Kendo Equipment Manual
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Notes
Introduction

To do kendo safely

We have written an easy to understand illustrated manual to help kendo players can maintain their own equipment.

When you strike with the "shinaid, it should look like this:

But if your shinaid was broken.

But if your shinaid has a loose cord.

or out of place making or a loose rattan.

the leather tip may come off the end and the bamboo slats poke someone's eye. People have been blinded like this.

Please read this manual and safely maintain your shinaid and armor.
1. The **shinai**

1—1. The construction of the **shinai**

4 shaku (121 cm) length of bamboo is cut 10 cm from the roots. It is then split vertically into 6-8 slats which will be used to make different lengths of **shinai** depending on their weight. Four slats with matching joints are chosen and then heated and bent into shape before finally being sanded down to make a single **shinai**. It is rare for all four slats to come from the same piece of bamboo.

**Shinai weights and lengths**

(see JKF “Kendo tournaments and judging rules” Chapter 3)

When using one swords (*toukuri*). Length and weight are for a fully constructed **shinai** not including the **tsuka**.

<table>
<thead>
<tr>
<th></th>
<th>Primary School</th>
<th>Junior High School</th>
<th>High School</th>
<th>Adult Unistudent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Length</td>
<td>&lt;111 cm</td>
<td>&lt;114 cm</td>
<td>&lt;117 cm</td>
<td>&lt;120 cm</td>
</tr>
<tr>
<td>Weight</td>
<td></td>
<td>No limit &gt; 255 g</td>
<td>&gt;=470 g</td>
<td>&gt;=500 g</td>
</tr>
<tr>
<td>Male</td>
<td></td>
<td>No limit &gt; 400 g</td>
<td>&gt;=410 g</td>
<td>&gt;=420 g</td>
</tr>
<tr>
<td>Female</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Noki-name</td>
<td>saburouk</td>
<td>san-nana</td>
<td>sanpachy</td>
<td>saniku</td>
</tr>
<tr>
<td></td>
<td>3’shaku 6’sun</td>
<td>3’shaku 7’sun</td>
<td>3’shaku 8’sun</td>
<td>3’shaku 9’sun</td>
</tr>
</tbody>
</table>

Note 1: the JKF places no restrictions on weight for primary school students.

Note 2: shaku and sun are old Japanese units. 1 sun = 3.03 cm

1 shaku = 10 sun

Note 3: The weights and lengths for using two swords (*nintou*) are shown below.

<table>
<thead>
<tr>
<th></th>
<th>the longer</th>
<th>the shorter</th>
</tr>
</thead>
<tbody>
<tr>
<td>Length</td>
<td>&lt;114 cm</td>
<td>&lt;62 cm</td>
</tr>
<tr>
<td>Weight</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Male</td>
<td>No limit &gt; 425 g</td>
<td>280-300 g</td>
</tr>
<tr>
<td>Female</td>
<td>No limit &gt; 400 g</td>
<td>265-280 g</td>
</tr>
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</table>
How to keep your shinais safe

To do kendo safely, it is important that your shinais and armor are kept in good condition through regular maintenance. Unless the kendo player (or the parents of young children) understand how the equipment is constructed and how to look after it, it can be dangerous. You need to be careful so that your opponent won’t be injured, for example by splinters entering the men or piercing your opponent’s arm. People have lost their sight and even their life when a cracked piece of bamboo pierced their eyes. People who don’t care to look after their shinais but instead treat them with chemicals or use carbon fiber shinais won’t develop this spirit. All you need to do is start off with a well-shapped shinais and look after it carefully. Instead of checking the diameter you should instead continually check for splinters and splits.

The shinais

What kind of bamboo is used to make shinais?

Most of the shinais sold are made of keichiku, a variety of bamboo that grows in warm areas. Bamboo with a diameter of 7-8 cm is harvested throughout the year. Its fibers are more dense and stiff, on the other hand its stiffness means it breaks more easily than madake. In addition, because it may be heated and then rapidly dried at customs inspections it looses its natural moisture and of which makes it even more likely to split. It is cheap.

Madake bamboo, grown in regions with large temperature variations in the seasons is denser and more flexible than keichiku bamboo. Four year-old bamboo with a diameter of 8-12 cm is harvested from October to February. This bamboo may splinter but does not split easily. Good bamboo (that is both strong and flexible) makes it easier to cut an extended “men”-cut and use such techniques as two-step attacks and keeshi-waza.

Moochohiku (the largest kind of bamboo) looks strong but is inflexible so is not used for making shinais.
A limit on the diameter of a shinaí

There should be no problems with a shinaí straight from a shop, as they are made to a standard size. However, with a weak shinaí the tip may come off, as shown in the inside front jacket.

Therefore, restrictions have been placed on the use of thinly tipped shinaís in tournaments. According to the JKF technical committee, the widest shinaí in the "men" grill should not be at least 15mm. Martial arts shops in Japan now use a shinaí gauge made of transparent plastic to check that their shinaís are a safe size.

What makes . . .

The most important thing is that it is both strong and flexible. If you put the tip of a shinaí on the floor and try to bend it, then it should bend about a third of the way from the tip around the nakayaki, at the place you use to strike your opponent. You should be able to feel the pushing back.

A weak shinaí will bend around the guard (tsuba). The point at which the shinaí bends is the point where it releases power when you strike. When you strike with a weak shinaí it will bend like a stick from the tsuba to the tip and then whip back more powerfully than the armor can protect. It can also pierce the "men"-grill and hurt your opponent and may cause you to hurt your own wrists and elbows. Weak shinaís have the following characteristics: (1) they bend at the tsuba; (2) they are often pared down to make the handle thin enough; (3) they are often thin at the tip, thick in the middle, and then thin again at the hilt; (4) they tend to be made of less dense bamboo.

Maintaining your shinaí while you use it builds up "samurai spirit" and makes you fully appreciate bamboo.

Bamboo splits and splinters while it is used so requires maintenance.
1 - 2. Disassembly of the *shinai*

1. Loosen or untie the *nakae-sho* "leather thong".

2. Untie the *tsuru* cord.

3. Pull the leather tip (*saki-gano*) off with one hand, while holding the bamboo slats together with the other to keep the rubber tip (*saki-gano* 元ゴム) in place.

4. Take off the leather hilt (*tsukasawa*).

5. Your *shinai* should now look like this. ( Normally you only need to completely disassemble the *shinai* to smooth or replace a whole slat.)
1 - 3. Maintenance of the *shinai* Removing splinters

1. When you have some splinters or a small split, take off the *nakahijikusuru* and tip as described in section (you may have to completely disassemble the *shinai*).

2. Scrape the splinters off with firm strokes from the hilt towards the tip, using a knife, file or a piece of glass. If you scrape from tip to hilt, the blade may dig into the bamboo.

3. Next use some sandpaper to smooth the surface. Finally rub in a little wax, Vasoline or vegetable oil.

Note: If the bamboo actually splits (with or against the grain) you should stop using it. It is dangerous to tape it up and keep using it.
1 - 4. Making a shinai out of used parts

Combining slats from several damaged shinais to make a new one.

1. Shinais have a small iron plate called a chigiri in the handle that keeps the handle together and stops the slats from moving around. It fits into a groove cut in each slat.

2. When you use slats from different shinais, the grooves may be in different positions.

3. Therefore it is necessary to cut a new set of grooves. Leave the iron plate in the slats it fits then add the new slats and squeeze tightly. The plate should leave a little mark.

4. Use a small saw (a hacksaw is fine) to cut a thin groove along this mark.
1 - 5. Fixing the shinai tip

2. Fasten the tsuru to the tip (saki-gawa) using a bowline knot.

3. Put the rubber tip ('saki gomu') in the end. Various diameters of rubber tip are sold, you should use one that just fits in the space left by the bamboo. If it is too small it can be dangerous. Carbon-fiber shinais have a special kind of rubber tip (actually plastic) which should always be used with them.

4. Slide the leather tip on.

The construction of the saki-gawa

The saki-gawa 'leather tip': If the end opens or is holed, get a new one. It cannot safely be repaired.
1-6. Tying the shinaï handle 弦

弦は化学繊維と玉縄の「琴弦（ことづる）」があります。「琴弦」は耳打ちなどでしごいて柔らかくしてから使います。

1. First put the hilt leather tsuka-sewai on. (If the shinaï is new it will be held together with string. Take this string off.)
   - Using a rubber sheet or gloves makes it easy!

2. Pass the cord through the nakayui "leather thong" (that holds the slats together) and komono 'small leather loop'.
   - It is a good idea to tie a knot in the tsuru to fix the nakayui.

How to tie the leather cord

The construction of the tsuka and to shorten

The hilt (tsuka) Pucker the komari tsuka-sewai and sew it as shown below. Then turn it inside out.

To shorten the hilt cut the end or closest to the guard or cut the other side and so like written in the left.
3. Tie the cord securely round the kamono. There are three ways.

A

1. 小物の穴に弦を通じて

2. 小物の周りを一周させ

3. 弦のように通して、

4. 弦を柄の小物に通して、反して小物に通します。

B（伝統はこのの力まで）

1. 結び目に弦を通して、

2. 小物の周りを一周させ

3. 結び目に通して、反して柄の隙に通します。

C

1. 通じ目の要領で結を作り、

2. 結めて、

3. 弦を柄の小物に通して、反して弦の隙に通します。
6. Pass the cord through the 'leather loop' on the hilt ('kawa-himo'). Thread it back through the komono. Pass it under the knot in the hilt's leather loop and pull it tight. Pull the cord taught with your right hand while you hold the komono down with the left.

7. Wrap it round the loop. Tie it once.

8. Wrap the cord round the leather loop about seven times.

9. Finally, use an awl to make a space between the two branches of the loop and pass the cord through.

The tina version!
1-7. Tying the *nakayui* ‘thong’中結い

1. Wrap the *nakayui* ‘thong’ thiek round the *shira* rough side up.

2. Thread it under the cord and cross it back.

3. Thread under the *tsuru* from the other side.

4. Loop it round and under the last loop.

5. Again loop it round the *tsuru* cross over and pass it under the last loop.

6. Repeat this once more, then cut off any excess leather.

What should I do for emergency repairs if the *nakayuri* breaks?

Cut the hole open and take it off. Then make a new hole, attach it as shown and start again.
1-8. Tsuka 章（つば）・Tuba-dome 章止め（つばどめ）

章は皮製または化学製品の円形のもので、直径9センチメートル以内です。章は相手の竹刀がけを当てるのを防ぐ意味だけでなく、打合の際や竹刀を取扱う際の意味もあります。また、商品化のためには、皮製のものの方が硬くて良いのですが、使ううちは穴が大きくなってしまいます。化学製品の章は安価で、さまざまな色のものがございますが、色の規定はありませんのでどれを使ってもかまいません。

章は竹刀の柄がうえ方で適度に大きなものを用意します。大きさが合わなかったり章の穴の角が失われると柄が破れてしまうので、注意しましょう。

上はゴム製で3種類ぐらい販売されています。好みのものを選びます。

1-9. How to bring shinai (The shinai bag)

Bags can hold from 1 to 3 "shinais". Some have a shoulder strap. Bags can be made from many materials such as cotton or leather or others, and come in many colors. Feel free to design and make it own!
Comparing the *bokutou* and *mogitou* with a *katana*

**Katana**  日本刀

「刀」は、刀（剣）と呼ばれる（剣道）もので、壁車かつ師範です。鍛冶法法で鍛造が完成されており、所持する際は鍛造師が必要です。「真剣」とか「本身」とか呼ばれる場面もあります。

刀身はなく雁飼されており、薔薇形のもので、じゅうに配列された物を切ったりしなければ、ときどき酸化した油を和紙（寒い部の物）をはめて雁飼で拭き取り、新しい丁子油（ちょうじしゅぶう）を塗って手入れすることを、鋳造することにありました。

**Mogitou** 模擬刀

真剣は業師のもので、アルミなどの合金の模倣刀を代用する場合があります。形は真剣そっくりですが、刀先は持ってきません。刀先を持っておられる人、または刀を用いる人の、刀を切るのを切るの切るの用いるの学びますので、用い方は様々です。

**Bokutou** 木刀

木刀は日本刀の形で刀法を理解するのに、刀や模擬刀の代わりに使います。サイズは大刀のもので、子供用のもの、剣道用ののものもあります。

その模倣刀の周りにあるものは、様々な用途による様々な形のものがあります。材質は木、竹、イヌ、スジノメ、ヒウ、木部、竹、木部などです。木でなくて良い材料でなくなり手に入りにくくなり、目通り（めどおり）の良いものは剣道形を打つ際（日本、光和、光和）をも含める項目がありますので、剣道の注意が必要です。剣道利用には持ってきなものをお勧めします。

- 17 -
2. The *kendogi* 'jacket'

2–1. The construction of the *kendogi*

![Diagram of kendogi with labels in Japanese]

**Small Knowledge**

Why are the jackets and trousers made of cotton dyed with indigo?

Partly for tradition's sake. However indigo-dyed cotton is also the best choice because it is not easily damaged by sweat. Looks nicer the more you use it and is also a mild disinfectant.
2-2. How to wear the kendogi

まず、内側の脇紐を結びます。次に外側の脇紐を結びます。襟紐は開かないようにし、また、背中に線のしほが寄らないように着ます。

Note: To keep their jackets properly closed, some women use a hook, or velcro, or even tape.

2-3. 洗い方

You might not to wash out the dye. It is better to lightly hand wash the clothes in water and quickly dry them rather than to use detergent in a washing machine.

子供の刺繍が大きいときの着あげ

様中の中心から肩の縫い目までの半分を「山」にして、それを結びます。長さの半分の線を縫います。財の下から約2cmくらい比較って腑を通って腑の下の約2cm上までを縫います。
2-4. How to fold the kendogi

和服のたたみ方

① 左右をあわせます。
② 締め目を左に合わせるように重ねます。
③ 袖を三角にたたみ込みます。
④ 片袖をたたみます。
⑤ 袖をたたみ、前立てをつめて、
⑥ 袖を折り直して、
⑦ できあがり
3. The *hakama* 'trousers'

3-1. The construction of the *hakama*

---

**About the *hakama***

There are many kinds of *hakama* hunting, field, long and short, but only two types are still worn today: men's (horse-riding) and women's (undivided *hakama* with no back plate). Wearing a *hakama* with a stiff back plate straightens your spine, while keeping the collar of your jacket on the back of your neck pulls your chin in and gives you perfect posture.

A *hakama* has five pleats in the front and one at the back. The five pleats represent the five Confucian relationships of righteousness between ruler and minister, affection between father and son, attention to their separate functions between husband and wife; order between elder and younger brothers and faithfulness between friends, as well as the five Confucian virtues of humanity, righteousness, propriety, wisdom and faithfulness. The single pleat reminds us that just as loyalty and filial piety are one and the same we should follow the true path without double dealing. The *hakama* is designed so that we should think of these things whenever we put it on.
3-2. How to wear the *hakama*

1. Step into the *hakama* and hold them to your waist.

2. Wrap the front sashes behind you, then cross them in front...

3. .and tie them in a bow behind you.

4. Slip the peg attached to the *koshirae* into the sashiko. *[koshirae: back plate]*

5. Tie the back sashes in front of you.

6. Tuck the extra length of the sashes round the tied ones. The hem should be lower at the front than the back.
3-3. How to fold and stow the *hakama*

1. Put the *hakama* face down on a flat place such as the floor. Use your right hand to place the right trouser leg, then smooth the back pleat.

2. Turn the *hakama* over, so the front faces up. Settle both legs and then stretch it vertically.

3. Fold the five pleats so they lie straight.

4. Fold both sides in to the middle, then fold it lengthwise three times.

5. Fold the longer front sashes to a half, then a quarter of their length, and cross them over.

6. Tie up the shorter front sashes.

7. 左側が結びます。

8. 右も同じで、最後を

9. 左の結びを通して結び。
3-4. How to wash the *hakama*

You can machine wash *hakama* made of synthetic fibers.

If you wash *hakama* made of indigo-dyed cotton in a machine, the indigo will leach out, and the pleats will disappear.

**How to wash the *hakama* made of indigo-dyed cotton**

1. Wash the folded *hakama* in the bathroom by pressing it under water.
2. Don't wring it out, just refold it and smooth the water out.
3. Hang it up to dry upside down, with the pleats in place.

If you wash it like this, the pleats won't disappear and will stay wrinkle-free. If you spin dry it, it will wrinkle, and if you iron it, it shines.

乾いてから、ただんで縦子の座布団の下に入れて座ったり、奥様をすると、ひだが
はっきりつきます。
4. The *tare* 'waist armor'

4 - 1. The construction of the *tare*

When you pick the stitching ...

- wakihimo
  - 着紐

- haraobi
  - 'gut belt' 槍帯

- kodare
  - 'big flap' 大垂

- kodare
  - 'small flap' 小垂

Each flap is rimmed with leather and then sewn onto the haraobi.

販は、髪の毛が何尾あるかが価値に比例しているようですが、使用するときほとんど関係ありません。重ねは使う前に形をつけて柔らかくすると使いやすくなります。

サイズ: 大人用、女性用、子供用（大、小）があります。

材料: 製造には手刺しとミシン刺しがあります。手刺しでもミシン刺しでもカチンと強くなく柔らかいものが好まれます。

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The *nafuso* 'name tag', which used to be called the *tare* name, is worn on the center flap of the *tare*. It is made from blue or black cloth with white letters stitched or sewn on. The cloth name is written horizontally across the top, and the individual's name vertically down the middle. You must wear one when you compete.
4—2. How to wear the *tare*

1. Kneel in seiza, put the *tare* on your lap, wrap the cords round behind you.

2. Then tie them in a bow under the center flap.

3. They should cross just under the back plate.

---

4—3. How to keep your *tare* well.

1. If you don’t keep the cords flat, they will break at the kinks. Iron them occasionally.

   - Coil the cords round the ends.
   - If they are flat, just fold them.

2. Brush the *tare* occasionally with a toothbrush.
3. 表面が損なわれてきたり中の帯地が出てくる前に革などを当ててもらう等、重ね繋がれた場合も修理に出します。
5. The do ‘breastplate’

5-1. The construction of the do

- Chest guard
- Belly guard

The do is constructed from leather, bamboo, and metal. The leather is stretched over a bamboo frame and then secured with cord. The bamboo frame is covered with leather to protect the body.

The construction of the do is intricate, requiring precision and craftsmanship. The materials used are chosen for their durability and ability to absorb impact. The design of the do is not only functional but also审美的.
Fixing the do cordes.

Fixing the do-yoko-shichi-sane ‘side leather loops’

2本の足を結ぶ方法

割って4本の足を結ぶ方法

5 - 2. Putting on the do

As the do is a target, you have to put it in the proper position, where you can move easily. Don’t try to reduce the target area or protect your ribs or throat from bad cuts and thrusts by tying the do too high.
1. Kneel in seiza, rest the do on your thighs, then cross the long cords behind you and tie them through the leather loops.

2. Tie the short cords behind you in a bow.

There are many ways to tie the do.

All that is important is that it is easy to adjust and doesn’t come off when you move.

代表的な人とは、次ページ以降に。

右：調をつける人が自分から見たところ。

左：補助および指導する人が正面から見たところ。

を並べて描きました。
5-3. How to keep your do well.

1. Occasionally clean the decorative section (shokkou) with a toothbrush.
2. Put the tabs on the do. We recommend the method of coiling them round the  onos, to avoid them twisting and tearing.

(一) Tie the do cords loosely.

(二) How to attach the leather loops (chichi-gawa)
(the right and left should be mirror images).

Use an awl to widen the holes and pass the loops through.
6. The men ‘helmet’ 頭

6 - 1. The construction of the men

How to shape the men flaps.

面を整ったばかりで、面を間が
固く、動きにくい場合、面を整
に形をつけると、かみみずや耳が
痛くなく、肩が動きやすく、しか
も見た目も良くなり、おおがつずり切
れにくい良い形になります。3日
間くらい、下のように折って
しっかり殺んでおきます。
The construction of the men

The men is made as follows:

1. Straw is wrapped around the men grill.
2. The chin box is attached.
3. The inner frame is made.
4. The inner frame and men-butan are attached with string.
5. The inner frame and men-butan are attached with water-buffalo leather. (Water buffalo leather is soft when it is wet, so it is fastened on while it is damp and then dried.)
6. Finally the leather is painted with rush lacquer to stop it from becoming damp.

Note: If you leave your men wet, the leather will swell up and distort, so it is important that you dry it after you use it.
6-2. Putting on the tenugui 'men towel'

A. For beginners

This is the easiest method. Fold it so it fits your head exactly.

1. Lay the tenugui in front of you and fold it in half lengthways.

2. Fold it in about a third from each end.

3. Turn it over.

4. Insert the corners into the doubled over central section.

5. Put it on, with the thick side facing the front.

6. It should hide your ears, and the thick part should be on your forehead.
1. Fitting it exactly. Be careful not to make it too thick over your ears as it will become painful.

1. Hold the ends of the **tenugui**.
2. Bring the **tenugui** to your forehead and slide it up until the edge lies on your forehead with your hair gathered within.

3. Bring the right corner of the **tenugui** to above and behind your left ear, holding it taught. Keep it in place with the other side of the **tenugui**.
4. Bring the left corner round to above and behind your right ear, and tuck it in.

5. Lift up the flap formed in front of your face.
6. Your ears will be exposed.
C.

Wrapping it around your head.

1. Hold both ends of the teensu
   kite the middle of the edge and
draw it back over your head.

2. Wrap it round your head, left to
   right and then right to left.

3. Swap hands and tie the two
   ends in front of your
   forehead.

4. Lift up the front and tuck it in.

5. Pull it down on both sides.

6. Your ears will be hidden.
6-3. How the *men* should fit

You should wear the "*men*" so that you can see from the *monomi* the slightly wider gap between the 6th and 7th bars. If you are looking out from the *monomi* then your posture should be correct.

- The back of your head should not poke out.
- The "*men*" cords should extend about 40cm below the knot.
- Your jaw and forehead should fit exactly.

---


eのようにもおこが続まっていない
と、突かれたときに瞬目衝撃が
きますし、面を打たれると痛く、さ
らに転んだときに鎖頭部を打つ危険
があります。

子供がこのようにかかっている場
合がときどき見受けられますので、
注意しましょう。
**Putting on the men A**

1. Take the cords from the fourth or fifth bar of the men grill, cross them behind the men then pass them through the top bar and back behind again.

2. Gather the cords in your hands, open the men, put your chin in and pull it over your head.

3. Firmly tie the cords in a bow so that the men will not twist and adjust the lengths of cords so they are even.

**Putting on the men B**

1. Put your chin in and put the men on, then cross the cords once behind your head and then in front of your jaw.

2. Cross the cords behind your head once more and then pass them through the topmost bar of the men grill.

3. Firmly tie the cords in a bow so that the men will not twist and adjust the lengths of cords so they are even.
6 - 4. How to keep your "men" well.

When you have finished using the "men", immediately wipe it with a well-wrung damp cloth and then dry it. Sweat and dirt breed germs and will smell.

Even when the outside dries it is hard to dry the inside, so you should hang it in a well ventilated place or put newspaper or a desiccant inside.

Put your "men" on and tie the cords. Adjust the cords so that they are hang 4cm below the knot and then cut off any excess.

1. Unthread the ends for 3 or 4 cm. Take two or three of the threads and twist them into two.
2. Wrap the two strands once round the whole cord.
3. Tie them tightly and arrange them neatly.
7. The kote 小手・甲手

7-1. The construction of the kote

The kote is made of inciso dyed cloth and deer hide, silk or equivalent ornamental thread, cotton or blanket material. The hand-part is made of deer hair (or equivalent) and two cords.

サイズ：大きすぎると使いにくく、小さいと手にまめができます。

材質：染めの線布と鹿革や人工皮革（クラリーノ）、絹（または化繊）の製品、

絹と毛髪（もしくは古毛布）、頭のかたの意の毛（または化学繊）、小手用2

本、などで作られています。
7-2. Putting on the kote

Put on the kote by pushing the glove. If you pull the forearm section you will deform the kote and hurt the joint.

7-3. Taking the kote off

The kote will come off easily if you push from the elbow. If you pull beyond the joint you will deform the kote and hurt the joint.

7-4. How to keep kote well

Sweat and dirt make the kote smell, so we recommend you dry it soon after use. (Recently washable kote made of artificial leather and fabric have come onto the market.) When you've finished training, stretch out the palm leather as shown in the picture and dry it. Occasionally rub it. Like the mitten, the interior of the kote is hard to dry. You should hang it in a well ventilated place, or put newspaper or a desiccant inside.
7-5. Tying the cords

Wind about 3cm of spool tape to the end of the cord and make it into a point.

1. Start to thread. First pass the cord from the outside nearest the elbow and tie off the end.

2. Threading the cord from the outside, make a series of loops.
3. The knot that joins the forearm part to the hand part.

4. Symmetry

5. Lace the cords like a shoelace.
The finishing touches

Gather the two cords together.

Tie each cord to the other.

Relie them to each other.
8. The equipment bag 防具袋

8 - 1. The construction of the equipment bag

The carrying bag is for carrying your gear, not storing it. If you need to leave the gear in for a while then you should use newspaper and desiccants to help keep it dry, and you need to be careful of mold.

8 - 2. Putting the gear in

① Fold the "hakama" and lay them on the bottom.
② Wrap the "tare" round the "do" and put them in.
③ Put the "men" in.
④ Put the "kote" in.
⑤ Fold the "kendoj" and put it in.

8 - 3. Taking the gear out

① Take out the kendai and kote.
② Put the kote in front of and to the right of your right knee and then put your men on them.
③ Spread the tenue on top of the men.
④ Take the do out and place the tare so your name faces the front and take your hakama out.

Note: The "kote" can face forwards or sideways or even be placed in front of your left knee, depending on the custom where you practice.
Q: What is the leather loop on the back of the dojo for?
A: As shown in the diagram below, the men cords can be looped so as to make the men easy to carry and hang up. In the old days, the gear was hung from the ceiling of the dojo and special windows were opened to let the wind blow over it.

Note: Some people loop the cord round the kote's hand part, but it damages them.
# 9. Glossary

<table>
<thead>
<tr>
<th>Names or words</th>
<th>Explanations or notes</th>
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<tbody>
<tr>
<td>Bokuto or bakken</td>
<td>wooden sword</td>
</tr>
<tr>
<td>chigiri-gawa</td>
<td>leather loops</td>
</tr>
<tr>
<td>chigiri</td>
<td>small run plate in the shina handle</td>
</tr>
<tr>
<td>do</td>
<td>breast plate</td>
</tr>
<tr>
<td>do-roko-chihi-gawa</td>
<td>side leather loops of the do</td>
</tr>
<tr>
<td>do-dai</td>
<td>do plate</td>
</tr>
<tr>
<td>dont</td>
<td>training hall</td>
</tr>
<tr>
<td>ha</td>
<td>blade</td>
</tr>
<tr>
<td>hakama</td>
<td>trousers</td>
</tr>
<tr>
<td>hanpocho</td>
<td>girt belt</td>
</tr>
<tr>
<td>hiji</td>
<td>elbow</td>
</tr>
<tr>
<td>himo</td>
<td>cord, sash, or string</td>
</tr>
<tr>
<td>jinbu</td>
<td>blade</td>
</tr>
<tr>
<td>kanji</td>
<td>Chinese characters</td>
</tr>
<tr>
<td>kashira</td>
<td>hand part of the kote</td>
</tr>
<tr>
<td>katusa</td>
<td>Japanese sword</td>
</tr>
<tr>
<td>kake-gumo</td>
<td>leather loop (on the hilt leather)</td>
</tr>
<tr>
<td>kake-uchi</td>
<td>a kind of bamboo (that grows in warm areas)</td>
</tr>
<tr>
<td>kai-site</td>
<td>training jacket</td>
</tr>
<tr>
<td>kinjitei</td>
<td>training jacket</td>
</tr>
<tr>
<td>kenshi</td>
<td>sword tao</td>
</tr>
<tr>
<td>kiseki</td>
<td>sword tao</td>
</tr>
<tr>
<td>komono</td>
<td>small other loop (on the tsunui)</td>
</tr>
<tr>
<td>kote-uchi</td>
<td>back plate (of the kai-site)</td>
</tr>
<tr>
<td>kote</td>
<td>gauntlets</td>
</tr>
<tr>
<td>kote-ju</td>
<td>forearm part of the kote</td>
</tr>
<tr>
<td>men</td>
<td>helmet</td>
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<tr>
<td>men-butsu</td>
<td>the men futon area</td>
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<tr>
<td>men-chigiri-gawa</td>
<td>leather loops (on the men)</td>
</tr>
<tr>
<td>men-zane</td>
<td>main grill</td>
</tr>
<tr>
<td>madahe</td>
<td>main of Japanese bamboo (Phyllostachys bambusoides)</td>
</tr>
<tr>
<td>mine</td>
<td>back of blade</td>
</tr>
<tr>
<td>mono-uchi</td>
<td>cutting area of the shina</td>
</tr>
<tr>
<td>moroni</td>
<td>the wide gap in the men grill</td>
</tr>
<tr>
<td>matsuchiku</td>
<td>a thick-stemmed bamboo (Phyllostachys subsecens)</td>
</tr>
<tr>
<td>naka-uchi</td>
<td>leather thong (on the shina)</td>
</tr>
<tr>
<td>nambu-uchi</td>
<td>sea slug (on the kote)</td>
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<td>ootare</td>
<td>big flag</td>
</tr>
<tr>
<td>ri-tou</td>
<td>two swords</td>
</tr>
<tr>
<td>sahunuki</td>
<td>3-shaku = 1.111m</td>
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<table>
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<td>san-nana</td>
<td>3-shaku 7-sun shina (114 cm)</td>
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<td>sanku</td>
<td>3-shaku 8-sun shina (120 cm)</td>
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<tr>
<td>sanpachi</td>
<td>3-shaku 8-sun shina (117 cm)</td>
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<td>seiza</td>
<td>formal kneeling position</td>
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<tr>
<td>shaku</td>
<td>old Japanese unit 30.3 cm (10-sun)</td>
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</tr>
<tr>
<td>shinai</td>
<td>bamboo sword</td>
<td>5</td>
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<tr>
<td>shinozi</td>
<td>line through the area</td>
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<tr>
<td>shokkou</td>
<td>decorative section for the do and neri-zare</td>
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<tr>
<td>sun</td>
<td>old Japanese unit 3.03 cm</td>
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<tr>
<td>tare</td>
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<td>tenya ii</td>
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<td>tsuka</td>
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<td>tsuka-gawa</td>
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<td>tsuki</td>
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<tr>
<td>teiki-tam-hu</td>
<td>the throat flan</td>
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</tr>
<tr>
<td>tsuru</td>
<td>cord (on the shina)</td>
<td>5,8,12</td>
</tr>
</tbody>
</table>
In conclusion

To do kendo safely, it is important to that your "shinai" and armor are kept in good condition through regular maintenance. Unless the kendo player (or the parents of young children) understand how the equipment is constructed and how to look after it can be dangerous.

But kendo equipment doesn't come with a manual unlike most things in today's world. Therefore we have written an easy to understand, illustrated manual to help kendo players can maintain their own equipment.

Kendo is something you need to learn, where you receive instruction from teachers and seniors. From that point of view, there is no need for a manual. However we think this manual will be worth it if it helps to make kendo safer.

We hope this manual is useful to kendo players everywhere.

Fudou:

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