

# 2023 YAF Shioda Gozo Memorial



## Guide to Etiquette and Visiting Kyoto

The Organizing Committee are looking forward to seeing you at the seminar. We hope you get the most out of the seminar. To do so, we are providing the following guide and information to ensure you are prepared as best possible. For many this may be their first experience in Japan or involvement in a large seminar. Please read and adhere to the following guidelines during the seminar in Japan.

### Instructors:

We are fortunate to have very experienced instructors leading the training sessions. It is essential to show respect and appreciation for their expertise. Only designated instructors should provide guidance and instruction during the seminar. If you have any questions or need assistance, please approach the assigned instructors.

### Etiquette on the Mat:

Aikido training demands focus and concentration. Talking on the mat can be disruptive and interfere with the learning process for yourself and others. During training sessions, please refrain from engaging in conversations and maintain a respectful silence. This allows everyone to concentrate on their practice and fosters a conducive environment for learning.

### Basic Japanese Etiquette:

As guests in Japan, it is important to familiarize ourselves with basic Japanese etiquette. Let's embrace the local customs and traditions with respect and appreciation. Some key points to remember include:

- a. Bowing is a common gesture of respect in Japan. When entering or leaving the training area (dojo), it is customary to bow towards the kamiza (the front of the dojo where a picture of the founder or a shrine may be present) as a sign of respect.
- b. Japanese culture places great emphasis on cleanliness and hygiene. Please ensure you are clean and have good personal hygiene before entering the dojo. Keep your training gear clean and tidy to show respect for yourself and others.
- c. Punctuality: In Japan, punctuality is highly valued. Please arrive on time for all scheduled training sessions and events. This demonstrates your commitment and respect for the organizers, instructors, and fellow participants. If however unavoidably late, please wait to be permitted onto the mats by the Instructor before bowing onto the mats and joining.
- d. Politeness: Courtesy and politeness are integral aspects of Japanese culture. Practice using common Japanese greetings and phrases such as "arigatou gozaimasu" (thank you) and "onegai shimasu" (please). Show consideration for others by being mindful of personal space and avoiding behaviors that may cause discomfort or inconvenience.
- e. Quietness: The seminar etiquette is important on and off the mats AND includes the hotel and surrounding area! Any noise or disruption at the hotels or nearby after 11:00 will most likely be dealt with very harshly. Please be mindful and respectful of everyone in the seminar especially the organizers who live and work nearby!

By adhering to these guidelines and embodying a spirit of respect and openness, we can create a harmonious and culturally enriching training experience. We appreciate your cooperation and dedication to upholding the principles of Yoshinkan Aikido.

Thank you for your understanding and anticipated observance of this information. We look forward to an enjoyable experience for all.

The YAF Shioda Gozo Memorial Organizing Committee

Jacques Payet

Jon Marshall

Alan Shumak

Carlos Tama

# Visiting Kyoto

Included below are tips related to eating out, sightseeing, shopping, staying healthy, etc while staying at Hotel Gimmond or attending the seminar at the Butokuden.

1. Around Hotel Gimmond
2. Around the Butokuden
3. Venturing Out...
4. Keeping Healthy in Kyoto

## Around Hotel Gimmond

### Getting oriented and finding trains/buses

- **Hotel Gimmond** is located on the south side of Oike Street and to the east of Karasuma Street. **Karasuma-Oike intersection** is a major intersection in Kyoto and has multiple entrances to Kyoto's subway system. **Kyoto has two subway lines**, which cross at Karasuma-Oike. The Karasuma (green) line runs north-south and the Tozai (orange) line runs east-west.
- The **JR (JapanRail) train lines** are accessible from the hotel via the Karasuma line (transfer to JR Kyoto Station) south of the hotel and the Tozai line (transfer to JR Nijo Station) west of the hotel.
- The **Budo Center/Butokuden** where the seminar is being held is accessible via the Tozai line by taking the Tozai line east to Higashiyama Station and then walking north toward the giant red torii gate and toward Heian-jingu Shrine. 15-20 minutes walk from Higashiyama Station.
- Train, subway, bus (and airplane, etc) connections--including schedules and prices--from Karasuma-Oike to anywhere in Japan: <https://roote.ekispert.net/en/>
- Kyoto City Bus map (paper copies can be found in Tourist Information offices: <https://www2.city.kyoto.lg.jp/kotsu/webguide/en/comm/routemap.html>)

### Mugenjuku Dojo

Mugenjuku's main location--**Karasuma-Oike dojo**--is located a few minutes walk from Hotel Gimmond on Oshikoji Street, to the north of Oike Street.

### Breakfast

In general, Kyoto people don't eat out for breakfast, and Japanese breakfast restaurants don't exist.

- **Flip Up** is a popular local bakery that opens early in the morning. It sells western-style baked goods like croissants. A short walk to the west of Mugenjuku Dojo, it is convenient for getting breakfast after 7:00am-8:00am training. 5-10 minutes walk from the hotel.
- **Nakamura General Store** is another popular bakery and located near Flip-Up. It opens later in the morning and is convenient for late risers. The owner used to live in Hawaii, speaks English fluently, and makes the pumpkin pies that are sometimes served at Mugenjuku Thanksgiving parties! 10 minutes walk from the hotel.

- Several **convenience stores** (7-Eleven, Lawson, Family Mart) are located around Hotel Gimmond and offer breakfast options like onigiri (rice balls), bananas, boiled eggs, egg salad sandwiches, or donuts.
- **McDonalds** is located near the hotel on Karasuma Street, just south of the Karasuma-Oike intersection. 5 minutes walk from the hotel.

### Lunch & Dinner

- **Honke Owari-ya** is one of Kyoto's oldest and most famous soba noodle restaurants. It is located around the corner from Mugenjuku Dojo, about 5-10 minutes walk from Hotel Gimmond. Expect to wait in line.
- **Misoka-an Kawamichi-ya** is a soba noodle restaurant famous for being Steve Jobs' favorite. It is located four blocks east of Hotel Gimmond.
- **Taigen** is an izakaya (pub-style eating) east of Hotel Gimmond on the north side of Oike Street. The street-level entrance goes down to a basement restaurant. Taigen is reasonably-priced, decent quality and a very local experience.
- **Kiraku** is a popular **okonomiyaki** restaurant. Take the Tozai subway line east to Higashiyama Station, then walk east about 3 blocks and find it on the north (left) side of the street.
- Although **kushi** (deep-fried skewer cuisine) is usually considered Osaka cuisine, one of Osaka's best-known kushi restaurants has a branch in Kyoto in Kyoto Station's Porta underground dining area. Access via Karasuma subway line from Hotel Gimmond.
- **Ton-katsu**, or fried pork cutlets, are a perennial favorite of foreigners. One of the most popular tonkatsu restaurants is **Katsu-kura**. From Hotel Gimmond, walk east to Teramachi Street's shopping arcade, then south to Sanjo Street. Turn left (east) into Sanjo's covered shopping arcade. Katsu-kura is a small doorway that leads down a short alley to the restaurant.
- Yakitori is Japan's famous **chicken-skewer** cuisine. Two of Kyoto's most popular yakitori restaurants are **Torito** and **Bajidofu**, located to the east and west of Karasuma street at the Shijo-Karasuma intersection. One stop south on the Karasuma subway line. You may need reservations at these two places.
- **Gyoza** are Japan's famous grilled dumplings. One of the most popular gyoza restaurant chains in Japan is called **Osho**. The original Osho restaurant is located at the Shijo-Omiya intersection. It is a bit far from the hotel, but can be accessed by bus or by taking the Karasuma subway line south, changing to the Hankyu railway at Shijo station, and taking the Hankyu to Omiya Station.
- **Sushi** and **kaiseki** cuisine will usually disappoint unless they are expensive. Please research on your own...
- North and south of Oike Streets: many, **many small restaurants** featuring all kinds of Japanese and international cuisines can be found on the small, criss-crossing streets both north and south of the Hotel Gimmond. As a general rule, more tourists will be found in restaurants south of Oike Street and more local people in restaurants north of Oike Street.
- **MOS Burger** is a famous Japanese burger chain similar to McDonalds. The "spicy MOS burger with cheese" is recommended in the book *Mishima's Sword* by author Chris Ross, who was also Robert Twigger's roommate "Chris" from *Angry White Pyjamas*. MOS Burger restaurants are all over the city, but the closest ones are west of the Hotel Gimmond on Oike Street.
- **American restaurants**: Tony Roma's (BBQ at Aeon Mall via the Karasuma subway line); McDonald's (just south of Karasuma-Oike intersection); Shake Shack (hamburgers on Shijo Street); Domino's pizza has an easy-to-use and credit-card friendly website for delivery.

### Eating Cheaply

There is a **Fresco supermarket** a couple blocks east of Hotel Gimmond, on the north side of the Oike-Yanaginobamba intersection. In addition to groceries, it sells prepared foods (similar to a delicatessen). You can pick up, for example, a piece of grilled fish, some cooked vegetables or a salad, a bottle of tea, and a free pair of chopsticks and take them back to your hotel room to eat. This is the cheapest way to eat while avoiding fast food. 5 minutes walk from the hotel. A more upscale supermarket is **Yaoichi**, located a few blocks south of Hotel Gimmond—better food, higher prices.

### Post Office

There are many post offices all over Kyoto. The main one is at JR Kyoto Station, but the main central city branch is a few blocks south of Hotel Gimmond on Sanjo Street.

### Public baths

Two Japanese public baths (sento) are located to the east of Mugenjuku dojo on Oshikoji Street. **Hatsune-yu** is closest to Hotel Gimmond, just a couple blocks east of Mugenjuku. **Tama-no-yu** is a few more blocks east.

### Pharmacies/Drug Stores

There are a number of drug stores around Hotel Gimmond. To the west of Karasuma-Oike intersection is **Welcia**, and to the east is **Sun Drug**. Closer to the hotel are **Kokokara-Fine** in the underground subway station and **Drug Yutaka**, a little south of Karasuma-Oike. The Japanese word for drug store/pharmacy is “kusuri.” Asking locals for kusuri will get you directed to the closest one.

### Dollar stores

The main dollar store in Kyoto is called **DAISO**. The closest DAISOs to the hotel are a bit south on Shijo Street and in the covered shopping arcade of Teramachi Street.

### Liquor stores

A liquor and food import store called **Yamaya** is located on Karasuma Street, just south of Karasuma-Oike intersection. Sells both Japanese and imported beverages. Largest and best selection of alcohols around the hotel. 5-10 minutes walk.

### Rainy Days

- Just around the corner from the hotel is **The Museum of Kyoto**, which always has historical exhibits related to Kyoto history. It also has a small movie theater that shows historically important Japanese films. (Note that this is not the National Museum of Kyoto.) A few minutes walk from the hotel. <https://www.bunpaku.or.jp/en/>
- Kyoto **Manga Museum** allows you to read many, many Japanese manga comics. Located on the northeast corner of Karasuma-Oike intersection. 5 minutes walk from the hotel.
- A small underground shopping mall called **Zest** is east of Hotel Gimmond. One stop on the Tozai subway line or about 15 minutes walking.
- Shopping arcades (shotengai) have covered streets that keep out rain, snow, and sun. The most famous is Teramachi Street, which has a lot of shops oriented to tourists. **Teramachi Shotengai** is about a 15-to-20-minute walk east of the Hotel Gimmond. There is also an arcade on Sanjo Street, which is more oriented to local people. **Sanjo Shotengai** is a few minutes walk south from the Nijo-jo-mae Station on the Tozai (orange) subway line.

### Escape the Heat

- River swims and waterfall training (see Venturing Out).
- Many Japanese people walk or sit in shopping malls in summer to take advantage of the air conditioning. Aeon Mall is located just south of JR Kyoto Station and can be reached easily from the hotel via the Karasuma (green) subway line.
- Shopping arcades (see above in Rainy Days).

# Around the Butokuden

## Getting oriented

The entrance gate for the Budo Center is on the west side of Heian-jingu shrine, on Sakuranobamba Street. To the south is Rohm Theater. The street to the north of the Budo Center is Marutamachi.

## Things to do

- To the north of the Marutamachi-Sakuranobamba intersection is a **Kyoto craft goods and souvenir shop**. The outside of the building looks like typical office buildings, but inside contains everything from a bookstore to a local handicrafts seller.
- To the west of the Marutamachi-Sakuranobamba intersection is **Tozando**. Tozando is a major supplier of martial arts equipment both in Japan and abroad. On the second floor of the shop, you can look at authentic Japanese swords and armor. If you go, say hello to employee Peter, a Mugenjuku Kenshusei Course graduate.

## Places to eat

- Eating around the Budo Center is mostly confined to convenience stores, like Lawson or FamilyMart. However, there is one **takoyaki** (grilled octopus balls!) shop to the east on Marutamachi Street. It is a small, stand-alone and very typical **shop called Takoyasu**. From the Budo Center's entrance gate walk north to Marutamachi and then east until you see the small brown building. About 5 minutes walking.
- There is also **Arash's Kitchen**, serving middle-eastern food, to the west of the Budo Center.
-

# Venturing Out...

## ...into nature

- Traditional **waterfall meditation training** can be performed behind Nanzen-ji temple. From Hotel Gimmond, take the Tozai (orange) subway line east to Keage Station and walk south to Nanzen-ji. From the main gate of Nanzen-ji walk past the western-style aqueduct to find a dirt road behind the temple. The dirt road goes back into the hills and terminates in a small footbridge over a creek. On the other side of the footbridge, the waterfall can be seen with a small shrine and wood fence.
- A great place for **river swimming** is located at Yase-Hieizanguchi station on the Eizan Railway. From Hotel Gimmond, take the Tozai (orange) line east. At Sanjo-Keihan station, switch to the Keihan train and go north to Demachiyana Station. Switch to the Eizan Railway. Make sure to take the train to Yase, not the train to Kurama. The river and swimming holes can be easily seen from the station.
- **Hiking over Kurama Mountain** takes you into nature and into deep Japanese history. Take the Eizan Railway to the final stop (Kurama) and walk up the typical path to the Buddhist temple near the top. To see atmospheric giant cedars strung with Shinto paper prayer chains, avoid taking the cable car. From the temple, keep going to the top of the mountain and follow the trail down the other side to Kibune Shrine, where the famous river-deck dining will be in full swing in late June. Take the Eizan line back to Kyoto from Kibune. The mountain path is full of locations related to the famous story of Minamoto no Yoshitsune. To enhance your experience, read about Kurama Temple, Kifune Shrine, Minamoto, and “Sōjōbō” online before you go. A good way is to use machine website translation to read the Japanese language versions of Wikipedia articles on these subjects. (Using Chrome browser, find the English language version, follow the link to the Japanese language version, and then use Chrome to translate that into English.)
- Besides Kurama Mountain, **other good hikes** include **Daimonji Mountain**, whose hiking route gives a great mountaintop view of the city and allows you to see the structures used for Kyoto’s famous Gozan-no-okuribi, or the mountaintop bonfires that direct spirits of the dead how to return home during August’s Obon Festival. Daimonji’s bonfire is the most famous. Yet another good hike is **Mt. Hiei**. Take the Eizan railway from Demachiyana Station, then the cable car up the Kyoto side of the mountain. After hiking around the temples at the top, take the other cable car down the Shiga side of the mountain, and return to Kyoto via JR train. Try to make your return trip around sunset to catch the moon rising over Lake Biwa, and make sure to read on the Internet about the history of Mt. Hiei before going!!
- Although not strictly hiking, Yoshimine Temple is located in a hilly location and requires a bit of walking. (see in the temples and shrines section)

## ...to see typical Japanese things

- **Seeing geisha** (which are called **maiko and geiko** in Kyoto) is not a guarantee. If you want one best place to be likely to see them, it is outside the red-walled and exclusive Ichiriki Teahouse near Gion district, in the evening. (Usually, tourists are gathered there.) From Hotel Grimmond, take city buses to Yasaka Shrine at the eastern end of Shijo Street, and the Teahouse is nearby. By subway, take the Tozai line east to Sanjo-Keihan, change to the Keihan line and take it south to Shijo-Keihan. Then exit the train system and walk east toward Yasaka Shrine. An **alternative to Ichiriki Teahouse** is to wander around the small streets south of Minamiza Kabuki Theater and west Kennin-ji Temple. Minamiza and Kennin-ji are both close to Ichiriki, so follow the same directions from Hotel Gimmond. In this plan, wander around those streets around 3:30-5:00pm, and you may see **maiko** walking from their homes to go to work. When I lived in a guesthouse in this area and rode my bike around as a matter of course, I often saw maiko going about their business without being followed by tourist “paparazzi”.

- Buying authentic **green tea and macha** powder can be done at **Ippodo**, one of the oldest tea shops in Kyoto. From Hotel Gimmond, walk east to Teramachi Street, then north on Teramachi Street about 3 blocks. <https://global.ippodo-tea.co.jp>
- Unfortunately, the **castle** keep of Kyoto's Nijo Castle burned down. So, the castle has lost its essential "castle-ness". Osaka Castle and Himeji Castle are both large and famous castles that can be visited on a day-trip out of Kyoto. However, they are both in modern cities and very tourist-y. A much better day trip is **Hikone Castle** in Shiga Prefecture, located in a small "castle town". Take the JR Biwako Line for Maibara or Nagahama from JR Kyoto Station to JR Hikone Station. Views from the train, which takes a little over an hour, provide scenes of Lake Biwa and rural Shiga Prefecture. <https://hikonecastle.com/>
- Although there don't seem to be **kabuki** performances at Minamiza Theater until August, there are **Noh** performances in June and July. There are two major theaters in Kyoto—Kanze and Kongo. Kanze theater has performances on 6/16, 6/17, 6/18, 6/24, 6/25, 7/1, 7/2, 7/8, 7/9. [http://kyoto-kanze.jp/show\\_info/](http://kyoto-kanze.jp/show_info/) Kongo theater has performances on 6/16, 6/17, 6/24, 6/30, 7/2, 7/8. <http://kongou-net.com/schedule/202306.html> A third minor theater is located near Mugenjuku dojo and Hotel Gimmond. Called Oe Noh Theater, it is a few blocks east of Mugenjuku on Oshikoji Street. No schedule found for June/July, but it is easy to visit and check out. <https://www.youtube.com/@OeNohTheater/videos>

#### ...to temples and shrines

- **Yoshimine-dera** has panoramic views of the Kyoto skyline from the western mountains. Difficult to describe its attraction, it is a refreshing and compelling experience. From Hotel Gimmond, take the Karasuma subway line south to Shijo Station, then switch to the Hankyu rail line and go to Higashi-Muko Station. Then take the Hankyu Bus #66 until its last stop.
- An often-overlooked but picturesque temple featuring fields of Japanese moss is **Gio-ji** in the Arashiyama district. From Hotel Gimmond, take the Tozai subway line west. Change to the JR train at Nijo Station or change to the Randen trolley at Uzumasa-Tenjingawa. From the western terminal station of the trolley or from JR Saga-Arashiyama station, walk north and look for signs and ask around. Gio-ji is located a bit off the road up in the forest.
- Although many of the most famous temples in Kyoto are over-hyped, **Sanjusangen-do** is famous and truly impressive. Access via the Kyoto city bus system from Hotel Gimmond.
- **Art lovers** will really appreciate **Koryu-ji**, which has a collection of ancient Buddhist statuary. From Hotel Gimmond, take the Tozai subway line west to its terminal, Uzumasa-Tenjingawa. Then change to the Randen trolley line and go north to Uzumasa-Koryuji station.
- **Hachidai-jinja** is a shrine in the northeast of the city where the samurai Musashi Miyamoto is said to have prayed before his third and final duel with the Yoshioka clan. The shrine displays part of a tree Musashi is said to have hid in. In addition to this historical interest, located up in the hills, the shrine provides a chance to do some mild hiking and see some nature. Go north on Shirakawa Street, then east and uphill on Manshuin Street.

#### ...to interesting Kyoto locations

- **Shugakuin Imperial Villa** is less famous and less historically important than the Katsura Imperial Villa. Both are worth seeing, but the Shugakuin villa is a better overall experience. As the website describes, online ticket applications can be made ahead of time, but also same-day walk-ins are accepted. However, these are on a first-come, first-served basis. I went to Shugakuin villa during COVID days and arrived around 7:30am in the morning and there was already a line. Note closed Mondays. Get a taxi from the Shugakuin Station on the Eizan Railway. <https://sankan.kunaicho.go.jp/english/index.html> and <https://sankan.kunaicho.go.jp/english/about/shugakuin.html>

- **Funaoka Onsen** is a famous public bath in an old Japanese-style building. Go north on Horikawa Street, then walk west on Kuramaguchi Street.
- Even farther northeast from Hachidai-jinja on Manshuin Street is **Takeda Pharmaceuticals Kampo Garden**. Kampo is Japan's native medical tradition, and Takeda maintains a botanical garden displaying all the plants used in kampo. Guided tours explain the plants and their uses. Access by car or bicycle is highly recommended.  
<https://www.takeda.co.jp/kyoto/english/>
- **British Brunch Sankayoh** is a cafe in northern Kyoto run by Yoshinkan Senshusei Course graduate Andy Carter. Instagram @sankayoh.
- **Gekkeikan sake museum** and brewery is in southern Kyoto and the **Suntory Whiskey Distillery** is a bit outside the city.
- For **nightlife**, besides Gion district, Kiyamachi Street south of Oike Street is popular and well-known. But for a different experience, look for **a small U-shaped alley** (barely visible in Google maps) that connects Omiya Street and Nishikikoji Street. The small pubs here retain the character of nightlife from the times when Shioda Gozo-sensei might have been testing his techniques out on the town. Easy to access from Shijo-Omiya intersection.

#### ...to Nara

**Nara city** in Nara Prefecture is an ancient capital of Japan that predates Kyoto. It includes the **Great Buddha of Nara**, which is housed inside the largest wooden building in the world. (Nara Prefecture also includes the oldest wooden building in the world—at Horyu-ji temple.) Nara's tourist information can be found online. It is definitely worth a day trip, but you should leave early and plan to return late. From JR Kyoto Station, take a Limited Express Kintetsu train to Nara. The Ltd. Express's reserved seats are slightly more expensive, but the time savings and comfort are worth the extra price. After seeing the Great Buddha, try the shaved ice ("kakigori") at Warabe-Yorokobian, a restaurant nearby.

# Keeping Healthy in Kyoto

## Rehydration

The standard sports drink in Japan, called **Pocari Sweat**, can be found in most convenience stores and supermarkets. There is a competitor called **Aquarius**. Pocari Sweat also makes a low-sugar version called **Pocari Ion Water**. A medical-grade rehydration drink called **OS-1** can be found in drug stores. (See drug store info Around Hotel Gimmond.) Stay hydrated to keep your energy levels up in hot weather.

## Vitamins/Minerals/Supplements

A variety of vitamins, minerals, and supplements can be found in drug stores. There is also a dollar store called **DAISO** that sells vitamins and minerals in smaller quantities.

## Tape/Supporters/Sports Equip

The dollar store **DAISO** sells a variety of tapes and supporters for about 100 yen as well as nail clippers, etc. DAISO knee or ankle supporters can provide some compression at a cheap price. For more serious support, there is a sports goods store called **Mitsuhashi** on Oike Street, just two blocks east of Hotel Gimmond.

## Pharmacies/Drug Stores

There are a number of drug stores around Hotel Gimmond. To the west of Karasuma-Oike intersection is **Welcia**, and to the east is **Sun Drug**. Closer to the hotel are **Kokokara-Fine** in the underground subway station and **Drug Yutaka**, a little south of Karasuma-Oike. The Japanese word for drug store/pharmacy is “kusuri.” Asking locals for kusuri will get you directed to the closest one.

## Dollar stores

The main dollar store in Kyoto is called **DAISO**. The closest DAISOs to the hotel are a bit south on Shijo Street and in the covered shopping arcade of Teramachi Street.

## Going to hospital

Takeda near JR Kyoto  
Ruwakai Marutamachi