



Projekto „Kvalifikacijos tobulinimas sporto organizavimo ir mokymo specialistams“
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„Besimokančiųjų ir personalo mobilumas profesiniame mokyme“

METODINĖ MEDŽIAGA

Siunčiančioji institucija – Lietuvos sporto federacijų sąjunga (Vilnius, Lietuva).

Organizacija partnerė – Lietuvos Kyudo Federacija (Vilnius, Lietuva).

Priimančioji organizacija – Suomijos kyudo federacija (Helsinkis, Suomija).

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Teaching principles in Heki

Initially Heki apprentice would shoot in front of Makiwara 200-300 arrows per day for the first 3 years of his practice.

When they would reach certain level of craftsmanship, teacher would introduce them to the principles of Heki which are written in poem form in following 3 levels of scrolls:

- Hika – 12 poems on basic shooting principles to achieve and maintain craftsmanship of the shooting skill.
- Mokuroku – more extensive 120 paragraphs of which only 60 preserved to the present day on Makiwara and Mato Mai shooting.
- Mugonka – the most important scroll which served as a teaching license indicating not only the high level of skill but also enabling the owner to open a school (dojo) of his own and have students.

To this day learning and teaching kyudo consists of two parts of equal importance: PRACTICAL and ORAL:

Observing -> Asking questions -> Receiving answers -> Bringing answers to the body by practice.

The main teaching principles which are applicable to this day and to the type of society we live in are:

- Each student should be taught in a different way. Everyone is different in their personality and body constitution therefore a number of methods should be applied in order to find the best approach for each disciple.
- By trying to find the best approach to the student you still have to keep the standard of shooting in mind.
- Knowledge of kyudo should be acquired not only from literature, but also from sharing experience in person with teachers, colleagues and students.
- Information that is not understandable by student at his level of experience, should not be provided.
- Only one correction should be provided at a time based on its' importance and impact to shooting.
- Soft skills, especially looking after ones' shooting equipment and shooting etiquette – Rei, should be taught and encouraged to be observed at all times.
- The “Less is more” principle can be applied to kyudo practice. It is much better to concentrate on what you have already learned and shoot 4 to 5 arrows with awareness then mindlessly shoot 100 arrows per training session.



Rokka – 6 subjects of Kyudo

1. Kyu-ri – theory of shooting technique (shajutsu).
2. Kyu-rei – etiquette, manners, common courtesy of Taikai.
3. Kyu-ho – the handling of the bow during shooting (carrying bow & arrows, managing shitsu, giving/taking bow/arrows etc.)
4. Kyu-ki – knowledge about different kinds of bows and equipment.
5. Kyu-ko – knowledge how to repair and maintain your shooting equipment.
6. Tanshin – mental training which includes developing such qualities as sincerity, obligation and motivation for practice. It can be any additional practice that helps to develop concentration.

6 levels of Reiho

The Reiho can be translated as “etiquette”, “respect” or “courtesy”.

It is very important concept in Japanese culture, including Japanese martial arts.

In kyudo there are 6 levels of Reiho, starting from the highest:

1. Ryuso – the Founder of the school.
2. Shi – the Teacher.
3. Senpai – the senior practitioner.
4. Doryo – the practitioner of the same level.
5. Kokai – the younger practitioner.
6. Jibun – yourself.



Mental training in Kyudo – Mindfulness

Mindfulness is the practice of purposeful bringing of attention to the present moment without judgement. It is skill that can be developed through meditation or other techniques.

The teachings of mindfulness come from Buddhist traditions e.g. Mahayana Buddhism in the form of The Heart Sutra and Theravada Buddhism in the form Satipatthana Sutta.

Mindfulness practice does not only improve psychological condition but also enables to recognize and understand how individual mind creates the structures of self with all attached issues.

Methods of mindfulness training (Tanshin):

1. Pause in whatever is being done and concentrate on the current moment.
2. Relax by controlling breathing.
3. Open the mind for the next moment without any expectation.
4. Attune to emergence. Allow to be surprised and trust in what will happen.
5. Listen deeply when you speak to teacher. Don't spend energy to explain your failures and mistakes.
6. Speak the truth. Especially to yourself.

