



Pacific Rim Martial Arts Academy and Nakano Judo Academy  
present:

# Japan Study Tour

July 16-27th, 2017

The Kodokan Institute

Tokai University

Asahi Dojo

Kokugakuin University

Nihon Tai-Iku University

Chuo University

Ishimichi Juku

Special Sessions:

Daiki Sakamoto Sensei

Kosei Inoue Sensei

*Kumi-Kata*

*Uchimata*

Dai Asahi Sensei

*Competition Drills*



# Vision / Purpose

Join us for a once-in-a-lifetime experience in Japan, the birthplace of Judo. Spend 10 days immersed in Japanese culture, learning Judo's rich history on a fully-guided tour, complete with world class personal instruction and trips to Tokyo's top sightseeing destinations.



Participants will train at six of the top university and private dojos in Japan, participate in three specially designed sessions with world-class instructors, and meet other judoka who share a love of Judo and an appreciation for the type of training only Japan can offer.

# Trip Overview

July 15th	July 16th	July 17 - 26th	July 27th	July 28th
Arrive in Japan	Orientation	Training and Site Seeing	Site Seeing	Leave Japan
	Site Seeing	Training and Site Seeing	Celebration Dinner	

*Our journey begins at the mecca of judo...*

# Kodokan Judo Institute

Kodokan Judo was created in 1882 by Kano Jigoro Shihan. Kano studied both the Tenjin Shinyo-ryu and Kito-ryu styles of classical Jujutsu. Integrating what he considered the positive points of these systems with his own ideas and inspirations, he established a revised body of physical technique. The essence of this system he expressed in the axiom "maximum efficient use of energy", a concept he considered both a cornerstone of martial arts and a principle useful in many aspects of life. His training hall he named "Kodokan," or "a place to teach the path."

The Kodokan Institute started with 9 members and 12 mats, but is now an eight-story building, and the headquarters of the worldwide judo community. The Kodokan has 1,300 mats and 150 instructors, across the five main dojo. The Kodokan also has an extensive library with over 7,000 books pertaining to judo and four research labs focusing on the history study of judo as well as the psychological, technical and physiological study of judo.



Mukai Sensei

# Train at Six World-Class Judo Dojos



Tokai University



Asahi Dojo



Kokugakuin University



Chuo University



Ishimichi Juku



Nihon Tai-iku University

# Join Three Private Sessions



Kosei Inoue Sensei



Daiki Sakamoto Sensei



*Dai Asahi Sensei*

## Special Session: Kosei Inoue Uchimata

Olympic Champion, 3x World Champion, and 3x All Japan Champion, Kosei Inoue is truly one of Japan's Judo treasures. Currently the Head Coach of the Japanese Men's National Team, Inoue Sensei was instrumental in leading the team to medals in each category  
*(2 gold, 1 silver, 4 bronze).*

A graduate of Tokai University, Inoue is best known for his ouchi-gari and uchimata. During our trip, participants will attend a private session with Inoue Sensei, where they will learn the secrets to his famous uchimata as well as how he links uchimata to other techniques in his arsenal.



## Special Session: Daiki Sakamoto Kumi-Kata *(gripping)*

Dai Sakamoto Sensei is a coach at Kokugakuin University and a former member of the Japanese National Team. Kokugakuin is one of the top 8 strongest judo universities in Japan and he personally coaches two of Japan's current national team members. He was also the Head Coach of the Japanese Junior National Team from 2013 - 2016.

As a competitor, Sakamoto sensei is a multi-time international medalist, placing first at the Kazakhstan Cup and the Kodokan Cup and third at the Kano Cup. One of his specialities is kumi-kata and his session will cover world-class gripping strategies for competitors.



## Special Session: Dai Asahi Competition Drills

The Asashi Dojo is one of the best dojos in Japan, winning gold countless times at the national dojo championships. Currently, the dojo has more than 130 active members and is overseen by its head coach, Dai Asahi Sensei.

Asahi Sensei attended Meiji University and has coached many world and international players.

His program emphasizes character development and disciplined training. Asahi

Sensei specializes in traditional judo fundamentals and lead a special session for our group on competition drills.



Asahi Sensei

# Stay at Nittai-Dai Sports University's Guest House



# Experience the Best of Tokyo Sightseeing



Imperial Palace



Tokyo Tower



Tokyo National Museum



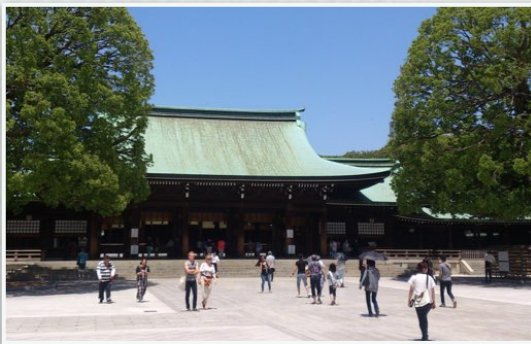
Tokyo Skytree



Eishoji Temple



LaQua Spa



Meiji Jingu Shrine



Shinjuku



Asakusa

# Meet Your Tour Hosts



Mr. Shintaro Nakano

Mr. Nakano is a 5th Degree Black Belt and a past member of the Japanese National Judo Team (1988-2008). He is the former Head Coach of the #1 Collegiate Judo Team at San Jose State University (back-to-back championships in 2012, 2013, 2014, & 2015). He is also the coach of 2012 Olympic Bronze Medallist and 2013 World Silver Medalist, Ms. Marti Malloy. America's first Olympic Judo Coach, Yoshihiro Uchida said of Mr. Nakano's judo, "He brings to SJSU judo, the Japanese version of judo, which is a little bit different in that they do a lot of execution on the move with speed. He is showing us what true judo looks like." Mr. Nakano now owns and operates Nakano Judo Academy full time.



Mr. Michael Martyn

Mr. Martyn is a 6th Degree Black Belt and is the Head Instructor of Pacific Rim Martial Arts Academy. He began his martial arts training in 1981, and has traveled extensively to train with European, World and Olympic Judo champions. Mr. Martyn currently holds black belts in Hapkido, TaeKwonDo, Judo, Jujutsu and Aikido. Mr. Martyn serves as a Branch Manager for the International Martial Arts Federation and oversees all membership and coordination with Japan. Ms. Noriko Kitada, 1988 Olympic Bronze Medalist said of Mr. Martyn, "Mike Martyn has a Japanese soul. I have met many instructors from around the world, but he is different. He understands Kano's vision for judo and is a true judoka."

# Fees, Terms and Conditions



**Price: \$2,750 per person**

Price includes hotels, applicable dojo fees, sightseeing, trains and buses while in Japan, workbooks, certificates for all participants, and a final celebration dinner. Price does not include travel to and from Japan. Participation is limited to 25 judoka. Judoka must be over 14 years old and at least 2 years experience on the mat. Parents of participants are welcome to attend for \$1,750 per person.