



Yushin-juku Kendo Dojo

優 心 塾 剣 道 部

August 8, 2007

Re: Japan Tour 2007 Information & Application Form

Dear kendo students:

I'm organizing a 7-day trip to Japan over this year's Thanksgiving week. Please review the attached travel plan & itinerary. If you would like to accompany me to this trip, please fill out the application form, and return it with a **\$200 deposit** (make the check payable to "*Yushin-juku*"). The deposit is refundable if cancelled before Sept. 16th. The maximum number of participants is 45. Please reply by August 20th so that I can extend invitations to the general public after that day.

This is not an ordinal sightseeing trip. It is designed to expand and enrich your kendo experience and your knowledge of what your training is about, by experiencing the roots of the culture which cultivated the samurai's way of life -- Zen as the guiding philosophy and as the means to achieve enlightenment, thus enhancing not only fighting skills but also life itself.

For non-kendo practitioners, the trip offers alternate lodgings and free-time for additional sightseeing upon request, so that you can bring your family or friends with you.

The cost of the trip, including the round-trip airfare (United Airlines), ground transportations, hotels, zen training and guided sightseeing tours of Kyoto and Tokyo, is **\$1,980** per person. Each participating Kendo Club member will receive **\$100** scholarship from the Club to assist with expenses.

It is a rare opportunity for even Japanese nationals to be able to participate in this kind of trip. Hope you take advantage of this opportunity of a life-time.

If you have any questions or suggestions, please contact me by phone (408)734-9212 or by email: aki@omitrans.com.

Yours in the art,

Akihiro Omi

Akihiro Omi
President & Chief Instructor,
Yushin-juku





Yokoso = Welcome



Heian Shrine, Kyoto



Maiko, Kyoto



Kinkaku-ji Temple, Kyoto

JAPAN TOUR 2007 - Itinerary

Sunday, Nov. 18

11:40am Departing SFO (United 830)

Monday, Nov. 19

3:00pm Arrive at the *Central Japan International Airport* (NGO).
Relax in *onsen*, hot-springs bath, at the airport (optional)
Take the train to *Nagoya* (30min.); Check into the *Nagoya Marunouchi Tokyu Inn* or *APA Villa Hotel*.

Tuesday, Nov. 20

9:00am After breakfast, walk to the famous *Nagoya Castle*.
1:00pm Ride the *shinkansen*, bullet-train, from *Nagoya* to *Kyoto* (30min).
3:00pm Arrive at the *Manpuku-ji* temple

Wednesday, Nov. 21

All Day Zen training, Kendo training (kihon/kata only) & Brush Calligraphy

Thursday, Nov. 22

10:00am Leave the *Manpuku-ji* temple
Afternoon Guided-tour of *Kyoto* (*Heian shrine, Kinkaku-ji temple, Kiyomizu temple, etc.*)
Evening Ride the *shinkansen*, bullet-train, from *Kyoto* to *Tokyo* (3hrs).
Check into the *Palace Hotel*.

Friday, Nov. 23

Morning Free time
Afternoon Guided-tour of *Tokyo* (*Imperial Palace, Asakusa, etc.*)

Saturday, Nov. 24

All Day Free time (optionally, Kobe steak dinner in Ginza district)
Evening Visit a local kendo dojo to observe kendo practice (optional).

Sunday, Nov. 25

Morning Free time (optionally, sushi lunch in *Tsukiji* fish-market)
2:00pm Take the train from *Tokyo* to *Narita*.
5:55pm Departing the *Narita International Airport* (NRT) (United 838).
11:00am Arrive back at SFO on the same day.



Nagoya Castle



Imperial Palace, Tokyo



Palace Hotel, Tokyo



Japan

ZEN TRAINING AT THE MANPUKU-JI TEMPLE



Zen Master Ingen



Main Entrance Gate



Main Building



Vegetarian Meals

IMPORTANT: Staying at the Manpuku-ji temple and participating in their Zen training sessions neither make you a member of the temple nor affect your religious affiliations. These training sessions are designed to expand your level of awareness and improve your consciousness and perceptions so that you can enhance your life as well as lives of those around you. Japanese corporations often send their new employees to these sessions as a part of their new-hire training curriculums.



Samurai

Manpuku-ji Temple was established in 1661 by the Chinese monk Yinyuan Longqi (Japanese pronounce "*Ingen*") who studied the Linji ("Rinzai" in Japanese) lineage of Chinese Zen founded by Chinese Zen Master Linji Yixuan ("Rinzai Gigen" in Japanese) in the 9th Century.

The temple, located in the city of Uji, just outside of Kyoto, is the headquarters for the Obaku school of Zen, a branch of the Rinzai school which already existed in Japan when Ingen arrived from China in 1654 at age 63, accompanying twenty of his disciples, responding to the repeated invitations from Emperor Gomizuo of Japan as well as Shogun Tokugawa Ietsuna.

Highly respected and followed by both the Japanese emperor and the shogun, Zen Master Ingen taught and maintained the Chinese Zen traditions in Japan.

The Rinzai & the Obaku schools of Zen were the ones the Samurai warriors studied by default.

TRAINING SCHEDULE:

Tuesday, Nov. 20

- 3:00pm Arrive at the *Manpuku-ji* temple
- 3:30pm Introduction
- 5:00pm Dinner
- 6:00pm Lecture
- 7:00pm Zazen (sitting meditation)
- 8:00pm Bath
- 9:00pm Lights out

Wednesday, Nov. 21

- 4:30am Wake-up
- 5:00am Observe sutra chanting
- 5:45am Zazen
- 7:00am Breakfast
- 8:00am Kendo Practice
- 10:00am Zazen
- 11:30am Lunch
- 1:00pm Brush Calligraphy
- 3:00pm Zazen
- 5:00pm Dinner
- 6:00pm Lecture
- 7:00pm Zazen
- 8:00pm Bath
- 9:00pm Lights out

Thursday, Nov. 22

- 4:30am Wake-up
- 5:00am Observe sutra chanting
- 5:45am Zazen
- 6:00am Cleaning
- 7:00am Breakfast
- 8:00am Zazen
- 9:00am Closing Ceremony
- 9:30am Touring the temple gardens
- 10:00am Leave the *Manpuku-ji* temple

Japan Tour 2007
November 18 - 25, 2007

APPLICATION FORM

Group Leader's Name: _____ Age: _____

Phone: (_____) _____ - _____

Email address: _____ @ _____

Check all that apply:

- I prefer not to participate in the Zen training at Manpuku-ji temple.
- I require alternate lodging in Kyoto on Nov. 20 & 21.
- I'd like to extend my stay in Japan.
- I'd like to make my own air-travel arrangements.
- I'd like to make my own hotel arrangements.

Additional Participants (if any):

Name: _____ Age: _____ Relationship: _____

- He/She prefers not to participate in the Zen training at Manpuku-ji temple.
- He/She requires alternate lodging in Kyoto on Nov. 20 & 21.

Name: _____ Age: _____ Relationship: _____

- He/She prefers not to participate in the Zen training at Manpuku-ji temple.
- He/She requires alternate lodging in Kyoto on Nov. 20 & 21.

Name: _____ Age: _____ Relationship: _____

- He/She prefers not to participate in the Zen training at Manpuku-ji temple.
- He/She requires alternate lodging in Kyoto on Nov. 20 & 21.

Name: _____ Age: _____ Relationship: _____

- He/She prefers not to participate in the Zen training at Manpuku-ji temple.
- He/She requires alternate lodging in Kyoto on Nov. 20 & 21.

Name: _____ Age: _____ Relationship: _____

- He/She prefers not to participate in the Zen training at Manpuku-ji temple.
- He/She requires alternate lodging in Kyoto on Nov. 20 & 21.

Additional Comments or Requests (if any):
