

# Senshu Martial Arts Tour

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Crossing Hearts  
with Japan

A two-day Japanese martial arts and culture experience.

"On the first day, after an exciting martial arts experience, guests will spend a relaxing evening at a Japanese-style inn or hotel in the Senshu region of Osaka."

"For day two, guests can choose one of four different tour activities related to martial arts."

DAY 1

A beginner's course in kendo or naginata at Osaka University of Health and Sports Sciences. Learn about the philosophies behind Japanese martial arts by practicing various techniques.

STAY

Guests can choose to stay at an hotel with a hot spring, Japanese-style hotel, traditional Japanese home, or modern hotel.

DAY 2

Choose from four different activities related to martial arts. From tea ceremony to zen meditation, discover the connection between daily life and martial arts philosophies.



## Connect with the philosophies of samurai class through this martial arts experience.

A tour for visitors that want to do more than just learn about Japanese culture. Through this activity, guests will do more than just look as they experience a physical connection with the ancient philosophies that are still applied to modern Japanese martial arts.

This tour is close to Kansai International Airport, making it great for guests that have just arrived, or that want one more experience before heading home. After the martial arts activity, guests can choose where they want to stay and what other activities to try on day two to create a one-of-a-kind tour experience.

Both kendo and naginata start and end with a bow because opponents treated one another with respect before crossing swords. In ancient times, the life of a samurai was about the struggle to maintain one's peace of mind while facing the constant threat of death.

*After two days in Senshu, you'll have memories that last a lifetime.*



DAY 1

## Samurai Experience at Osaka University of Health and Sports Sciences

Guests will learn various martial art techniques as they learn about the philosophies of kendo and naginata from former national champions and their students.

Kendo and naginata are the successors of warrior philosophies (bushido) established after the turbulent civil war period by the samurai warrior class. Enter the dojo on the Osaka University of Health and Sports Sciences campus for a 'Samurai Experience' where you will learn how these ancient warrior philosophies can also be applied to everyday life from former national champions and their students.



### Martial Arts Experience Instructors



**Hiroshi Kanzaki**

Kyoshi Eighth-dan /  
Former National Students  
Championship Winner



**Raita Murakami**

Sixth-dan /  
Former National Faculty Member  
Championship Runner-up



**Hiroshi Oishi**

Renshi Sixth-dan /  
Former National Faculty Member  
Championship Winner



**Akiko Amakawa**

Kyoshi /  
36th National Naginata  
Championship Winner

## Choose from four different activities related to martial arts.



Wear the armor and become a samurai.

### One Day Tour of Kishiwada Castle

Japanese castles are world-renowned for both their beauty and utility. While at Kishiwada Castle, you will don the armor that warriors of the warring-states period wore and have a photoshoot as the lord of the castle. Afterwards, there will be lunch at Gofuso, a restaurant with a beautiful Japanese-style garden. Finally, guests will visit the Danjiri Center to learn about the city's famous Danjiri Festival.



Trek through the forests of Mt. Inunaki

### Mt. Inunaki Shugendo Experience

Deep within the Katsuragi mountain range are 28 sutra mounds said to have been erected by the founder of the folk religion Shugendo. For this activity, guests will experience Shugendo training at Shipporyuji. After donning traditional wear, guests will purify their minds and bodies through waterfall training or fire purification rites. Guests will be taken to the hot springs in Mt. Inunaki afterwards to relax in waters that may have visited by ancient practitioners of Shugendo.



Welcome to the world of zen.

### Senshu Buddhist Temple Meditation Experience

Guests can learn from a professional of Buddhist art while tracing sacred images of the Buddha or writing scriptures within the cozy walls of a traditional Japanese-style home. After a quiet lunch at a cafe deep within the mountains, guests can also try a form of esoteric meditation called Ajikan Yoga. This plan can be customized with a number of temples in the Senshu area.



Learn about the essence of Japanese forging.

### Japanese Sword Forge Tour

Sakai city is well-known for its production of Japanese swords and knives. In this plan, guests will visit the famous Mizuno Forge, a working smithy where real Japanese swords are forged. Afterwards, guests will learn how to sharpen their very own knives that they can take home. This plan also includes a visit to a tea house, a practice with deep connections to the old samurai class.





# Choose from a variety of accommodations for your trip.

Guests can choose to stay at hotels with hot springs, Japanese-style hotels, modern hotels, and even traditional Japanese homes in the Senshu area. Guests can choose the accommodation best suited for the needs of their tour.



A Japanese-style hotel located deep in the mountains.

Minamitei



A hot spring hotel with a variety of rooms to choose from.

Ushitaki Onsen Shikimatsuri



A private stay in a renovated Japanese-style home.

SAKAINOMA Residence



A hotel with great access to transportation.

Star Gate Hotel Kansai Airport



A budget-friendly business hotel.

Super Hotel Kanku Kumatori Ekimae



A relaxing night at a luxury hotel.

Hotel Agora Regency Sakai

\*The hotels shown below are examples.



RECOMMENDED



DAY1

The 'Samurai Experience' at Osaka University of Health and Sports Sciences.

STAY

One night at hotel with great access to the city.

DAY2

Complete your samurai experience by wearing samurai armor and spending the day at Kishiwada Castle.

PLAN A

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DAY1

The 'Samurai Experience' at Osaka University of Health and Sports Sciences.

STAY

Spend a relaxing evening on Mt. Inunaki at a hot springs hotel.

DAY2

Trek through the forests of Mt. Inunaki and visit sacred prayer sites as part of the Shugendo experience.

PLAN B

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