbu dojo where I met Azuma sensei and all the staff. Even if Kudo regroups more than one hundred thousands praticants in the world, the welcome was warm and very professional.

And it will always be, this is the spirit of Kudo, which is not only to build strong fighters, but also and above all complete individuals built around the spirit of Budo. In headquarters, it is possible to train every day in Kudo and body training. The building has five floors, one floor reserved for physical training with a fitness room, two floors with dojo and locker rooms, and two floors reserved for administration. Every day at seven o'clock PM, class is led by another sensei, most of the time former or actual all Japan or world champion. This allows different training styles depending on the chosen field of each sensei (ju-jitsu, judo..., etc.). Of course, training is in Japanese, nevertheless when it looks complicated it is always explained in English for you. In the end, language is not a problem to understand classes. The training is difficult, but all skills are worked in each course: stand-up fighting, ground fighting, throwing. Each class is an opportunity to fight with fighters in high levels. Discipline and respect are strict, but everything is made for making you progress.

But Kudo spirit doesn't end with the class. Most of the time, after class, everybody go outside for a drink or dinner. For foreign fighters, this is in addition a good opportunity to see Japanese way of living. This is also Kudo spirit: train hard together, then have rest and good time together. And Japanese fighters love beer! Thus, be careful to not take a hotel where it is asked to come back at midnight!

There are more than twenty Kudo branches in Tokyo, then it is possible to train there when headquarters are closed during holydays. I train in Kudo for more than two weeks now, and I already feel progress. As a conclusion, training in Japan is an important experience for foreign fighters in order to understand Kudo and more generally Budo, in addition to tough training. Living in Japan, sharing with Japanese people, training with Japanese fighters, gave me a little understanding of Kudo as a way of living. Osu

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