

Department	International College of Liberal Arts		
Semester	Spring 2025	Year Offered (Odd/Even/Every Year)	Every Year
Course Number	SPRT/JPNA192		
Course Title	Health & Physical Education (Shugendo)		
Prerequisites	None		
Course Instructor	HASEGAWA Satoshi	Year Available (Grade Level)	1
Subject Area	Health & Physical Education	Number of Credits	1
Class Style	Workshop	Language of instruction	Japanese and English

(NOTE 1) Depending on the class size and the capacity of the facility, we may not be able to accommodate all students who wish to register for the course

Course Description	<p>Shugendo is a unique ascetic practice to Japan that emphasizes physical practice as the foundation of spiritual training in Japanese religion, including Buddhism and Shinto. Its practice takes place in the mountains, which are considered to be the mother and source of our being. Spiritual practice involves training to the limits to go beyond attachment, training in the mountains and experience the awakening of satori. Actual training involves special training standing under a waterfall, and running on the mountain as a means of developing concentration and spiritual strength. Such physical training historically had a strong influence on both martial arts Bujutsu and Ninja Ninjutsu.</p> <p>Trainees in Shugendo would descend from the mountains and use their skills to help people in the villages overcome their problems, in a practice known as Yamabushi Kagura, sacred rites and dances, which became popular among people in the villages. The chants and incantations of the Yamabushi became popularized in Japanese festivals, and developed into Naniwabushi, traditional Japanese narrative singing. Shugendo can be considered as the roots of treasured mind-body techniques found in the Japanese arts. In this Workshop, students will be given a chance to experience various mental and physical training techniques from Shugendo. This will deepen their understanding of the connection of mind and body, and the Japanese sense of connection with nature.</p> <p>Language of instruction : Japanese. English through an interpreter.</p>
Class plan based on course evaluation from previous academic year	<ul style="list-style-type: none"> - Provide reference materials for preparation in advance - Clearly convey the purpose of outdoor exercises
Course related to the instructor's practical experience (Summary of experience)	Completed the Master's program in Sports Psychology and Kendo at the Graduate School of Tsukuba University. Holds the position of Haguro-ha Koshugendo Senda-tsu Ni-ju-do-i. With a span of approximately 40 years, actively engaged in practical research and guidance on Eastern spiritual practices such as Yoga, meditation, and waterfall training. Currently serves as an adjunct lecturer at Hitotsubashi University and Sophia University. On the journey of exploring the path to soul cultivation and genuine human development through a comprehensive approach addressing both physical and mental aspects.

Learning Goals	<p>In this course, students will train both in the dojo and in nature, experiencing and practicing physical training in the Shugendo arts, with field training sessions on Mount Fuji, a recognized world heritage site:</p> <p>i) Waterfall Meditation (takigyō), through an experience of oneness with nature, they can experience a deeper sense of self by going beyond ordinary daily consciousness</p> <p>ii) Mountain Forest Walking (Sanrin Tosou), through which they can learn how to walk safely and fast on mountain paths</p> <p>iii) Self-healing (Jiko Seitai), through which they can make adjustments in posture and movement to improve and restore health</p> <p>iv) Mountain Meditation (Zenjō), through which they can experience deep meditative states in nature</p> <p>v) Traditional Martial Arts and Ninjutsu (Kobujutsu, Budo, Ninjutsu), which is historically connected to Mountain Training including Shugendo as a source of both techniques and spiritual training</p> <p>Through Shugendo, students will experience the fundamental roots of Japanese Martial and Performing Arts training, with a different approach to mind and body than found in modern Western sports, thereby realizing the spirit and technique of Bunbu Ichidou, mastery of literary and martial arts.</p> <p>By the end of the course, students should be able to view the world from various perspectives, leading to inter-cultural understanding and open-mindedness toward other cultures.</p> <p>In Shugendo, the learning objectives are integrated into the "Diploma Policy" and "Course Content."</p> <p>Diploma Policy (DP)</p> <p>DP1: To Value Knowledge [Having high oral and written communication skills to be able to both comprehend and transfer knowledge]</p> <p>DP2: To Be Able to Adapt to a Changing World [Having critical, creative, problem-solving, intercultural skills, and a global and independent mindset to adapt to a changing world]</p> <p>DP3: To Believe in Collaboration [Having a disposition to work effectively and inclusively in teams]</p> <p>DP4: To Act from a Sense of Personal and Social Responsibility [Having good ethical and moral values to make positive impacts in the world]</p> <p>The philosophy of Shugendo is to utilize the wisdom and skills gained in the mountains for the benefit of the people in the village. By learning body and mind techniques inspired by Shugendo and applying the acquired skills and insights to one's own life, DP2, DP3, and DP4 of the graduation policy are covered.</p> <p>For instance, when organizing the motivation for meditation, a perspective is required that not only organizes personal issues but also considers how it connects to contributing to society. To incorporate the answers and insights gained through meditation for problem-solving into daily life and to use them as guidelines for life, it is necessary to adapt to the changing society, fulfill social responsibilities based on a cooperative attitude and high ethical standards.</p> <p>The worksheets and reaction papers conducted during the process of acquiring various body and mind techniques emphasize DP1. It is essential to understand the history, philosophy, and concepts of Shugendo accurately and to comprehend the body and mind techniques conceived from them correctly. Furthermore, expressing it accurately, comparing it with personal experiences, and consistently maintaining a perspective of contributing to society are required.</p> <p>By sharing individual learning within groups or the entire class, the acquisition of DP3 can be achieved.</p>
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iCLA Diploma Policy	DP1/DP2/DP3/DP4
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iCLA Diploma Policy

(DP1) To Value Knowledge – Having high oral and written communication skills to be able to both comprehend and transfer knowledge

(DP2) To Be Able to Adapt to a Changing World – Having critical, creative, problem-solving, intercultural skills, global and independent mindset to adopt to a changing world

(DP3) To Believe in Collaboration – Having a disposition to work effectively and inclusively in teams

(DP4) To Act from a Sense of Personal and Social Responsibility – Having good ethical and moral values to make positive impacts in the world

Active Learning Methods	Group Work/Workshop, Fieldwork				
More details/supplemental information on Active Learning Methods	As this is a workshop course, emphasis will be placed on active learning. Utilizing somatic methods, small experimental techniques will be introduced and practiced. Participants will observe and reflect on the changes in their bodies and minds during these exercises. The results will be shared in small groups and across the entire class.				
Use of ICT	– Watching DVDs and YouTube videos – Presentation using PowerPoint				
Contents of class preparation and review	– Prepare for the class based on reference materials. – Review class notes and reference materials. – Practice body-mind techniques and meditation learned in class daily. Observe and record changes in the body and mind during this time.	Hours expected to be spent preparing for class (hours per week)	1 hours	Hours expected to be spent on class review (hours per week)	1 hours
Feedback Methods	Provide feedback with demonstration in class.				

Grading Criteria		
Grading Methods	Grading Weights	Grading Content
Mind-body self-adjustment	20%	Mastery of mind-body self-adjustment methods derived from Shugendo
Mind-body exercises	20%	Mastery of mind-body exercises derived from Shugendo
Synchronization between body and mind	20%	Understanding and practice of the synchronization between body and mind
Meditation	20%	Proficiency in meditation
Reaction Paper	20%	Demonstrate understanding in classes. Emphasize originality.

Required Textbook(s)	1. Participants should wear clothing for easy movement and exercise 2. Print outs will be provided as reference materials
Other Reading Materials/URL	Yasuo Yuasa. The Body : Toward an Eastern Mind-Body Theory. State University of New York Press (Jul 1987) Sato, Michiko. Waterfall Training: An Encounter with Yourself (in Japanese) 佐藤美知子「滝行：大自然の中、新しい自分と出会う」コスモスライブラリー (Jun 2005) Yano, Tatsuhiko & Hasegawa, Satoshi. Nanba Mind-Body Theory (in Japanese) 矢野龍彦、長谷川智他「ナンバの身体論」光文社新書 (Jul 2004) Hasegawa, Satoshi. Hone Navi: 3-minutes Training to Maintain Health (in Japanese) 長谷川智「ホネナビ：1日3分で医者いらずの体になる」学研パブリッシング (Mar 2013) Miyake, Hitoshi. Mandala of the Mountain: Shugendo and Folk Religion. Keio University Press (Mar 2005)
Plagiarism Policy	Plagiarism is the dishonest presentation of the work of others as if it were one's own. Duplicate submission is also treated as plagiarism. Depending on nature of plagiarism you may fail the assignment or the course. Repeated act of plagiarism will be reported to the University which may apply additional penalties.
Other Additional Notes (Outline crucial policies and info not mentioned above)	Conduct outdoor exercises at Lake Kawaguchi: Practice waterfall meditation, mountain meditation, walking, and running in the mountains. During waterfall meditation and mountain meditation, receive messages essential to your own life. Field training expenses Bus fare : 2,500JPY Waterfall meditation program fee : 1,000JPY Lunch : 1,000JPY

(NOTE 2) Class schedule is subject to change

Class Schedule	
Class Number	Content
Class 1	Orientation 1. What is Shugendo? Mind-Body Training Methods developed from Shugendo practice. Overview of learning by doing.
Class 2	Orientation 2. Students bring their own themes and learn how to be proactive in self-development. Discovering and organizing your own individual issues for Mind-Body development.
Class 3	Self-Seitai Method How to balance and adjust yourself. Learning methods adapted from Shugendo for restoring balance, and relieving pain and stress.

Class 4	<p>Self-Seitai Method</p> <p>How to balance and adjust yourself. Learning methods adapted from Shugendo for restoring balance, and relieving pain and stress.</p>
Class 5	<p>Learning about the Body of the Shugenja</p> <p>Practitioner of Shugendo. Improving whole body circulation of Ki, blood, and water. The spine and correct posture. Exercises, breathing, and Seitai to develop the Tanden.</p>
Class 6	<p>Learning about the Body of the Shugenja</p> <p>Practitioner of Shugendo. Improving whole body circulation of Ki, blood, and water. The spine and correct posture. Exercises, breathing, and Seitai to develop the Tanden.</p>
Class 7	<p>Martial Arts and Bugei Juhappan: Mind-Body Movement from the Traditional Arts</p> <p>As the first step to understanding the Unity of Martial and Liberal Arts, students will learn awareness of the bones and joints in movement in the traditional and martial arts.</p>
Class 8	<p>Martial Arts and Bugei Juhappan: Mind-Body Movement from the Traditional Arts</p> <p>As the first step to understanding the Unity of Martial and Liberal Arts, students will learn awareness of the bones and joints in movement in the traditional and martial arts.</p>
Class 9	<p>Learning from Shugendo: How to walk and run on mountain paths</p> <p>Students will learn how to walk and run on mountain paths without fatigue or injury, and with enjoyment for long periods of time. For example, students will learn how to walk on one-stem geta (wooded clogs) and waraji (straw sandals), and discover how to preserve balance in unstable walking conditions.</p>
Class 10	<p>Learning from Shugendo: How to walk and run on mountain paths</p> <p>Students will learn how to walk and run on mountain paths without fatigue or injury, and with enjoyment for long periods of time. For example, students will learn how to walk on one-stem geta (wooded clogs) and waraji (straw sandals), and discover how to preserve balance in unstable walking conditions.</p>
Class 11	<p>Self-Defense and Oriental Mind-Body Theory</p> <p>Students will learn how the parts of the body are connected, and experience training which unifies the mind and body. For example, we will learn how to use traditional hand gestures (mudra) to better connect the muscles of the body, as well as to calm and concentrate the mind. We will also learn how to deepen mind-body unity.</p>
Class 12	<p>Self-Defense and Oriental Mind-Body Theory</p> <p>Students will learn how the parts of the body are connected, and experience training which unifies the mind and body. For example, we will learn how to use traditional hand gestures (mudra) to better connect the muscles of the body, as well as to calm and concentrate the mind. We will also learn how to deepen mind-body unity.</p>
Class 13	<p>Training the spirit through the body</p> <p>In preparation for Shugendo field training, we will review personal issues selected for mind-body development, and prepare mind-body for training.</p>
Class 14	<p>Training the spirit through the body</p> <p>In preparation for Shugendo field training, we will review personal issues selected for mind-body development, and prepare mind-body for training.</p>
Class 15	<p>Self-Awareness in Nature Part 1</p> <p>Field training will involve walking and running on mountain paths, as well as meditation on the mountain.</p>
Class 16	<p>Self-Awareness in Nature Part 1</p> <p>Field training will involve walking and running on mountain paths, as well as meditation on the mountain.</p>
Class 17	<p>Self-Awareness in Nature Part 2</p> <p>Field training will involve waterfall meditation and mountain meditation.</p>

Class 18	<p>Self-Awareness in Nature Part 2</p> <p>Field training will involve waterfall meditation and mountain meditation.</p>
Class 19	<p>Summary and Evaluation</p> <p>We will evaluate what changes have occurred through Shugendo training in your personal development, and how to bring this into your daily life.</p> <p>We will do a comprehensive review of what has been covered in the course.</p>
Class 20	<p>Summary and Evaluation</p> <p>We will evaluate what changes have occurred through Shugendo training in your personal development, and how to bring this into your daily life.</p> <p>We will do a comprehensive review of what has been covered in the course.</p>