

MURDOCH KENDO CLUB

March – May 2023 Beginners' Course • Lesson Summary

Fri 26 May 2023 v1.5

PURPOSE

The purpose of this document is to provide a summary of what is covered in each week's lesson as part of the Murdoch Kendo Club's Beginners' Course.

This document is not intended to provide a comprehensive list of all teachings, but rather to provide members with a handy reminder / notes / refreshers, particularly for the Japanese terminologies.

This document will be updated periodically.

Questions, comments, feedback:

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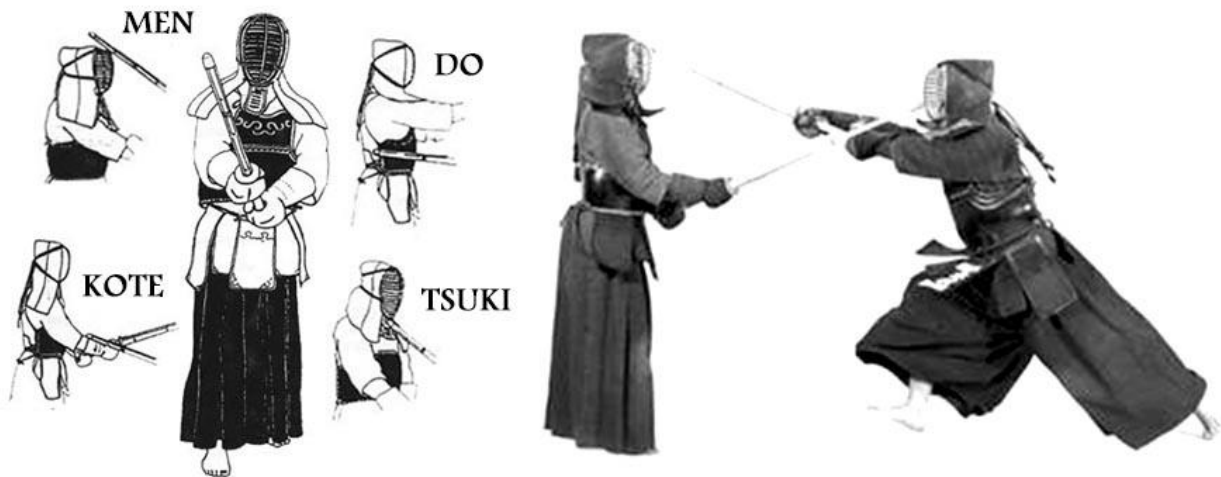
1. BACKGROUND

1.1. About Kendo

Kendō (剣道), meaning *the way of the sword*, originated in Japan and is based on a collaboration between different sword styles and schools, some dating back hundreds of years. Kendo is a mix of traditional martial art and modern sport. This provides an opportunity for character development and improvement through discipline and respect, as well as challenge players through friendly competitions at various levels across many divisions – as individuals or teams.

The concept of Kendo is to discipline the human character through the application of the principles of the katana (sword).

Kendo senior practitioners wear protective gear (*bōgu*) designed after the traditional samurai armour, and use bamboo swords (*shinai*) to practice the strikes. Despite being a full-contact combat sport, techniques in Kendo are very controlled, with a large focus on proper form and elegance in the way we move our body. Kendo is a group sport that emphasises teamwork where members must learn to practise with each other.



Kendo allows practitioners to work on self-improvement and discipline, improve their fitness, and participate in the growing local, interstate, and international community of Kendo or fans of martial arts in general; as well as experience a unique aspect of the Japanese culture, woven into our own Australian lifestyle and values. Kendo in Australia is practised by over 1,200 members, growing steadily.

1.2. About Murdoch Kendo Club

Murdoch (University) Kendo Club (MKC) was founded by Chris Graham-sensei (5th Dan) in 1997.

The club is actively involved in local and national competitions, including the annual *Australian Kendo Championships* and *UniSport Nationals Division 1 Kendo Competition*.

MKC has produced members involved at international level, including two that have represented Australia at the *World Kendo Championships* (WKC) in 2012 and 2015.

Members of the club have also been recognised by Murdoch University, receiving the 2009 Maroon Award (Sportsperson of the Year), 2010 Team of the Year, and a number of Full Blue and Half Blue Awards. Some members of the club have also been recognised as Elite Athletes.

MKC is affiliated with the state organisation *West Australian Kendo Renmei* (WAKR), the national organisation *Australian Kendo Renmei* (AKR), and the *International Kendo Federation* (FIK).

1.3. About the Beginners' Course Instructor



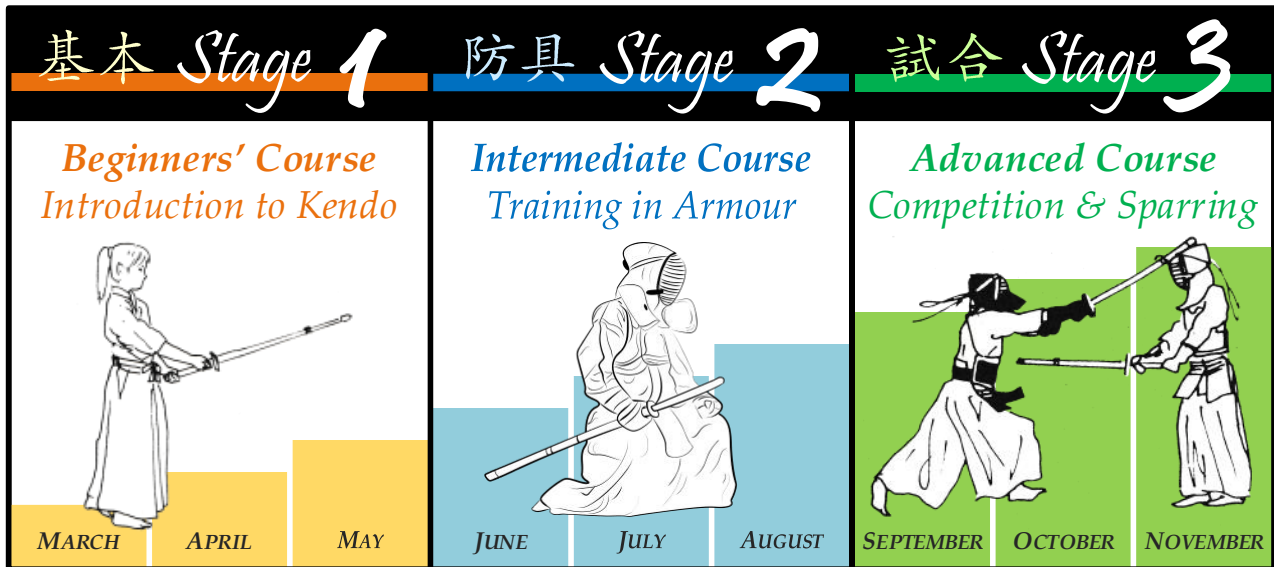
Bernard Yehuda

Kendo 5th Dan, Iaido 3rd Kyu

- Started Kendo in 2008, awarded Kendo 5th Dan in November 2022.
- Australian National Team member for the 16th World Kendo Championships 2015.
- Co-founder of Darwin Kendo Club & Northern Territory Kendo Association.
- 2018-2021 Australian Kendo Renmei Kendo Board Member and Secretary.
- Australian Kendo Championships: 1st Place in 2010 Men's Kyu Individuals and 2009 Kyu Teams.
- Australian University Games: 1st Place in 2010 Men's Dan Individuals and 2009 Kyu Individuals.
- Murdoch University 2009 Maroon Award (Sports person of the Year), 2010 Full Blue Award, 2010 Team of the Year Award, 2011 Club Service Award.
- Murdoch University 2011 alumni – Bachelor of Digital Media in Interactive Digital Design + Minor in Asian Studies (Japanese).

1.4. About the Beginners' Course Training Programme

Murdoch Kendo Club is designing a long-term training programme over a period of about 9 months, divided into 3 stages (approximately 3 months each).



The Beginners' Course (Stage 1) is designed to provide an introduction to basic Kendo principles, conducts, and techniques; support growth of club members; as well as promote Kendo and general Japanese culture interests within the local community.

In the Beginners' Course, the syllabus will cover:

- Brief history of swordsmanship and sword arts, and how they evolve into modern Kendo.
- Principles, etiquette, and method of handling the sword.
- Kendo basics – footwork, strikes, techniques, and principles.

The Beginners' Course (Stage 1) is 12 weeks long.

- Classes are held every Monday and Wednesday, 7:00pm – 8:30pm, at Murdoch University Recreation Centre, basketball court 1.
- Week 1 starts on Monday 6 March and Wednesday 8 March 2023.
- Note that there will be a “gap week” between Weeks 5 and 6 (10 and 12 April 2023), since most of the club members will be travelling to Melbourne to attend the *Australian Kendo Championships* (Beginners should still be able to come and train).

The cost of \$200 for the Beginners' Course includes:

- Kendo uniform (*keiko-gi* and *hakama*).
- Bamboo sword (*shinai*) and bag.
- Club fees and registration to the state organisation *West Australian Kendo Renmei* (WAKR), which is affiliated with the national organisation *Australian Kendo Renmei* (AKR), and covers members with insurance in case of injury.

After the Beginners' Course (Stage 1), the Intermediate Course (Stage 2) will focus on improving foundational techniques and sparring with armour (*bōgu*). The Advanced Course (Stage 3) will focus on advanced techniques and competition rules.

For Stage 2 onwards, Beginners will need to start paying an annual club and affiliation fee, and acquire a set of armour (*bōgu*). During Stage 1, Beginners will be provided guidance in regards to purchasing a set; otherwise the club also has a number of sets to borrow.

2. BEGINNERS' COURSE – STAGE 1 COURSE OVERVIEW

Note that this overview may be updated throughout the Beginners' Course.

Weeks	Activities / New Topics being Introduced
Week 1 Mon 6 Mar Wed 8 Mar	<ul style="list-style-type: none"> • Introduction to Kendo, and the history and evolution of swordsmanship. • Demonstration of Kendo basics. • Foundations of Kendo: footwork, stance, and strikes – <i>suburi</i> (swinging) exercise. • Concept: <i>kiai</i> (yelling). • Registration and Q&A.
Week 2 Mon 13 Mar Wed 15 Mar	<ul style="list-style-type: none"> • Anatomy of the sword. • Etiquette (<i>reiho</i>) – standing, <i>sonkyo</i>, <i>onegaishimasu</i>, <i>arigatō gozaimashita</i>. • Warm-up as a club. • <i>Suburi</i>, <i>hayasuburi</i>. • Concept: <i>maai</i> (distance), <i>issoku-ittō-no-ma</i> (one step one strike distance). • Demonstration of <i>Kendo Kata</i>. • Exercises and drills in pairs.
Week 3 Mon 20 Mar Wed 22 Mar	<ul style="list-style-type: none"> • Etiquette (<i>reiho</i>) – sitting (<i>zareai</i>), <i>mokuso</i> (meditation). • Introduction of <i>hiraki-ashi</i> (diagonal footwork) and <i>sayū men</i> (diagonal men). • Introduction of concept: <i>kakarite</i> and <i>motodachi</i>. • Demonstration of <i>Bokutō Waza</i>. • <i>Bokutō Waza Kihon 1: Men, Kote, Dō, Tsuki</i>. <p>Note: Perth Japan Festival on Saturday 25 March 2023 at Supreme Court Garden.</p>

Weeks	Activities / New Topics being Introduced
Week 4 Mon 27 Mar Wed 29 Mar	<ul style="list-style-type: none"> • Exercises and drills using the bamboo sword (<i>shinai</i>). • Introduction of concept: <i>ki ken tai no icchi, tenouchi, fumikomi, zanshin</i>. • Exercises and drills: <i>jogeburi</i>, paired work and striking targets. • Rotation and basic <i>dōjō</i> etiquette.
Week 5 Mon 3 Apr Wed 5 Apr	<ul style="list-style-type: none"> • Exercises and drills using the bamboo sword (<i>shinai</i>). • Exercises and drills: <i>dōjō</i> tour, and <i>oikomi-geiko</i>.
AKC Week Mon 10 Apr Wed 12 Apr	<ul style="list-style-type: none"> • “Gap week” as club members are travelling to Melbourne to attend the Australian Kendo Championships. • No training on Mon 10 Apr due to Easter Monday public holiday. • Informal training on Wed 12 Apr. Fun!
Week 6 Mon 17 Apr Wed 19 Apr	<ul style="list-style-type: none"> • Wearing and folding the Kendo uniform (<i>keiko-gi</i> and <i>hakama</i>). • Concept: <i>chakuso</i>.
Week 7 Mon 24 Apr Wed 26 Apr	<ul style="list-style-type: none"> • Introduction of <i>kirikaeshi</i>. • Introduction of concept: <i>tsuba-zeriai</i> and <i>tai-atari</i>.
Week 8 Mon 1 May Wed 3 May	<ul style="list-style-type: none"> • Principles of the sword – considerations on handling the sword. • Considerations for <i>dōjō</i> etiquette. • Demonstration of <i>laido</i>. • <i>Bokutō Waza</i>. • Concept: <i>shikake-waza</i> & <i>ōji-waza</i>.
Week 9 Mon 8 May Wed 10 May	<ul style="list-style-type: none"> • Introduction of <i>hiki-waza</i> (striking backwards). • Information about armour (<i>bōgu</i>) and how to purchase. • <i>Shinai</i> maintenance.
Week 10 Mon 15 May Wed 17 May	<ul style="list-style-type: none"> • Basic exercises in <i>bōgu</i>. <p>Note that there is a Senior Kendo grading scheduled on Wed 24 May – Beginners can attend, but to watch only.</p>
Week 11 Mon 22 May Wed 24 May	<ul style="list-style-type: none"> • Basic exercises in <i>bōgu</i>. <p>Note that there is a Senior Kendo grading scheduled on Wed 24 May – Beginners can attend, but to watch only.</p>
Week 12 Mon 29 May Wed 31 May	<ul style="list-style-type: none"> • Informal assessment / mock examination for Stage 1 Beginners. • Feedback from Seniors. • Group photo and certificates.

3. BEGINNERS' COURSE – STAGE 1 WEEKLY SUMMARY

3.1. Week 1: Introduction to Kendo

History of Swordsmanship and Kendo

For as long as swords had existed, so did the techniques to use them.

The origin of the sword is debatable - but it had gone through many forms. Swords first entered Japan in the form of double-edged straight swords - *tsurugi* (剣) - similar to the *gladius* in Ancient Rome. Sword crafting in Japan advanced out of necessity, and due to the use of different types of ores and heating / cooling methods, curved swords were born - the *tachi* (太刀) and eventually the *katana* (刀).

Sword techniques or *kenjutsu* (剣術) evolved throughout the centuries, with hundreds of different styles or schools. During the warring period (*Sengoku Jidai*), techniques were developed for warfare, fighting against soldiers in armour. However during the more peaceful era (*Edo / Tokugawa Jidai*), the techniques adapted to be more duel-focused, with no armour. The wooden sword, *bokutō* (木刀) was used for training; then eventually the bamboo sword, *shinai* (竹刀) as well as protective armour, *bōgu* (防具) were developed to minimise injury.

During the *Meiji Restoration Era*, Japan went through a modernisation period where martial arts were banned, and the *samurai* caste was abolished. Sword-fighting techniques were considered barbaric and was practically useless. In order to preserve these arts, a group of masters founded an organisation with the intention to blend the old techniques into a modern version that is detached from its original warfare purpose, and build something that is positive, healthy, promotes discipline, self-development, and fun; while preserving the appreciation of the history and culture of the sword.

Kendo, the way of the sword, was eventually born - designed specifically as a hybrid of traditional martial art and modern sport, with its own set of internationally-recognised training methods, rules and regulations, and governing bodies. Kendo is now practised all over the world, with 62 countries and regions affiliated with the international federation.

Read more: <http://www.kendo-fik.org/kendo/kendo-history>

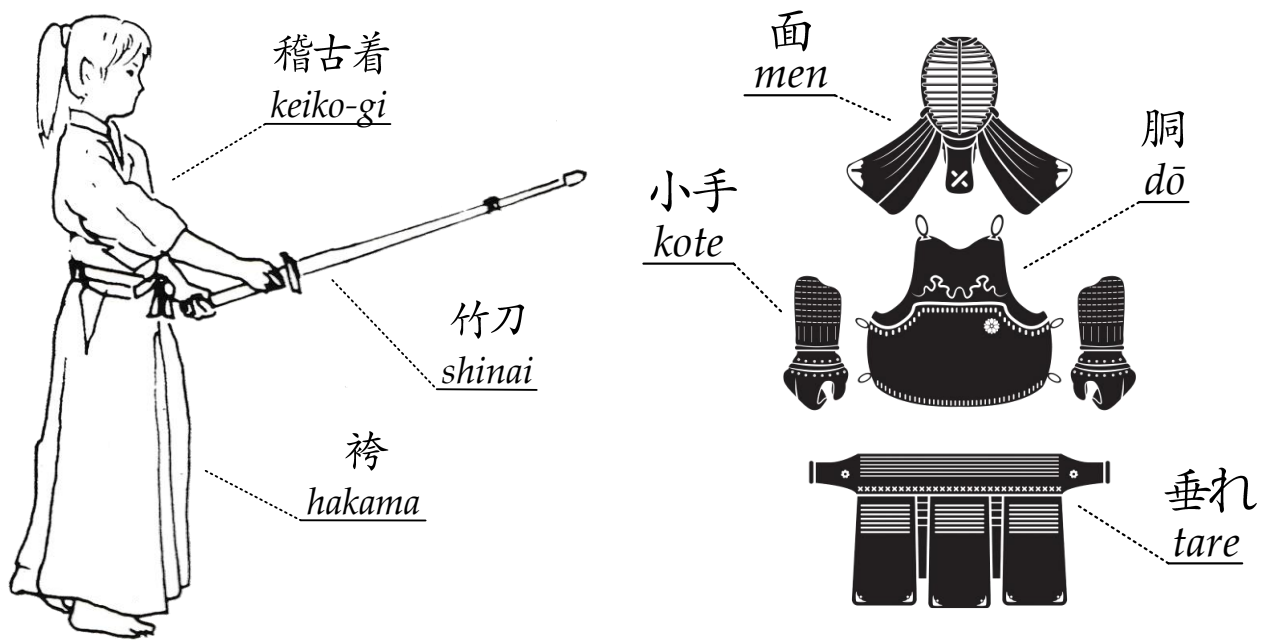
Lesson Summary

Equipment:

- Wooden sword: The *bokutō* or *bokken* represents the *katana*, and must be handled with care. This is used for non-contact practice.
- Bamboo sword: The *shinai* is used for contact practice - whether hitting someone in armour (*bōgu*), or someone holding their *shinai* up as target.
- Steel sword: The *mugitō* or *katayō* is used for *kata* demonstration only. Because it's cool.

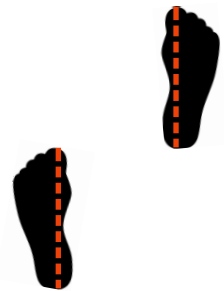
Handling *bokutō*:

- Ensure that you handle your *bokutō* carefully - even though it is not a real sword, it can still injure people.
 - Maintain control at all times - do not swing it around carelessly.
 - When relaxing, hold it with both hands pointing down in front of you, or on one hand "sheathed" by your side. Do not carry it on your shoulder.
 - Do not let the tip touch the floor, or lean on it like a stick.
 - Do not step over the sword.
- Follow instructions, respect your fellow members, and have fun!



Footwork (*ashi-sabaki*):

- Kendo footwork utilises a "sliding" technique (*suri-ashi*). The heels are slightly raised, leaving the toes and the balls of your feet in contact.
- Generally the "leading footwork" (*okuri-ashi*) has the right foot forward, and left foot apart and very slightly behind.
- Basic movements are: *mae* (forward), *ato* (backward), *migi* (right), *hidari* (left).



Footwork position

Vocalisation (*kakegoe*), or usually referred to as *kiai*, is vocalising as part of your actions. This allows better focus and to relax your body better. For example:

- Counting during warm-up.
- When attacking a specific target (*men*, *kote*, *dō*, *tsuki*).
- When performing exercises, such as footwork (*mae*, *ato*, *migi*, *hidari*).

Holding the sword:

- When relaxed (*shizentai*), stand with your heels together and keep your sword "sheathed" on your left hand by your side.
- When preparing to draw (*tai-tō*), prop the sword up to your hip.
- When drawing the sword (*nuke-tō*), put your right foot forward (*okuri-ashi*) and draw the sword with your right hand, making a slow slicing motion forward, before assuming your stance (*kamae*).
- The sword (*bokutō* or *shinai*) is held with the left hand at the bottom, and right hand at the top.
- With your back straight and elbows relaxed, aim the tip of the sword towards the opponent's throat.
- This basic stance (*kamae*) is called *chūdan-no-kamae* (middle guard stance).

Swinging exercise (*suburi*):

- Strike to the head (*men*): Aiming to strike down to the nose level.
- Strike to the forearm (*kote*): Aiming to slice the opponent's hand / forearm off.
- Strike to the torso (*dō*): Aiming to strike the opponent's stomach on their right side (your left).
- Thrust (*tsuki*): Aiming to thrust straight into the opponent's throat. Stop around half-way into the neck.

In Kendo, it is common to perform group exercises while counting in Japanese:

1	2	3	4	5	6	7	8	9	10
<i>ichi</i>	<i>ni</i>	<i>san</i>	<i>shi</i>	<i>go</i>	<i>roku</i>	<i>shichi</i>	<i>hachi</i>	<i>kyū</i>	<i>jyū</i>

During class, commands are usually yelled out in Japanese, such as:

- *Hajime* (始め) – start.
- *Yame* (止め) – stop.
- *Rei* (礼) – bow.
- *Kamae-te* (構えて) – ready your stance / *kamae* (“en garde”).
- *Faito* (ファイト) – Japanese romanisation spelling (*romaji*) for “fight”, yelled out to encourage each other. When someone yells *faito!*, everyone else should respond with the same.



Video Study

Title: NHK Sports Japan — Kendo / Nito

Link: <https://www.youtube.com/watch?v=vKlsoMc4nv4>

Uploaded by: KendoWorld (<https://www.youtube.com/@KendoWorld>)

Published: 12 March 2015

Duration: 28:04

Source: An episode from the “Sports Japan” series produced by NHK (*Japan Broadcasting Corporation*), in collaboration with the KendoWorld team, originally aired in November 2014.

Comment: This episode provides an introduction to Kendo, with Alex Bennett (Kendo *Kyoshi* 7th Dan) as the spokesperson. Alex is a Kiwi (New Zealand chump) who is currently working as a professor of Japanese history and culture at Kansai University in Japan, and has had significant impact in the development and expansion of the international Kendo community. He is the founder of KendoWorld, a group that publishes Kendo magazines and content in English. He tries to look angry in all his photos but he’s actually a big softie.

Homework

- Learn how to count 1 to 10 in Japanese.
- Practise the footwork, sliding on your toes around the 4 directions (*mae*, *ato*, *migi*, *hidari*).
- Practise a few basic swings (*men*, *kote*, *dō*, *tsuki*), ensuring to keep your arms relaxed.
- Measure your height!

3.2. Week 2: *Reiho* (Etiquette) and *Tōho* (Principles of the Sword)

Reiho / Etiquette

剣道は礼に始まり、礼に終わる。 *Kendo begins and ends with courtesy.*

Like most martial arts, Kendo has its own methods of conducting etiquette or showing courtesy – called *reiho*.

This includes:

- Respecting each other – showing gratitude that we are able to train and help each other.
- Respecting our equipment – ensuring that we prioritise safety by wearing, handling, and maintaining our equipment (armour and weapons) properly.
- Respecting the *dōjō* / venue – ensuring that we keep the learning environment safe and inclusive.

In Kendo, there are several types of bowing (colloquially referred to as “*rei*”), including:

- Standard bow (standing), when bowing to each other – 15°, eyes forward.
- Deep bow (standing), when bowing to *shōmen* (“face” of the *dōjō*) – 30°, eyes down.
- *Sonkyo* (squatting), a form of bowing with the swords out in *chūdan-no-kamae* (middle guard stance).

At the beginning of an exercise, we say *onegaishimasu* – “I look forward to training with you”.

At the end of an exercise, we say *arigatō gozaimashita* – “cheers mate”.

Anatomy of the Sword

The *bokutō* or *bokken* represents the *katana*, measuring about 105cm. Basic parts of the sword:

- *Kensen* refers to the tip of the sword. In *kamae* (stance), this should point to the opponent’s throat.
- *Tsuka* refers to the hilt, where you hold the sword. Left hand at the bottom, right hand near the top.
- *Tsuba* refers to the hilt guard. It is usually secured by the *tsuba-dome* (rubber stopper).
- *Monouchi* refers to an area approximately ⅓ down the blade, determined to be the ideal place to strike.
- *Jinbu* refers to the “blade” side of the sword – all strikes should be made on this side. Some techniques require the use of the *shinogi*, the ridge or side of the sword, to deflect or sweep the opponent’s sword.



Note that there may be different shapes / types of *bokutō* made for different arts / schools. If you have one and would like to use it, please ensure it is suitable for Kendo.

Some rules for handling a *bokutō* include:

- Hold at relaxed position when not in use, or otherwise in *kamae*.
- Control the sword at all times, do not swing wildly. All strikes should be mostly vertical, in front of you.
- Do not place the tip down on the floor, or lean on the sword. Do not “carry” the sword on the shoulder.
- When placing down or picking up the sword, do so gently and quietly. Do not step over the sword.

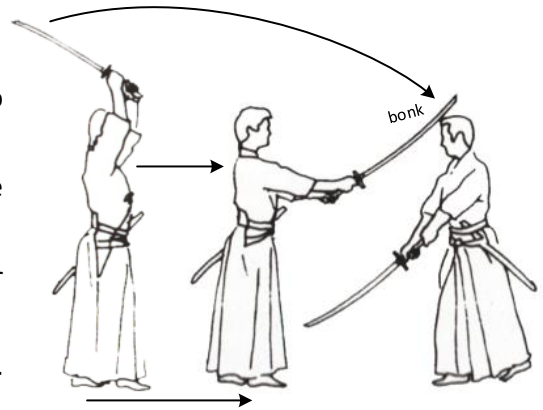
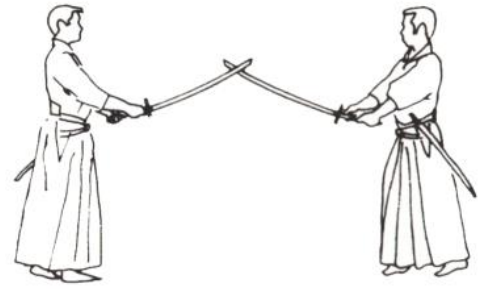
Maai (Interval / Distance)

When crossing swords with the *aite* (opponent) in *chūdan-no-kamae* (middle guard stance), we must always be aware of the *maai* (interval or distance).

The most common distance for practice is generally where the swords just crossed, called *issoku-ittō-no-ma* – meaning “one step, one strike”. This refers to the fact that the attacker is able to take one step forward and strike their partner correctly, using the *monouchi* of their sword (or step back to avoid a strike).

To note:

- Height, arm length, and reach can make a difference to where the ideal *issoku-ittō-no-ma* is.
- *Men*, *dō*, and *tsuki* roughly have the same distance at the point of the strike, but distance for *kote* can vary.
- Some exercises can also start from *tō-ma* (long distance), or occasionally *chika-ma* (close distance).
- Later on, the concept of *maai* also includes timing and speed.



Video Study

Title: 日本剣道形（公開演武）Nippon Kendo Kata（Demonstration）

Link: <https://www.youtube.com/watch?v=EbskzwErDdA>

Uploaded by: All Japan Kendo Federation (<https://www.youtube.com/@ZennipponKendoRenmei>)

Published: 3 February 2009

Duration: 7:38

Source: Demonstration of *Kendo Kata* performed at the 56th All Japan Kendo Championships 2008, by Chiba Masashi-sensei and Nakata Yuji-sensei.

Comment: This video provides a demonstration of all 10 *Kendo Kata* – 7 using long swords (*tachi*), and 3 between a long sword and a short sword (*kodachi*). There are two roles in *Kata*:

- *Uchidachi*, the “teacher” role, who initiates all movements and attacks, and ends up losing.
- *Shidachi*, the “student” role, who responds to all of *Uchidachi*'s movements, and ends up winning.

Things to note:

- The *reiho* (conduct of etiquette) including the bow and *sonkyo* (squatting).
- The *issoku-ittō-no-ma* (one step, one strike distance) for each *Kata*.
- The use of different *kamae* (stance) other than *chūdan-no-kamae*.
- The different striking targets – *men* (head), *kote* (forearm), *dō* (torso), and *tsuki* (thrust to the throat).

Homework

- Practise counting 1 to 10 in Japanese.
- Practise the formal *reiho* – bowing to the *shōmen*, *otagai*, then 3 steps forward to draw and *sonkyo*.
- Practise some footwork and *suburi* (swinging), targeting *men*, *kote*, and *dō*; ensuring that the *kensen* (tip of the sword) lands at different heights, appropriate to the target area.

3.3. Week 3: *Seiza* and *Bokutō Waza*

Seiza and *Zarei*

Seiza (正座), meaning “proper sitting”, is part of formal etiquette conduct in Kendo, performed at the start and end of training. This includes *mokusō* (meditation), and *zarei* (bowing when in *seiza*) towards:

- *Shōmen ni rei* – towards the “face” of the *dōjō*. This was traditionally a bow towards the *kamiza* (shrine) or *joseki* (upper seat where the big boss sits). However, in modern times, this is simply a bow towards the *shōmen* – the “face” of the *dōjō*, where we usually hang our club banner – as a display of gratitude of having a good venue to train at (*dōjō* is commonly translated as “the place of learning”).
- *Sensei (-kata) ni rei* – towards the *sensei*, who are usually 5th *Dan* or above sitting opposite to the club members. MKC has two *sensei* from other clubs, a 7th *Dan* and a 5th *Dan*, visiting regularly.
- *Otagai ni rei* – bowing to each other.

At the beginning, when bowing to *sensei* and *otagai*, we say *onegaishimasu*.

At the end, when bowing to *sensei* and *otagai*, we say *arigatō gozaimashita*.



Etiquette in the *dōjō* includes:

- When lining up (*seiretsu*), higher grades should be closer to the *shōmen*.
- Bow towards *shōmen* when entering or exiting the *dōjō*.
- Always be aware of other people around you, especially those practicing.
- Be wary of any swords or armour (*bōgu*) on the floor. Step around them, not over.
- Be conscious of walking in front of the *shōmen* or other people (slightly bow and extend one hand).
- Ensure the floor is clean (including having clean feet before you enter) and safe for practice.
- Traditionally you should not be wearing any hats; eat, drink, smoke; or kill any creature in the *dōjō*.

Bokutō Waza

Bokutō ni Yoru Kendō Kihon Waza Keiko Ho – “basic Kendo techniques practice using *bokutō*” (often shortened to “*Bokutō Waza*”) – is a set of basic Kendo techniques with a formal structure, developed by the *All Japan Kendo Federation* in 2001 for beginners. This is performed in pairs, consisting of two roles: the *kakarite* (attacker) and *motodachi* (receiver).

The purpose of learning *Bokutō Waza* is to:

- Understand the concept of the principles of the *nihontō* (Japanese sword, i.e. *katana*).
- Learn and practise basic Kendo techniques, as a step towards more advanced techniques.
- Learn and practise techniques in a formal manner, as a step towards learning *Kendo Kata*.

Bokutō Waza consists of 9 techniques, referred to as *Kihon 1*, *Kihon 2*, *Kihon 3*, etc.

Reiho (etiquette):

1. Start at 9 paces apart, in *shizentai*, with the *bokutō* held on the right hand.
2. Instructor calls which side is *kakarite*, and which is *motodachi*.
3. Instructor calls “*shōmen ni rei*”. Turn towards *shōmen* and perform a deep bow.
4. Instructor calls “*otagai* (or *sōgo*) *ni rei*”. Turn towards each other, then perform a standard bow.
5. Pass the *bokutō* to the left hand into *tai-tō* position (up on the left hip).
6. Take 3 steps forward, and draw the *bokutō* (*nuke-tō*) into *chūdan-no-kamae* (*ai-chūdan*), immediately into *sonkyo*, swords crossing at *yokote* (tip).
7. Stand up, lower your *bokutō* (*kamae-otoku*), take 5 steps back, then return to *ai-chūdan*.

Kihon 1 (basic technique no.1), *ippon uchi no waza* (single strike techniques) – *men*, *kote*, *dō*, *tsuki*:

1. Instructor calls for the technique to perform: “*Kihon* 1: *men*, *kote*, *dō*, *tsuki*”, then “*hajime*”.
2. Both partners take 3 steps forward and cross at *issoku-ittō-no-ma*.
3. *Motodachi* provides an opening for *men*. *Kakarite* steps forward and strikes *men*, with *kiai*.
4. *Kakarite* steps back to *zanshin*, then another step back to *issoku-ittō-no-ma*.
5. Repeat for *kote*, *dō*, and *tsuki*, with the appropriate *zanshin* and *maai*.
6. Both partners finish by crossing swords at *yokote*, lowering *bokutō* (*kamae-otoku*), taking 5 steps back, then returning to *ai-chūdan*.

Video Study

Title: Bokuto ni Yoru Kendo Kihon-waza Keiko-ho — 65th All Japan Kendo Championships

Link: <https://youtu.be/ZRGNmYZRZTw?t=60>

Uploaded by: KendoWorld (<https://www.youtube.com/@KendoWorld>)

Published: 3 November 2017

Duration: 7:24

Source: Demonstration of *Bokutō Waza* performed at the 65th All Japan Kendo Championships 2017, by children from the *Ōta-ku Kendo Federation*.

Comment: This video provides a demonstration of all 9 *Bokutō Waza* techniques.

Things to note:

- The *reihō* (conduct of etiquette) including the bow and *sonkyo* (squatting).
- The *issoku-ittō-no-ma* (one step, one strike distance) for each technique.
- The different striking targets – *men* (head), *kote* (forearm), *dō* (torso), and *tsuki* (thrust to the throat), using the *monouchi* of the sword, with *kiai* (yelling).

Homework

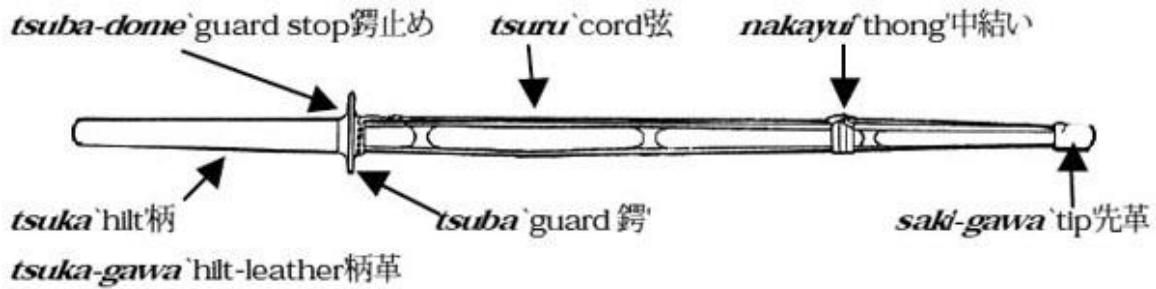
- Practise going down into *seiza*, and performing *zareji*, including *mokusō*.
- Practise the formal standing *reihō* – bow to *shōmen*, *otagai*, then 3 steps forward to draw and *sonkyo*.
- Practise some footwork and *suburi* (swinging), targeting *men*, *kote*, and *dō*; ensuring that the *kensen* (tip of the sword) lands at different heights, appropriate to the target area.
- Practise striking *men*, *kote*, and *kote men* with a partner, as *kakarite* and *motodachi*.

3.4. Weeks 4 & 5: *Shinai* and Group Work

Shinai

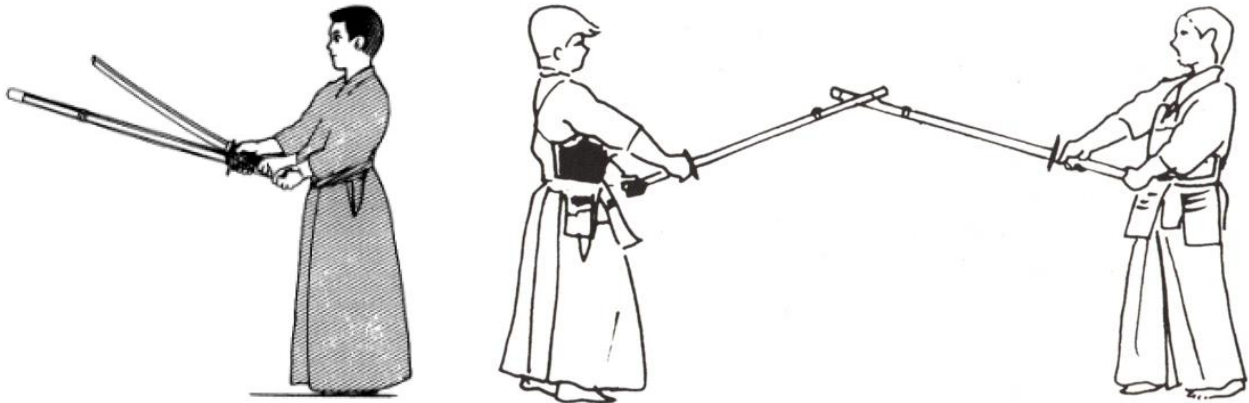
Like the *bokutō*, the *shinai* also represents a sword (despite being straight and round). It is made of 4 slats of bamboo, supported by some leather wrappings. *Shinai* is built for contact, but still requires maintenance.

The same concepts of a sword apply – *kensen* (tip of the sword), *tsuka* (hilt), *tsuba* (hilt guard), *tsuba-dome* (rubber stopper), and *monouchi* (ideal area for striking). Additionally, there is the *tsuru* (string at the back of the *shinai*) and *nakayui* (leather fastener, generally tied around the *monouchi*).



Shinai measurements are standardised. For adults, the maximum length is 39 (3 *shaku* and 9 *sun* = ~118cm), with a minimum weight of 510g for men and 440g for women (without the *tsuba*).

Note that the *shinai* is longer than the *bokutō*, so the *issoku-ittō-no-ma* (one step, one strike distance) will need to be adjusted accordingly.



Training in Pairs

The majority of Kendo consists of group activities requiring two roles: the *motodachi* and *kakarite*.

- *Kakarite* is the attacker, whose role is to focus on performing the correct technique.
- *Motodachi* is the receiver, whose role is to provide the best possible condition for the *kakarite* to perform their technique correctly.

As part of this course, a common exercise involves pairing up and hitting each other's *shinai*.

- Both partners assume *ai-chūdan* and establish *issoku-ittō-no-ma*. Alternatively, establish *tō-ma*, then *kakarite* to take one step forward into *issoku-ittō-no-ma* before performing the technique.
- *Motodachi* steps to their left, and holds their *shinai* up on their right side, parallel to the floor, at the appropriate height for the technique.
- *Kakarite* performs the strike on the *motodachi's shinai*, with *zanshin* (follow through) forward.
- *Kakarite* turns around, and *motodachi* follows up to establish *issoku-ittō-no-ma*.

Concepts

- *Ki ken tai no icchi* (気剣体の一致) refers to the unification of a number of concepts:
 - *Ki* – spirit or intention, usually indicated by yelling (*kiai*).
 - *Ken* – sword or strike, referring to hitting the correct target using the correct part of the sword (the *monouchi* of your *shinai* or *bokutō*).
 - *Tai* – body, referring to the proper use of your body, footwork, and posture when striking.
 - *no icchi* – united as one, i.e. all criterion are present when striking.
- *Tenouchi* refers to the inside of your fingers / hands, and the act of “squeezing” at the end of a strike.
- *Fumikomi* refers to the stomping motion when performing a strike. This assists with body movement to ensure you focus on a singular point, and that the momentum forward is present and controlled.
- *Zanshin* refers to the mindset of “remaining awareness”. After completing a strike, you maintain concentration to prepare for a potential follow-up attack from the opponent. The most basic form of displaying *zanshin* is running through.



Video Study

Title: THE MAKING (237) 竹刀ができるまで

Link: <https://youtu.be/AkRFideyVeU>

Uploaded by: SCIENCE CHANNEL (JST) (<https://www.youtube.com/@jstsciencechannel>)

Published: 14 January 2014

Duration: 14:00

Source: “The Making” series from the *Japanese Science and Technology (JST) Agency Channel* (<https://scienceportal.jst.go.jp/>), episode 237, originally published in 2007.

Comment: This video provides an overview of *shinai* (bamboo sword) manufacturing.

Homework

- Practise *joge-buri* and *hayasuburi*.
- Practise footwork with *okuri-ashi* (right foot forward), ensuring you are sliding with your big toes.
- Practise *zanshin* (following through) and turning immediately into *chūdan-no-kamae*.

3.5. Week 6: Uniform / *Dō-gi*

Uniform

The uniform, formally called *dō-gi* or *kendō-gi*, consists of the *keiko-gi* (or just “*gi*”) and *hakama*.

Kendo uniform and armour are traditionally coloured using the *aizome* dye, which produces the “Japanese indigo” colour that naturally fades over time. Modern products can also use synthetic dye to achieve longer-lasting colour.

Some people like to go commando, but the majority of practitioners keep their underwear on.

- *Keiko-gi* is worn first, crossing left over right. All knots should be tied horizontally.
- *Hakama* is worn over the *keiko-gi*. The belt should be tied just under the belly, so that the bottom just covers the ankles. The *koshi-ita* should support the lower back.

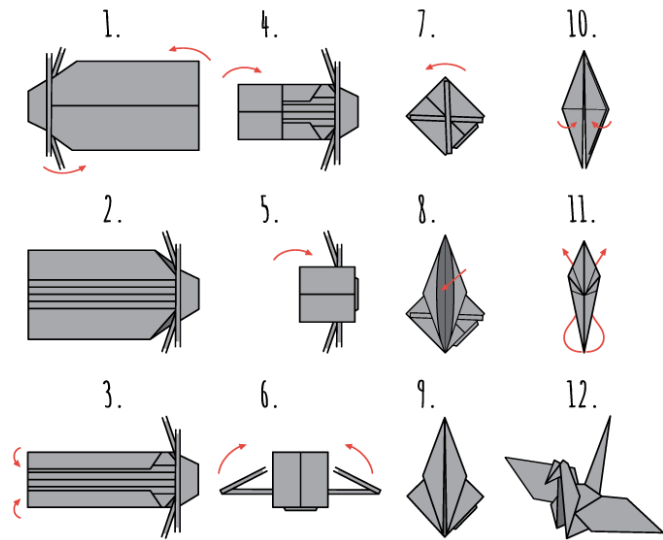
A few fun facts about the uniform:

- The uniform is commonly made of cotton or polyester / tetron. There are also thin “summer” models, double-layered models, different materials, etc.
- The uniform can also come in white (more commonly worn by higher grades and women). The jacket can also come in “*musashi*” style pattern (mostly for children).
- The model of the jacket is called *uwa-gi*, which has a cut slit in the middle of the back. This is different from a *Karate* jacket, which has a cut on the sides.
- Ideally the arms of the jacket are long enough to cover the elbows.
- The *hakama* was traditionally used for horse-riding. The *koshi-ita* (the rigid trapezoid part on the back) was meant to support the wearer’s lower back for *yabusame* – mounted / horseback archery.
- Black *dō-gi* are more commonly worn in other martial arts, such as *Iaido* and *Aikido*.
- There are 7 pleats on the *hakama* – 5 in the front, and 2 in the back combined as 1. These are supposedly meant to represent the 7 virtues of the *bushidō* (the way of the warrior).
- There are many other martial arts that have *hakama* as part of their uniform – note that they may be worn and folded differently, so take care when looking up online guides.
- In the olden days, you were not meant to travel to training in your uniform, as the thought was that you would be bringing dirt into the *dōjō*. However most people drive, so no one cares about it now.

Maintenance and washing instructions:

- Please air out your *keiko-gi* to dry your sweat. Do not put them in direct sunlight.
- You can wash your *keiko-gi* as often as you want, cold water only. Recommend to wash it separate from your clothes a few times, in case the dye may run off and stain. Use only a little bit of detergent.
- You can wash your *hakama* occasionally – most people only do so once a year (or never). Highly recommend that you do not wash it for a while.
 - Method 1: Fold it as best as you can, chuck it inside a laundry bag or pillow case, wash on “Delicate” with minimal detergent, cold water only. You may have to refold once it comes out.
 - Method 2: Unfold in a bath tub. Soak in water, sprinkle a tiny bit of detergent, then activate Godzilla mode (stomp around).
- You can spam clothes pegs around the *hakama* to keep the pleats, as you hang to dry. Avoid direct sunlight. Avoid ironing if possible; if you absolutely have to, do so over a thin cloth, not directly.

HOW TO FOLD A HAKAMA



Video Study 1

Title: Kendo Basics : How to Wear a Kendo Uniform (Kendogi & Hakama) - The Kendo Show

Link: <https://www.youtube.com/watch?v=JZaNrPULNxs>

Uploaded by: The Kendo Show (<https://www.youtube.com/@TheKendoShow>)

Published: 6 April 2017

Duration: 17:54

Source: The Kendo Show instructional Kendo Videos

Comment: Andy Fisher, owner of *KendoStar*, is one of the early pioneers of building international relationships and sales for Kendo products. He had previously worked for *Tozando* and *All Japan Budogu*. One of his efforts is “The Kendo Show”, which includes a number of tutorial videos, thinly disguised as advertisements for his shop – however the content is still decent.

Video Study 2

Title: How to fold Kendogi & Hakama - NORMAL & QUICK METHOD!!

Link: <https://www.youtube.com/watch?v=Sqcuq71i670>

Uploaded by: tomakendo - 皆の剣道 (<https://www.youtube.com/@MinnanoKendo>)

Published: 22 August 2020

Duration: 9:10

Comment: Brah I have no idea who this guy is, but the folding method shown seems ok enough.

Video Study 3

Title: All Japan Kendo Federation Vol. 1

Link: <https://www.youtube.com/watch?v=8OFaNxmW52E>

Uploaded by: Raion Shinsei Kendō Dojo (<https://www.youtube.com/@RaionShinseiKendoDojo>)

Published: 5 June 2014

Duration: 27:05

Source: Kendo Volume 1: Fundamentals, from the *All Japan Kendo Federation*.

Comment: This video provides a thorough overview of most of the basic movements we have covered.

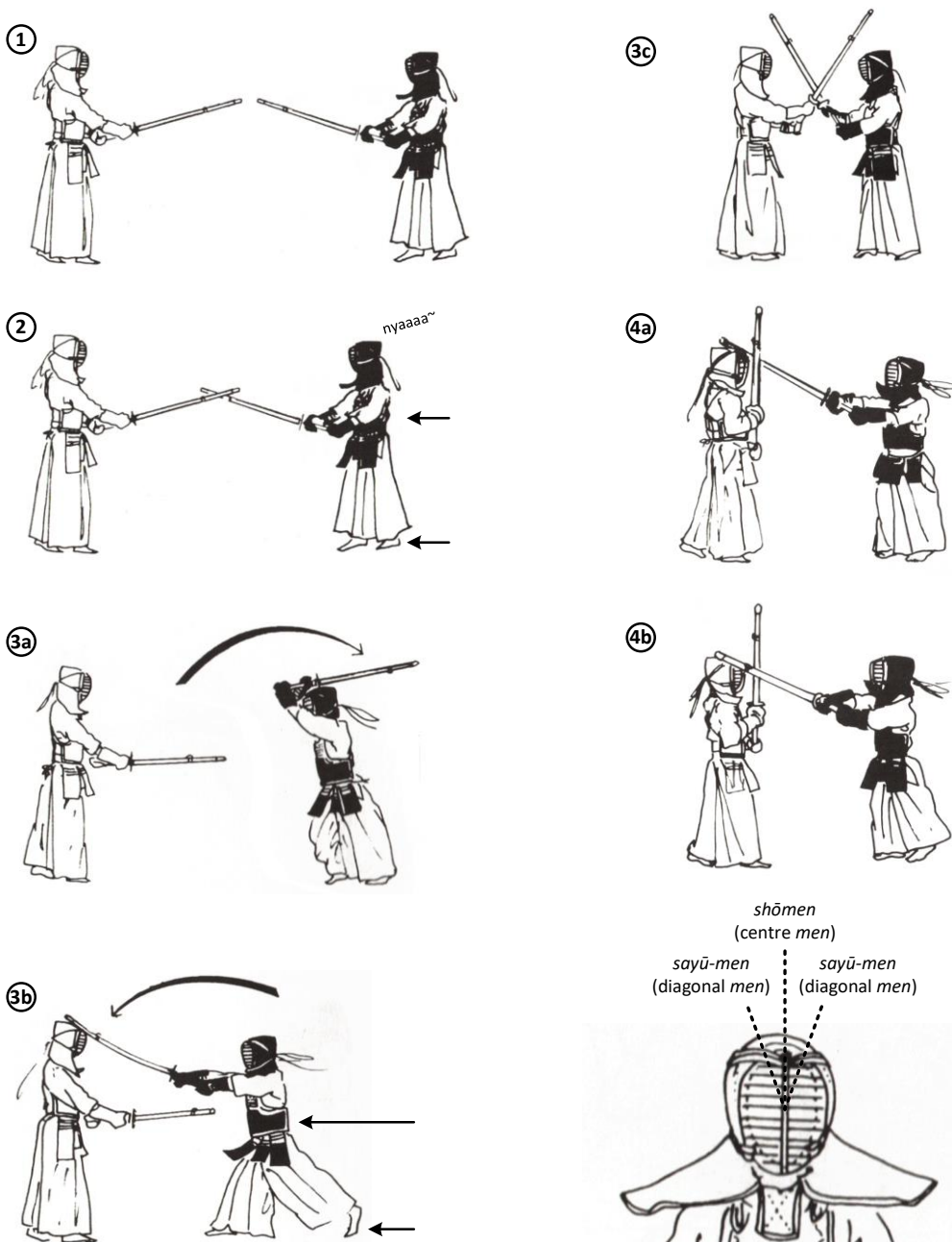
Homework

- Practise wearing and folding your *keiko-gi* and *hakama*.
- Practise *suburi* with your *shinai*, now that you finally get to take one home.

3.6. Week 7: Kirikaeshi

Kirikaeshi is a series of striking exercise that is universally done in all Kendo clubs around the world. The *kakarite* (attacker) performs a number of *men* and *sayū-men* (diagonal *men*) strikes, while the *motodachi* blocks / receives the strikes. This can be done with or without *bōgu* (armour).

1. Both practitioners begin at *ai-chūdan*, at *tōma* distance (*shinai* not touching).
2. *Kakarite* yells (*kiai*), and steps forward into *issoku-ittō-no-ma*.
3. *Kakarite* performs a big *men*, then steps forward into *tsuba-zeriai* for a *tai-atari* (body check). If not wearing *bōgu*, *motodachi* would instead immediately step back, avoiding *tai-atari*.
4. *Kakarite* performs 4 *sayū-men* forward (starting with the right side), then 5 *sayū-men* backward.
5. After the last *sayū-men*, *kakarite* steps back to the initial distance at *tōma* (step 1). Repeat steps 2-5.
6. *Kakarite* finishes with one last big *men*, with *zanshin* through.



Video Study 1

Title: Keiko - Kendo demo - Nishikawa sensei, Uchimura sensei, Wako sensei

Link: <https://www.youtube.com/watch?v=UhHQ-Lg2YFo>

Uploaded by: A Vachter (<https://www.youtube.com/@Srapnel>)

Published: 19 June 2011

Duration: 6:32

Source: Kendo demonstration by professional Kendo practitioners at a high school.

Comment: In Japan, the majority of high-level Kendo practitioners are police officers. Each police building have their own *dōjō*, where the professionals practise daily. The big shots (e.g. famous for winning championships) are often requested to help perform and teach at schools. This video showcases *Ryōichi Uchimura* and *Daisuke Wako* doing the demonstration, with *Kiyonori Nishikawa-sensei* teaching. 0:40 shows *kirikaeshi*, and 2:00 onwards shows basic strikes. Note that the majority of basic strikes shown are small strikes (we like to start big).

Video Study 2

Title: Kokushikan Students[国士舘大学] Kendo Oikomi Training[剣道追い込み]

Link: <https://www.youtube.com/watch?v=1iXjNFQ1NRA>

Uploaded by: Faito (<https://www.youtube.com/@faitopodcast>)

Published: 29 March 2018

Duration: 7:52

Source: Demonstration by highschool students from *Kokushikan* in São Paulo, Brazil.

Comment: It is quite common for famous / high-ranking Japanese teachers to be invited to teach and/or run a seminar outside Japan, and sometimes they bring a group of students with them. This demonstration shows *kirikaeshi* and some basic strikes, done as part of *oikomi-geiko*.

Video Study 3

Title: Highschool Senior Oikomi Geiko

Link: <https://www.youtube.com/watch?v=DsRybUSrd3o>

Uploaded by: macbluescreen (<https://www.youtube.com/@macbluescreen>)

Published: 20 September 2009

Duration: 7:52

Source: Just a regular, every-day training session at a high school.

Comment: *Oikomi-geiko*, literally “chasing exercise”, is one of the standard methods of drilling Kendo basics. This can include chasing and striking a partner that is running back from you, striking multiple targets in a line, or numerous other variations. In Japan, it is compulsory for boys to take up either *Kendo* or *Judo* as an extra-curricular activity, so this type of training is a common sight.

Homework

- Practise wearing and folding your *keiko-gi* and *hakama*.
- Practise *suburi* with your *shinai*, now that you finally get to take one home.
- Practise the procedure for *kirikaeshi*, as both *kakarite* and *motodachi*.

3.7. Week 8: *Tōho* (Principles of the Sword) and *Waza* (Technique)

Tōho (Principles of the Sword)

There are many factors to consider when handling a sword, whether it be a *katana*, *bokutō*, or *shinai*.

- When moving about with a weapon in plain sight, one should be conscious of their presence, and the attention it draws. Doubly so when someone else also has a weapon.
- When holding a sword, take care not to bump into anyone. If the sword has a scabbard, the *tsuba* should be held with the thumb.
- Be aware of everyone's *maai* (distance), particularly *issoku-ittō-no-ma* (one-step one-strike distance). When you have to walk in front of someone or the *shomen*, bow slightly and expose your right hand.

laidō (居合) is a complementary swordsmanship art, developed by and for Kendo practitioners. The practice of *laido* involves learning and performing a number of *kata* that simulate hypothetical real-life scenarios. The concept is to develop and maintain a sense of presence, awareness, and ability to swiftly draw your sword to perform a technique as a response to any situation.

While many of these concepts have been intentionally removed or no longer taught in Kendo, it is important to recognise the origins of Kendo, and the reasons behind the movements, e.g. when performing *reiho*.

Waza (Technique)

Kendo has a number of 技 *waza* (techniques) that can be used during combat.

- *Shikake-waza* (仕掛け技) are techniques used to initiate an attack by breaking the opponent's *kamae* and creating an opening. The most common method is to move their sword. Examples include:
 - *Harai-waza* – sweeping the opponent's sword away from the centre.
 - *Debana-waza* – intercepting the opponent as they are initiating an attack.
 - *Osae-waza* – applying pressure on the opponent's sword to suppress their *kamae*.
 - *Maki-waza* – utilising a rolling / circular-like motion to divert the opponent's sword.
- *Ōji-waza* (応じ技) are techniques used to counter an opponent's attack. This means repealing or nullifying their technique, and then performing an attack back. Examples include:
 - *Suriage-waza* – deflecting an incoming attack with an upward sweep, before counter-attacking.
 - *Nuki-waza* – dodging an attack by moving out of the way, before counter-attacking.
 - *Kaeshi-waza* – parrying an attack and using the momentum to counter-attack.
 - *Uchiotoshi-waza* – striking the opponent's sword to cancel their attack, before counter-attacking.

The most important concept to consider when performing *waza* is 間合 *maai*. Commonly translated to “distance”, the literal meaning is “interval”. Factors that affect *maai* include:

- Actual distance from each other.
- Height and length of one's body and limbs.
- Reach – how far can one leap and stretch in a single step.
- Movement speed – how fast can one move in one step.
- Reaction speed – how fast can one react to an opponent's movement.
- Reading – how well can one “read” an opponent's intention.

Understanding *maai* means understanding both yourself and the opponent.

Video Study 1

Title: All Japan Kendo Federation video III [1/3]

Link: https://www.youtube.com/watch?v=KJQ2nwhe6dI&list=PLW94DLnvoOV6IIVsNSwvCZt_P3Q3Bvu2&index=7

Uploaded by: mmexus (<https://www.youtube.com/@mmexus>)

Published: 12 September 2007

Duration: 9:55

Source: Official instructional video published by the *All Japan Kendo Federation*.

Comment: This video provides examples of *waza* and their application. The rest of the playlist contains other parts of the same instructional video.

Video Study 2

Title: EIGA sensei's Yukodatotsu waza demo

Link: <https://www.youtube.com/watch?v=QIC7OLUPDxM>

Uploaded by: euro kendo (<https://www.youtube.com/@eurokendo>)

Published: 3 February 2019

Duration: 4:34

Source: Demonstration by *Eiga Naoki-sensei* at the 2019 *European Kendo Federation* referee seminar.

Comment: In this video, *Eiga Naoki-sensei* (a prominent figure in the Kendo world) provides a demonstration of several *waza*. The lesson is to ensure that referees are able to understand and perceive the many different kinds of techniques, often done extremely fast. This allows them to declare a *yūko-datotsu* (scoring point) correctly.

Video Study 3

Title: Chiba Sensei's 'Kendo Perfect Master' - Suriage, Nuki, Kiriotoshi, aiuchi men and Kote suriage men

Link: <https://www.youtube.com/watch?v=cclVwEcfCCs>

Uploaded by: dezzasheep (<https://www.youtube.com/@Dezzasheep>)

Published: 6 July 2017

Duration: 5:53

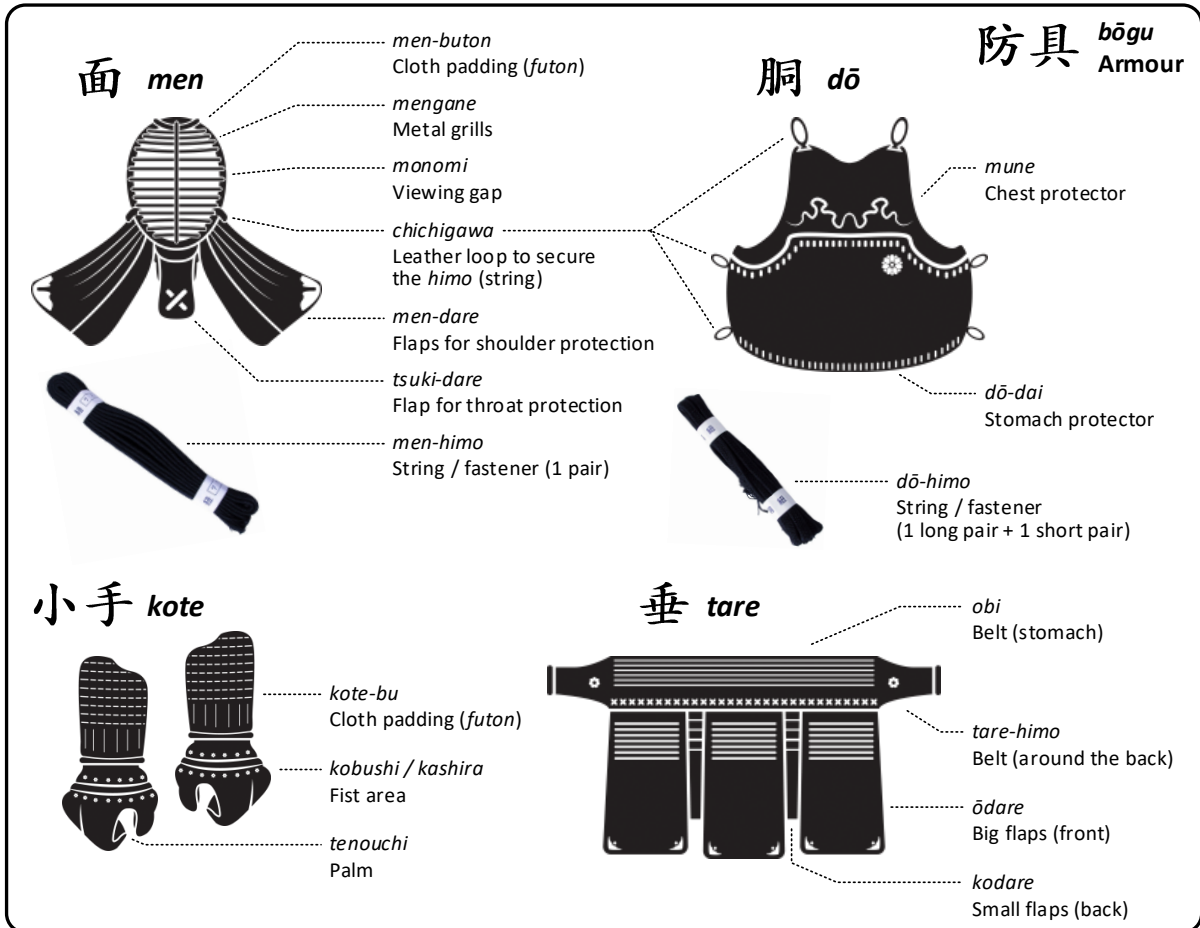
Source: Excerpt from *Masashi Chiba-sensei's* instructional DVD "Kendo Perfect Master".

Comment: This video provides an excerpt of a few *ōji-waza* (counter-attack techniques) performed by the late *Masashi Chiba-sensei*. *Chiba-sensei* was famous for being a practitioner of *jōdan no kamae* (a *kamae* where the sword is initially up), and had won the *All Japan Kendo Championships* 3 times. Despite that, he insisted on the importance of basic training in *chūdan-no-kamae*.

3.8. Weeks 9-11: Wearing *Bōgu* (Armour)

Introduction to *Bōgu*

Bōgu (防具) means protective equipment, and consists of four main parts: *men* (mask / helmet), *kote* (gloves), *dō* (chest / stomach protector), and *tare* (waist protector). Supplementary equipment include the *tenugui* (cloth towel for headwrap), *himo* (string / fastener), *chichigawa* (leather loop to tie the *himo*), and other optional protectors (wrist pad, heel pad, *tabi* / sock).



Process

You do not need *bōgu* for Stage 1. When moving into Stage 2, you will need a set. You can consider buying your own *bōgu* brand new, buying a set second-hand, or borrowing a set from the club.

Beginner models typically start from \$400 and above. Fortunately the club has a number of spare *bōgu* available to borrow, or potentially purchase.

1. Take your measurements – see below section for a guide / template.
2. Consider your budget – how much are you willing to spend?
3. Research – browse online and look at the available options.
4. Consult – talk to seniors to get advice or recommendations.
5. Try it on – we will have sessions where you get to put on *bōgu* so you can get a feel.
6. Make the purchase (or borrow).

Buying New	Borrowing / Buying Second-Hand
<p>Pros:</p> <ul style="list-style-type: none"> • More likely to get the right fit, as <i>bōgu</i> is ordered to measurements. • New <i>bōgu</i> will last longer (5+ years). • Allows personal customisation if desired. • Will look (and smell) nice and shiny! <p>Cons:</p> <ul style="list-style-type: none"> • Expensive investment up-front. • Additional ~2-4 weeks of wait. • New <i>bōgu</i> may be “stiff” and takes a month or two to “break in”. 	<p>Pros:</p> <ul style="list-style-type: none"> • Cheaper. • Less up-front investment, e.g. in case you decide to quit. • Available immediately (if there is one that fits you well). <p>Cons:</p> <ul style="list-style-type: none"> • <i>Bōgu</i> may not have been taken care of well, and not last too long. And smell bad. • <i>Bōgu</i> may not fit well. • If borrowing, may have to share and take turns with other people.

Price and Quality

What affects the price of *bōgu*:

- **Stitching size:** The length between each stitching row on the padding. Tighter ones are more durable and thinner, but slightly less protective. Recommended between 10mm to 4mm, machine-stitched.
- **Materials:** Distribution of price goes towards: type of leather and how they were treated, type of dye used (some high quality ones will run off / smudge for months until they set), extra decoration bits (fancy patterns, extra colours), extra protection (e.g. bits of leather stitched on joints for extra durability), craftsmanship, etc. – generally affects the “look and feel”, especially as the *bōgu* ages.
- **Stock-ready vs made-to-measure:** Many *bōgu* companies have stocks of standard sizes that they can ship immediately. Some companies can craft the *bōgu* to perfectly fit each individual – these take time, and often are more expensive due to the amount of detail and care taken.
- **Fancy stuff:** Customisations, vanity decorations that do not affect performance at all, but look nice. The most common area to customise is the *dō*, such as the colour of the *dō-dai* (stomach area) or the stitching style of the *mune-kazari* (chest area). Recommended to stick with the stock-standard colours, as you don't generally want to draw attention.

Most shops will provide specifications of their *bōgu*, with photos.

Other Considerations

- Highly recommended that you stick to buying from actual Kendo stores. If you are looking at any second hand or third-party alternatives (e.g. e-Bay, Gumtree), please consult a senior.
- Highly recommended that you get a senior to help with your measurement – and then double-check it with someone else. If in doubt, take some photos and send them to the *bōgu* shop.
- Be mindful of international currency – most *bōgu* shops are in US \$.
- Be aware of shipping fee. Some shops offer free international shipping.
- If you are not able to receive delivery at home or office, you can utilise Australia Post's parcel collect service. For more details: <https://auspost.com.au/receiving/collection-points/choose-a-post-office-for-deliveries>.
- Importing goods worth above AUS \$1,000 will incur an import tax. This number includes shipping cost, so please be mindful of expensive/bulk orders. For more details: <https://www.wwcf.com.au/Customs>.
- Japan is still feeling the impact of COVID, so stocks may be low, and shipping may be slow.

There are many resources available online, feel free to do your own research. We are also available as a resource – please do contact us if you have any question. Most *bōgu* shops will also have an international contact person who speaks fluent English, and will be very happy to answer any queries.

Recommended Shops

Tozando (<https://tozandoshop.com/>)

- Based in Kyoto, Japan.
- + Large selection of products and models.
- + Free shipping available for most items.

Recommendation: Tozando has spent significant effort in developing their international presence, and is trying to monopolise the market. Unfortunately they have been prioritising the business aspect of the company, and many of their staff members are salespeople, not Kendo practitioners. Regardless, their products generally have decent quality for the price.

KendoStar (<https://kendostar.com/>)

- Based in Fukuoka, Japan.
- + Shop has a focus on the international market, providing quick and efficient communication.
- + Free shipping available above a certain amount.

Recommendation: Decent quality for the price, offering a range of budget mid-range to heavy-duty upper-range sets. The owner, Andy Fisher, is a well-known "celebrity" in the international Kendo scene, and is extremely passionate about *bōgu*. He has a YouTube channel ("The Kendo Show") and regularly releases beginner-friendly videos.

Zen Nihon Budogu / All Japan Budogu (<https://zennihonbudogu.com/>)

- Based in Kumamoto, Japan.
- + Shop prides in innovating their own crafting techniques and style.
- No longer does free shipping.

Recommendation: The products focus on function above aesthetics, cutting corners to reduce cost where possible. Decent quality for the price, though unfortunately they no longer offer free shipping.

If you have a higher budget (\$1,000 and above), please contact us for additional options.

Measurement Template

It is highly recommended that you have at least two senior Kendo practitioners take your measurements.

If in doubt, contact the *bōgu* supplier, who may request further information and/or photos. Note that different suppliers may have different measurements.

Name	<input type="text"/>	Height	<input type="text"/> cm
Gender	<input type="text"/>	Age	<input type="text"/>
Measured By	<input type="text"/>	Weight	<input type="text"/> kg
		Waist Girth	<input type="text"/> cm

Head

Widest measurement diagonally from chin to crown
A cm

hachimaki
Widest measurement horizontally around forehead
B cm

monomi
Measurement vertically from centre of eyes to bottom of chin
C cm

Hand

Left
 Right

Length of hand from wrist to tip of longest finger
D cm

Around knuckles
E cm

Around middle of palm (under the thumb)
F cm

Around bottom of palm (widest circumference)
G cm

Video Study 1

Title: THE MAKING (1 5 6) 剣道具ができるまで

Link: <https://www.youtube.com/watch?v=mL8uxqjL5aU>

Uploaded by: SCIENCE CHANNEL (JST) (<https://www.youtube.com/@jstsciencechannel>)

Published: 15 January 2014

Duration: 14:00

Source: “The Making” series from the *Japanese Science and Technology (JST) Agency Channel* (<https://scienceportal.jst.go.jp/>), episode 156, originally published in 2003.

Comment: This video provides an overview of *bōgu* (armour) manufacturing. Note that the *bōgu* being crafted seems to be a high-quality, hand-stitched set with bamboo *dō-dai* (chest protector body). This will likely cost above \$1,000. Don't expect something this nice when you buy your first set!

Video Study 2

Title: [WEBINAR] - The Ultimate Guide to Kendo Bogu

Link: <https://www.youtube.com/watch?v=53Oi87lpRRc>

Uploaded by: The Kendo Show (<https://www.youtube.com/@TheKendoShow>)

Published: 3 August 2020

Duration: 1:12:07

Source: Webinar hosted by Andy Fisher.

Comment: This long video provides a very thorough explanation of *bōgu* parts, manufacturing considerations, and terminologies. Andy Fisher is the owner of KendoStar, and is very passionate about *bōgu*. Their shop focuses on international audience and generally provides free shipping worldwide.

Video Study 3

Title: Interview with Kendo Bogu Craftsman - Bogu Repair - New Bogu Tokuren Z - Tozando Inside News #10

Link: https://www.youtube.com/watch?v=JQW0_jG0Fpl

Uploaded by: TOZANDO INTL. (<https://www.youtube.com/@TOZANDOINTL>)

Published: 14 April 2017

Duration: 9:35

Source: Video published by Tozando.

Comment: Tozando is one of the largest online suppliers of martial art goods, which includes Kendo. They often publish “guide” videos which also serve to advertise their products. This video has an interview with one of their craftsman starting at 3:29, then provides a brief look at some of their models.

3.9. Week 12: Informal Assessment

Background

For week 12, an “informal assessment” will be conducted where club Seniors will be grouped up with Beginners and requested to assess Beginners through a number of exercises, and provide feedback.

The purpose will be to:

- Run through the exercises and techniques covered as part of the course to ensure Beginners have learnt them appropriately (check for Stage 2 readiness).
- Provide a new, more impartial channel for feedback (not just from the Instructor).
- Allow engagement between Beginners and Seniors to build club relationships.
- Introduce a structured approach to an assessment in preparation for a future grading.

Assessment

Assessment	Exercises	Checkpoints
<i>Chakuso</i> – wearing the uniform.	Beginners to stand in front of the Senior at <i>shizentai</i> (relaxed standing position). Seniors may ask Beginners to turn around so they can check different angles.	<ul style="list-style-type: none"> • <i>Keiko-gi</i> is neat. • <i>Hakama</i> is tied at the right height (covering ankles). • <i>Bokutō</i> is held correctly.
<i>Reiho</i> – etiquette.	<ul style="list-style-type: none"> • <i>Seiza</i> and <i>zarei</i>. • Standing bow to <i>shōmen</i> and <i>otagai</i>. 	<ul style="list-style-type: none"> • Moving into and out of <i>seiza</i> with the correct legs first. • Bowing at the correct angle.
<i>Kamae</i>	<ul style="list-style-type: none"> • Three steps forward and <i>sonkyo</i>. • <i>Chūdan-no-kamae</i>. 	<ul style="list-style-type: none"> • Correct grip. • Correct <i>tsuka</i> and <i>kensen</i> heights. • Stance upright, arms relaxed.
<i>Ashi-sabaki</i> – footwork.	<ul style="list-style-type: none"> • <i>Okuri-ashi</i>, four directions – <i>mae mae</i>, <i>ato ato</i>, <i>migi migi</i>, <i>hidari hidari</i>. 	<ul style="list-style-type: none"> • Correct foot forward and initiating. • Back foot + heel parallel. • Stance and <i>kamae</i> remain upright.
<i>Suburi</i> – single step strikes.	<ul style="list-style-type: none"> • <i>Men</i>. • <i>Sayū-men</i>. • <i>Kote</i>. • <i>Dō</i>. • <i>Tsuki</i>. • <i>Kote men</i>. • <i>Hayasuburi</i>. 	<ul style="list-style-type: none"> • Backswing not too low. • Strike finishes at the correct height. • Good <i>kiai</i>. • Feet are sliding (not rising). • Pause and display <i>zanshin</i>. • After strike, return to <i>chūdan</i> height and <i>kamae</i> with good posture.
Striking with <i>zanshin</i> .	<i>Shinai</i> , pair up, strike and run through. <ul style="list-style-type: none"> • <i>Men</i>. • <i>Kote</i>. • <i>Kote men</i>. • <i>Kirikaeshi</i>. 	<ul style="list-style-type: none"> • Good <i>kamae</i> and distance. • Clean and correct footwork. • Good <i>kiai</i>. • Hit with the correct strength. • Adequate <i>zanshin</i> and turn around.
Finish	<ul style="list-style-type: none"> • <i>Sonkyo</i>, <i>osame-tō</i>, <i>rei</i>. 	<ul style="list-style-type: none"> • Correct posture and form.

4. GLOSSARY

Term	Meaning
<i>ai-chūdan</i>	When both players are mutually in <i>chūdan-no-kamae</i> .
<i>aite</i>	Partner or opponent.
<i>ashi-sabaki</i>	Footwork. See also: <i>okuri-ashi</i> , <i>ayumi-ashi</i> , <i>hiraki-ashi</i> , <i>fumikomi</i> .
<i>ayumi-ashi</i>	Crossing footwork. See also: <i>ashi-sabaki</i> , <i>okuri-ashi</i> , <i>hiraki-ashi</i> .
<i>bokutō</i>	Wooden sword, also referred to as <i>bokken</i> .
<i>bōgu</i>	Protective armour used in Kendo.
<i>chakuso</i>	The proper way to wear the uniform. See also: <i>dō-gi</i> .
<i>chikama</i>	Close distance. See also: <i>maai</i> .
<i>chūdan-no-kamae</i>	Middle guard stance with the sword pointing at the opponent's throat.
<i>dan</i>	"Black belt" grade. See also: <i>kyu</i> .
<i>dō</i>	Torso, one of the target areas for striking. Also refers to the chest protector.
<i>dō-gi</i>	Uniform for Kendo. See also: <i>chakuso</i> , <i>keiko-gi</i> , and <i>hakama</i> .
<i>dōjō</i>	"The place of learning", the venue where we train.
<i>faito</i>	Transcription of "fight" in Japanese, yelled out as encouragement.
<i>fumikomi</i>	Stomping footwork as part of following through. See also: <i>ashi-sabaki</i> , <i>zanshin</i> .
<i>hakama</i>	The pants as part of Kendo uniform.
<i>harai</i>	Sweeping motion as part of an opening technique.
<i>hiki-waza</i>	Strikes performed while moving backwards.
<i>hiraki-ashi</i>	Diagonal footwork. See also: <i>ashi-sabaki</i> , <i>okuri-ashi</i> , <i>ayumi-ashi</i> .
<i>issoku-ittō-no-ma</i>	A type of <i>maai</i> (distance) where one has to take one step forward to attack.
<i>kakarite</i>	The attacker in a pair of practitioners. See also: <i>motodachi</i> .
<i>kakegoe</i>	Vocalisation, or yelling as part of a move. See also: <i>kiai</i> .
<i>kamae</i>	The fighting stance in Kendo.
<i>katana</i>	Specifically refers to the Japanese sword.
<i>keiko</i>	Exercise or training. Literally translates to "to study the old".
<i>keiko-gi</i>	The top / jacket as part of Kendo uniform. Also referred to as <i>gi</i> .
<i>kendō</i>	"The Way of the Sword".
<i>ki ken tai no icchi</i>	Spirit (<i>ki</i>), sword (<i>ken</i>), body (<i>tai</i>), synchronised as one (<i>no icchi</i>).
<i>kiai</i>	Refers to the shouting during strikes to exert energy. See also: <i>kakegoe</i> .
<i>kensen</i>	The tip of the sword.
<i>kihon</i>	Foundation or basic.
<i>kote</i>	Hand or forearm, one of the target areas for striking. Also refers to the gloves.
<i>kyū</i>	"Under black belt" grade. See also: <i>dan</i> .

Term	Meaning
<i>maai</i>	Distance or interval between two people. Also see: <i>issoku-ittō-no-ma</i> and <i>tōma</i> .
<i>men</i>	Face or head, one of the target areas for striking. Also refers to the mask / helmet.
<i>mokusō</i>	Meditation performed at the start and end of training.
<i>motodachi</i>	The received in a pair of practitioners. See also: <i>kakarite</i> .
<i>nafuda</i>	Name tag worn in the middle of the <i>tare</i> . See also: <i>zekken</i> .
<i>nidan-waza</i>	Two-step strikes, such as <i>kote</i> followed by <i>men</i> immediately.
<i>nuke-tō</i>	Unsheathing / drawing the sword. See also: <i>tai-tō</i> .
<i>ōji-waza</i>	Counter attack techniques. See also: <i>shikake-waza</i> and <i>waza</i> .
<i>okuri-ashi</i>	Leading footwork. See also: <i>ashi-sabaki</i> , <i>ayumi-ashi</i> , <i>hiraki-ashi</i> .
<i>osame-tō</i>	Sheathing the sword. Also referred to as <i>no-tō</i> .
<i>otagai</i>	Each other – used to address a bow to everyone. See also: <i>sōgo</i> .
<i>rei</i>	Bowing. See also: <i>reiho</i> and <i>zarei</i> .
<i>reiho</i>	Etiquette and its protocol or conduct. See also: <i>rei</i> and <i>zarei</i> .
<i>sayū-men</i>	Diagonal <i>men</i> strike.
<i>seiza</i>	A style of sitting on your knees. See also: <i>zarei</i> .
<i>shikake-waza</i>	Techniques to create an opening. See also: <i>ōji-waza</i> and <i>waza</i> .
<i>shinai</i>	Bamboo sword.
<i>shizentai</i>	Natural standing position – heels together, feet slightly apart.
<i>shōmen</i>	Refers to the central <i>men</i> when striking, or the “face” of the <i>dōjō</i> .
<i>sōgo</i>	Each other – used to address a bow to everyone. See also: <i>otagai</i> .
<i>sonkyo</i>	Squatting with the sword out, as a form of bowing.
<i>suburi</i>	Swinging exercise.
<i>suri-ashi</i>	Sliding footwork. See also: <i>ashi-sabaki</i> , <i>okuri-ashi</i> , <i>ayumi-ashi</i> , <i>hiraki-ashi</i> .
<i>tai-tō</i>	Propping the sword up to the hip, in preparation to draw. See also: <i>nuke-tō</i> .
<i>tare</i>	Waist protector, worn as part of the <i>bōgu</i> . Not a target!
<i>tōma</i>	Far distance. See also: <i>maai</i> and <i>issoku-ittō-no-ma</i> .
<i>tsuba</i>	The hilt guard of the sword.
<i>tsuka</i>	The hilt of the sword (where you hold).
<i>tsuki</i>	Thrust to the throat, one of the target areas.
<i>uchi</i>	A strike, e.g. <i>men-uchi</i> is a strike to the head.
<i>waza</i>	Technique. See also: <i>shikake-waza</i> and <i>ōji-waza</i> .
<i>zanshin</i>	“State of awareness” – the follow through after striking.
<i>zarei</i>	Bowing while seated. See also: <i>seiza</i> and <i>rei</i> .
<i>zekken</i>	Name tag worn in the middle of the <i>tare</i> . See also: <i>nafuda</i> .