

Title	Study of budo unit programs in accordance with the revised course of study : in terms of the kata teaching methods for kendo
Sub Title	
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Publisher	慶應義塾大学体育研究所
Publication year	1991
Jtitle	体育研究所紀要 (Bulletin of the institute of physical education, Keio university). Vol.31, No.1 (1991. 12) ,p.51- 51
JaLC DOI	
Abstract	
Notes	Abstract
Genre	
URL	<a href="https://koara.lib.keio.ac.jp/xoonips/modules/xoonips/detail.php?koara_id=AN00135710-00310001-0051">https://koara.lib.keio.ac.jp/xoonips/modules/xoonips/detail.php?koara_id=AN00135710-00310001-0051</a>

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Study of Budo Unit Programs  
in Accordance with the Revised Course of Study  
— In Terms of the Kata Teaching Methods for *Kendō* —

By *Yasumasa Yoshida*\*

The revised course of study emphasizes increasing international understanding and learning respect for Japanese culture and its tradition. When the revised course of study was published, the name 'Kakugi' was changed to 'Budo'.

The purpose of this study is to make clear the role of Budo in school education through the study of *Kendō* using the Kata teaching methods. Kata was originated in order to define and standardize the basic *Kendō* movements. It was first developed as one of the teaching materials for the introduction of Shinai *Kendō*.

There are several Kata teaching methods in the unit programs: Teaching Kata intensively in the first lessons only; teaching Kata in each lesson little by little; group learning and coeducational lessons.

It is important for the teacher to be well enough practised in Kata to have mastered the basic movements. However, the teacher should aim to bring to students the unified concept of Kata and not simply to perform the figures and their processes perfectly.

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