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Kendo

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Doria Dojo (Genova), Canadian Kendo Dojos, and the Canadian Kendo Federation, I founded the Dalhousie University Kendo Club to promote Kendo and self-cultivation to Nova Scotians. The concept of self-cultivation challenges the apathy prevalent in youth culture because Kendo is invigorating, fun, builds character, and is unique among local sports," MacLeod explains.

Kendo practice develops the will power required to overcome adversity by strengthening one's character, etiquette and respect for others, skills applicable to every-day life.

The philosophy of Kendo (Kenjitsu) arose from ancient Japanese Samauri culture emphasizing self-cultivation through continuous practice and the principles of Ki-ken-tai-icchi, Ki (mind/body cohesion), Ken (sword/knowledge), Tai (overall balance), and Ichi (spirit of voice). Ki-Ken-Tai-Icchi is a simultaneous combination of these four elements.

The Dalhousie University Kendo Club is a volunteer organization actively fundraising to purchase Club equipment. Financial contributions are welcome.

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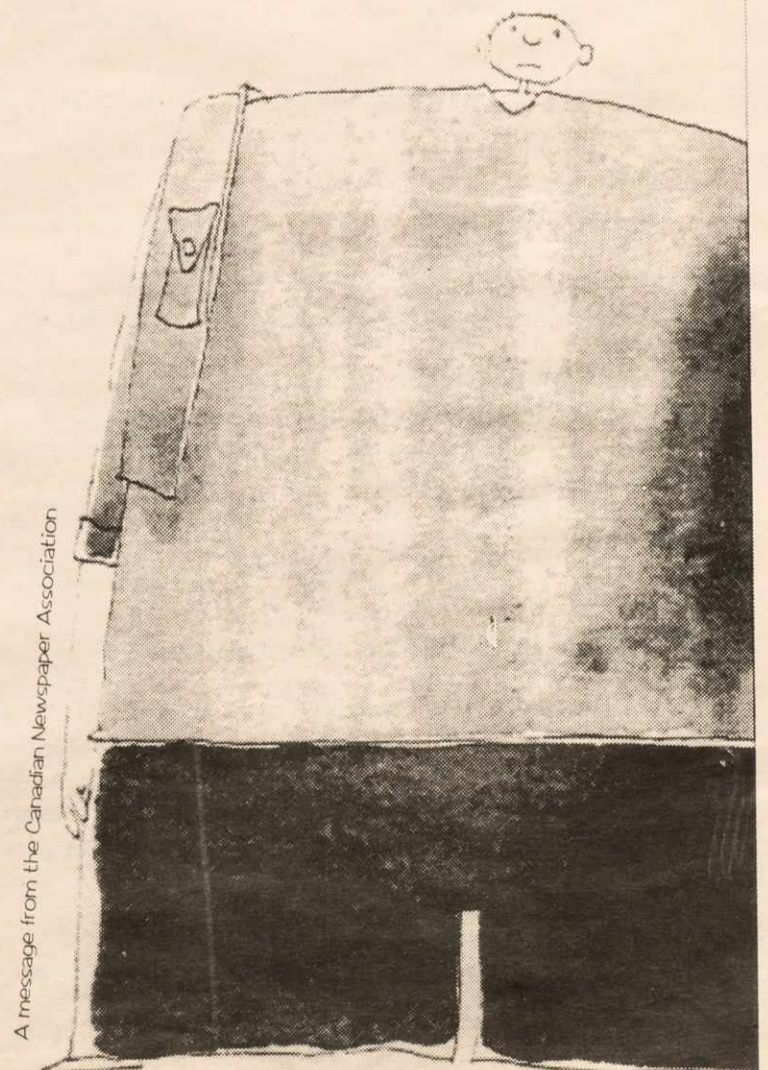
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Mr. Pinhead on being online...

I hate them, so I usually bud
 in front of old people.



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