

Collège France Budo

Martial Arts and Combat Sports School



The College France Budo is a school of individual training by the practice of Martial arts and the Combat Sports which are derived from it.

The technical training is ensured by professors of martial arts and combat sports of various origins.

The disciplines represented result from schools officially recognized on the national level as well as on the international level. They can be practised separately or simultaneously to acquire a general understanding of the martial arts.

The originality of the teaching method adopted by the College develops an interest with the “ Others “ not only to perfect your own knowledge but also to find a real meaning to the usual practice.

The College France Budo, apart from its affiliation to Federations officially approved by the Ministry for Youth and Sport is attached to international organizations.

The teaching of martial arts and of combat sports plays a part in Aikido classes, as well as Kenpo, Gon Fu, Jo Do and Kenpo Kick boxing classes, extending to various techniques, whether they be applied with bare hands or with some weapon (Aïki Kenpo, Ken Jitsu, Aïki Jo, Tanto Jitsu, Jo Jitsu...).

The College France Budo, taking into account the common-core technique specific to the practice of combat sports, allows competitions in various styles.

Joining one discipline offers a possibility of **FREE** access to the other disciplines taught.



In the College France Budo, Aikido is above all an opening towards the various schools which claim their belonging to this Art. Priority is given to those who agree to share their knowledge in Aikido without any restriction, in so far as it is in conformity with the bases laid by creator O Sensei Morihei Ueshiba. The sharing also includes other disciplines so long as the exchange proves to be advantageous.

The absence of frontiers between the various forms of Aikido allows a practice without constraint, while giving freedom of expression to everyone.

What makes, among other things, the originality of the teaching method specific to the school is giving the individual the opportunity to improve his technique and to find interest in other disciplines, without neglecting or even giving up the knowledge acquired in some other place.

To answer the requests expressed by those who practise combat sport, which mainly deal with what Aikido can do for them, the College France Budo has created Aïki Kenpo (trade mark). This is a form of training which allows everybody to see for themselves how useful this art is.



As far as Aikido is concerned, the College France Budo is affiliated to the official federations and complies with the rules concerning the various formalities which must be met with for the obtention of a teacher diploma. The association doesn't neglect the excellent relationship that it likes to maintain with the people in charge of different leanings but it is nevertheless very guarded about the institution which grants itself the exclusive right of imposing a teaching method.

The College reminds you that it is still open to offers concerning the organization of training courses and various meetings. Aikido was mainly noticed during these past few years through the presence in the buildings lent by the Municipality of Le Raincy of 25 countries represented by the greatest Masters of Aikido. It is also useful to recall the presence of Master Hikiutchi 10th dan during several years.

The College considers that Aikido is a circle of friends open to Everybody, and invite you, if you wish, to take part in some meetings where the keynote is

“grow richer through differences”.



Kenpo is a martial art which by its seniority could contribute to the creation of other disciplines. Its current existence in no case challenges the value of those, since their main leaders have been and are still passionate dojogoers and teachers of far eastern martial arts recognized in France.

Kenpo by translation is a way of using the fists, and its extension in the combat in general results from a knowledge acquired in the schools that are universally represented.

The practice of Kenpo or of any discipline close to this art within a school The College France Budo has brought on a gathering of various clubs which function technically according to an identical guiding principle. The leaders of these clubs have set up a technical progression that can be considered valid if you look at the interest shown by many club members for this training method.

As for the historical origin of Kenpo, it seems preferable and even recommended to look up at the works conceived by specialists concerning martial arts.

The history is naturally the same as that of martial arts and giving any right of anteriority to a discipline rather than to another in order to make it more valuable seems pointless.

The history and philosophy related to the martial arts that are represented in the western world by combat sports come from purely warlike techniques. Borrowing gestures from warriors of another time to support the development of a discipline results from a need to defend against various aggressions such as armed robbery or to resist to invasions of all natures. This obligation gave rise to the creation of methods of combat which followed the migrations of Buddhism from the Indies to China and towards Japan. The technological development of technique through the age is also due to a competition between the many clans trained within the Japanese society on the one hand and to some act of war on the other hand.

History, often embellished by legend, reveals the presence in the VIth century of a patriarchal monk from the Indies whose merit was to be the first to deliver its technical knowledge of combat. In spite of his quality of monk, spirituality seems to appear only towards the end of the XIXth century in opposition to Western military practices.

This being, at the dawn of the XXIst century, a present tense has to be used when Kenpo is dealt with.

As was said earlier, we refer to various disciplines to explain Kenpo as a study of combat.

Then why not have chosen names like Karate Kenpo, Aïki Kenpo, ...? Simply and as the denomination partly shows, it does not belong to a style rather than to another. Kenpo is about meeting for a peaceful use of the combat in general (meaning with fists and feet) and of the benefits it brings on the physical level as well as on the mental level.

Kenpo can however be interpreted as a specific style of the Federation which controls it as a competitive sport. Kenpo itself can refer to the past with a combination, for example of Shurité of Okinawa with Jujitsu Shindo Yosin Ryu.

The modern disciplines currently practised have a common ancestor, Jujitsu, and the technique related to this art has, as everybody knows, evolved to give rise to some specialities used differently on the sporting plan.

What makes the originality of the method here exposed is not exclusively the value of the technique of Atemis, projection, immobilization, etc but the link which exists between them in the form of dodging, of input of movement, of various enchainements. In a nutshell what makes the combat in general.

The school makes it possible to consider Kenpo as an art of combat either self sufficient or complementary to another discipline. All the teachers and followers of Martial arts can contribute to the evolution of Kenpo, if they agree to share mutually their experience.

The progression which will follow falls into 2 parts:

Kenpo, study and search

The techniques are studied with all kinds of bare handed attacks. The study leads to a system of combat which does not necessarily define an attacker on the one hand, and a defender on the other hand.

Kenpo, sport of combat

The discipline is practised with protections (gloves, shin guards, gum shields, shell, helmet, etc).

It is an application of the practice above mentioned. It requires a general knowledge of the combat sports (and calls to many variations of the basic techniques). Kenpo, sport of combat, allows an access to competition in various styles.

Competition is not compulsory.

Kenpo can be practiced by all - men, women, children - whatever their physical condition is. The clubs which represent this school also offer the possibility of studying martial arts as a leisure sport.



Common points between Kenpo and other martial arts

To answer one of the FAQs about the relationship between Kenpo and the other disciplines, we show below a document concerning the world organization of Kenpo from which we took an extract entitled:

“ Similarities between Kenpo and others arts “

Kenpo and the other martial arts have many common points, as well on the technical level as on that of the guiding principles. This is mainly due to the various and varied origins of Kenpo.

Tae Kwon Do and Kenpo

Many jumped and circular kicks of the TKD were recently incorporated in Kenpo, mainly for trainings and demonstrations.

Karate and Kenpo

Karate and Kenpo are the two closest disciplines, because of their common origin. It would seem that Karate results from Kenpo. (an old book on Japanese Karate was entitled Koshu-Ryu Kenpo: Karate) At least 95% of the techniques of Karate can be found in Kenpo.

Jujutsu and Kenpo

A great number of techniques of immobilization and projection of Kenpo results from Japanese Jujutsu. Various projections of shoulders and hips, as certain sweepings are a direct heritage of Jujutsu, even if Kenpo does not have a variety of movements as broad as Jujutsu.

Aïkijutsu and Kenpo

These past few years, many techniques of Aikido and Aïkijutsu have been integrated into Kenpo, a harmonious supplement to the study of Chin Na by some new principles and ideas. The most usual techniques are Shiho nage, Irimi nage as well as projections in-no-irimi.

Kung Fu and Kenpo

Although Kenpo is, from the start, a “Kung” style, it has given up the majority of its Chinese aspects for a “harder” Japanese approach. However, many “soft” techniques can still be seen in Kenpo. They are mainly the five “animal techniques”, Chin Na and the practice of the weapons.

Ninjitsu and Kenpo

There is a form of Kenpo which says that James Mitose was also a Master of Koga-Ryu Ninjitsu. This form is exclusively taught by the school of Kenpo Koga ha Kosho-shorei Ryu, in Philadelphia. Shihan Nemir Hassan is the leader of this form of Kenpo.

The Kenpo school is represented, let us recall it, by a staff made up of several graduate state teachers in various disciplines who hold national and international diplomas in martial arts, such as Kenpo, on the one hand and in various sports of combat on the other hand. This is why Kenpo is expressed in several styles and its evolution is only possible through the acceptance of a shared knowledge.

Kenpo results from a combination of old techniques of combat and modern scientific principles.

Apart from the study of the guiding principles, Kenpo is not taught in a mechanical way “blow after blow “. It’s a flow of uninterrupted movement which is intended to cause some voluntary or involuntary reactions of various natures. Each reaction leading to the following movement and so on until the conclusion of the combat. The movement of flow and backward flow constitutes the spirit of Kenpo.

A teacher of Kenpo is first and foremost a professor of Martial arts.



or the science of combat

At the French national level Gong Fu is regarded as an official discipline. To be more precise and so that no misunderstanding emerges we have to say that the people in charge on a national level consider it useful to remind us that Kung Fu seems to be pronounced “Gong fu” by the Chinese.

In the present state of things, the discipline explained hereafter represents a style specific to the schools attached to the grouping affiliated to the FFKAMA under the name of Gong Fu.

As was said earlier, the teachers of the stated disciplines are above all professors of Martial arts who refuse the compartmentalization which could exist between disciplines for instance because of their origin.

Associations, among which is the CFB, which represent clubs related to the same grouping on the national level, are also attached to the FFKAMA (organization of the martial arts of Chinese origin).

A technical book was registered with this federation and in this book Gong Fu holds an official place.

The grouping has significant relations at the international level with other clubs.

In practice, the existence of Gong Fu follows the development of the Chinese martial arts and leads to a technical teaching of combat in general (bare handed and with weapons) and as a sport of combat.

The possibility of competing in various styles is offered to those who wish it.

In the grouping the training is ensured to make the obtention of the grades easier and for the access to the federal and state diplomas.

Gong Fu calls for the same observation as that done about Kenpo regarding the bare handed practice for the study of martial arts as well as the preparation for competition. The discipline however is made different from its colleague Kenpo through the execution of style exercises called TAOS.

As far as competition is concerned, Gong Fu has its own arbitration rules. The competitor is provided with protections (gloves, shin,leg and foot guards...).

Gong Fu stresses the artistic aspect in shows and bare handed technical fights, which is by no means incompatible with the training for competition.

The Gong Fu class also takes into account the need for a common training with other sports of combat.

To learn more about it, two addresses:

<p>Academy Training 16, avenue Colbert Toulon France</p> <p>Directeur technique : GØard Olivier</p>	<p>CollÈge France Budo 44, allØe des Bosquets 93340 Le Raincy France</p> <p>Directeur technique : Claude Richard</p>
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The part played by the College France Budo is not restricted to a simple inner “Club” activity, but it widens to organizing friendly interclub meetings on the national as well as international level.

It is not a question of setting up training courses, with, among other things, a financial aim but technical work meetings during which the club leaders can express freely with the only concern of sharing their knowledge. The main suggested topic is:

Grow richer through differences

within the sphere of the selected disciplines.

The College France Budo does not have the quality of leader. It acts on the same level as all the teachers who accept the exchange and who become consequently the technical co-directors of these friendly and **FREE** meetings.

Actually, the “meeting” operation concerns mainly those who wish to express without constraint nor obligation. Those who admit the value of a discipline, the existence of various processes to show and explain, which shows the uselessness of a teaching monopoly. Those who think that if the “ PATH “ takes on a private character it loses its value while becoming only a “DEAD END”.

The interclub meetings were led hitherto by technical leaders regardless of:

· BORDERS.

· grades.

· diplomas.

to the satisfaction of all.

The College France Budo stresses that it does not intend to compete with the national and international organizations in any way. It confirms its attachment with the existing federations and hopes that they support the initiative which was taken.

The College France Budo is at your entire disposal should you require any further information.

Schedules of courses

Aïkido

Monday	17h00 - 18h30	Child Section
	18h30 - 19h45	Adult Section
Wednesday	9h00 - 10h30	Child Section
	13h00 - 14h30	Child Section
Thursday	18h30 - 19h45	Adult Section
Saturday	10h30 - 12h00	Adult Section

Kenpo / Gong Fu

Monday	19h45 - 21h15
Thursday	19h45 - 21h15
Saturday	9h00 - 10h30

Jo Do

Saturday	8h00 - 9h 30
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Les essais sont gratuits.

How to come to our school ?



Highway A3 :	from Paris by "Porte de Bagnolet" exit Le Raincy
Nationale 3 :	at 16 Km of Paris by "Porte de Pantin".




SNCF :	Departure at "Paris Gare de l Est" direction "Chelles" stop at the "Raincy-Villemomble" station
RER E :	Departure at "Paris Saint Lazard" or "Magenta" direction "Chelles" stop at the "Raincy-Villemomble" station

Collège France Budo

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