

It all begins from Nara

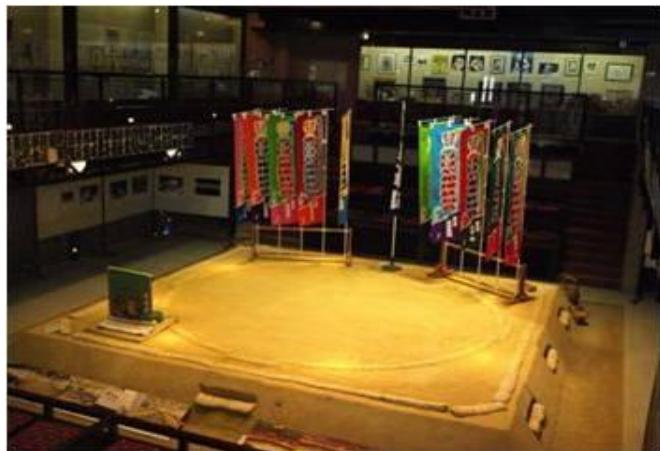
The capital city of "Nara" has been described many times in the NIHON-SHOKI, one of the oldest books of classical Japanese history, written over 1,300 years ago (completed in AD 720) that History of Japan begins from NARA. So this is the perfect place to start learning about Japan. The capital is well known for cherry blossoms and its beautiful nature, and you can experience uniquely traditional culture where no other place can offer.

(1) SUMO Museum "KEHAYAZA"

Katsuragi city in Nara prefecture is said to be the birthplace of "SUMO", which is the national sport of Japan. It is located in the midwestern area of Nara and is about 50 minutes away from Kansai Airport using the highway. Actually, this is closer than going out to Osaka city from the airport. You can experience and try out SUMO yourself, at the SUMO Museum "KEHAYAZA" located in Katsuragi city.

Have a truly entertaining Sumo experience here at Kehayaza!

According to Japan's oldest historical record, the first Sumo was held in Katsuragi City, Nara. Opened in May 1990, the sumo museum Kehaya-za promotes sumo as a traditional Japanese sport throughout Japan and the rest of the world. Kehaya-za offers a unique experience of watching a sumo bout performed by amateur wrestlers from a balcony seat biting the local Japanese sweets. Along the program, guests can try Sumo in a loin cloth or sumo costume: get in a ring, throw the salt, stamp on the ground to get set, give a big push androlling on the ground. It's a lot of Fun!



Sumo arena / ©Nara Visitors Bureau



Appearance / ©Nara Visitors Bureau

(2) SAMURAI experience using real Japanese sword

DOJO studio teacher of "SIN SYOU-RYUKATANA-DOU" (Martial arts using both "IAI=Quick draw of the sword" and "BATTOU=Unsheathed sword") will teach you how to use the real Japanese sword and actually cut through bundle of straws. After brief explanations of SIN SYOU-RYUKATANA-DOU, all the participants will meditate to concentrate for the SAMURAI experience about to begin. After demonstration by the DOJO teacher, your SAMURAI experience starts. You can't feel the special tension like this from any other plans, so one of the famous business school abroad gave a very high credit for it.

Experience the real samurai spirit by joining this unique program!



Iaido / ©Nara Visitors Bureau



BATTOU / ©Nara Visitors Bureau

Iaido is a emphasizes drawing Japanese martial art popularly practiced by warriors during Edo period, which the sword quickly and respond to a sudden attack. It also helps to build mental strength by controlling mental postures. Guests can learn basics of Japanese swordsmanship and swords as well as how to use it from a noted sword master in Nara. Guests can watch the demonstration and then actually cut wetted and tied-up straw poles by using a real sword.

We assure you an extraordinarily exciting & memorable experience!

(3) SHIKAYOSE at NARA Park

SHIKA deers are protected as a sacred animal, and is considered to be a messenger of a god at KASUGA-TAISHA Shinto shrine. You will see many wild SHIKA deers at NARA park. These wild deers will eat the "SHIKA-SENBEI" (deer crackers) from tourists without any hesitation. The SHIKA deers are scattered all around the park, but there is a magical way to call the SHIKA deers to come to you. This is called SHIKA-YOSE. If you wish to try this plan, it is available for group tourists also.



SHIKAYOSE / ©Nara Visitors Bureau

Who is a classic music lover?

In the world heritage site of Nara Park, there are over 1,100 wild deer roaming freely. Deer has been protected as a messenger of god of Kasuga Grand Shrine. Over 100 years the event has been held to feed deer in winter when fewer glasses and acorns are available. When a man starts to play Beethoven's Symphony No. Six on the horn, more than 100 deer rush toward him from all directions!! This event is occasionally held in other seasons as well. Don't miss the eye-catching spectacle!