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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 "shikai", it should look like this:

But if your shikai was broken:

But if your shikai has a loose cord:

or out of place make sure it is loose right:

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 shikai 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 length 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.

<table>
<thead>
<tr>
<th>Shina weights and lengths</th>
</tr>
</thead>
<tbody>
<tr>
<td>(see JKF “Kendo tournaments and judging rules” Chapter 3)</td>
</tr>
<tr>
<td>When using one swords (touk). Length and weight are of a fully constructed shinai not including the tsuka.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>Primary School</th>
<th>Junior High School</th>
<th>Senior High School</th>
<th>Adult Uni-student</th>
</tr>
</thead>
<tbody>
<tr>
<td>Length</td>
<td>≤111 cm</td>
<td>≤114 cm</td>
<td>≤117 cm</td>
<td>≤120 cm</td>
</tr>
<tr>
<td>Weight Male</td>
<td>No limit</td>
<td>No limit ≥425 g</td>
<td>≥470 g</td>
<td>≥500 g</td>
</tr>
<tr>
<td>Weight Female</td>
<td>No limit</td>
<td>No limit ≥400 g</td>
<td>≥410 g</td>
<td>≥420 g</td>
</tr>
<tr>
<td>Nok-name</td>
<td>saburoku</td>
<td>san-nana</td>
<td>san-pachi</td>
<td>sanku</td>
</tr>
<tr>
<td></td>
<td>3.5 shaku 5.5 sur</td>
<td>3.5 shaku 5 sur</td>
<td>3.5 shaku 6 sur</td>
<td>3.5 shaku 3 sur</td>
</tr>
</tbody>
</table>

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

Note 2: shaku and sur are old Japanese units. 1 sur = 3.03 cm.
1 shaku = 10 sur

Note 3: The weights and lengths for using two swords (shinai) are given below.

<table>
<thead>
<tr>
<th></th>
<th>the longer</th>
<th>the shorter</th>
</tr>
</thead>
<tbody>
<tr>
<td>Length</td>
<td>≤114 cm</td>
<td>≤62 cm</td>
</tr>
<tr>
<td>Weight Male</td>
<td>No limit</td>
<td>425 g</td>
</tr>
<tr>
<td>Weight Female</td>
<td>No limit</td>
<td>400 g</td>
</tr>
</tbody>
</table>
How to keep your shinai safe

To do kendo safely, it is important 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, 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-shaped shinai and look after it carefully. Instead of checking the diameter you should instead continually check for splinters and splits.

The shinai

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_maciaka_. In addition, because it may be heated and then rapidly dried at customs inspections it loses its natural moisture and of which makes it even more likely to split. It is cheap.

Maciaka 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-maze.

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

There should be no problems with a shinai straight from a shop, as they are made to a standard size. However, with a weak shinai the tip may come off, as shown in the inside front jacket. Therefore, restrictions have been placed on the use of thinly tipped shinais in tournaments. According to the JAF technical committee, the widest end in the "men" grill should not be at least 15mm. Martial arts shops in Japan now use a shinai case made of transparent plastic to check that their shinais 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 shinai 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 it pushing back.

A weak shinai will bend around the guard (tsuka). The point at which the shinai bends is the point where it releases power when you strike. When you strike with a weak shinai, it will bend like a stick from the tsuka 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 shinais have the following characteristics: (1) They bend at the tsuka. (2) They are often layered 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 shinai 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 nake-sawai 'leather thong'.

② Untie the tsuru 'cord'.

③ Pull the leather tip (tsuki-gawari) off with one hand while holding the bamboo slats together with the other to keep the rubber tip (tsuki-gawari gumi) in place.

④ Take off the leather hilt (tsuka-sawai).

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 *nakari, tsuru* 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 slit.

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 (or 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 tips 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.

3. 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

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!

Pass the cord through the nakayui "leather thong" (that holds the slats together) and konomo "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) fixer the pommel (tsukazashia) 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. 小物の穴に弦を通し
  2. 小物の周りを一周させ
  3. 結のように通して,
  4. 弦を柄の小物に通し
     って、戻して小物に通
     します。

- **B**
  1. 漲れ目に弦を通し
  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
     って、戻して弦の端に
     通します。

- **C**
  1. 鋸口みの要領で結を作
     り,
  2. 結めて,
4. 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.

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

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

7. 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' three round the sheath 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 nakayui breaks?**

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

鈎は皮鉄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。鈎は相手の竹刀が右手に当たるのを防ぐ意味だけでなく、打合せの際の竹刀を防ぐ意味もあります。

防具の意味からは、皮鉄のものをの方が堅くて良いのですが、使っているうちに穴が大きくなってしまいます。科学製品の鈎は安く、さまざまな色のものがありますが、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。

鈎は竹刀の柄のように良い大きさを用意します。大きさが合わなかったり鈎の穴の角が尖っていると柄が破れてしまいますので、注意しましょう。

鈎上のゴム製で3種類く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 "shinai". 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

「刀」は、古（銅・はがね）を鋳えた（鍛造）もので、堅牢かつ鋭利です。鍛造製法で鍛錬が厳格に施されており、所持する者には矜持が必要です。「真剣」とか「本身」とか表される場合もあります。

刀身は大きく研磨されており、盤房用のために手に触れたりぶつかったりしなければ、ときどき酸化した油を拭いた（鶴の角の粉）をはらって磨き取り、磨き丁子油（うすしのあぶら）を塗って永く保たせるにむけて、錆びることはありません。研いても刀身は非常に硬さです。長さは3尺5分から7尺6分と長いのがありますが、重さは鉄刀の約2倍の1キログラム弱くらい（鞘を含めて）あります。鍛造、合金、抜刀術、日本剣道形、などの訓練があり、体と相性、刀文、把え（柄や鞘）などまちまちです。

**bokutou** 木刀

木刀は日本剣道形で刀法を理解するのに、刀や模擬刀の代わりに使用し、サイズは大刀を模し、子供用の甲丸、剣道用の小刀もあります。

その特徴は冷職に用いられたもので、様々な刀法による様々な形のものがあります。

**mogitou** 模擬刀

模擬刀は台面でどのアルミなどの合金の模擬刀を代表する場合があります。形は模擬そっくりですが、刀は使ってはならないのです。刀を取ってお金をおろすのではなく、刀を取ってお金を払うのです。

**tsuka-hi** guard  **tsuba** guard  **mine** back of blade

**tsuka-nashira** pommel **habaki**  **ha** blade **shinogi**  **kensaki** tip

- 17 -
2. The *kendogi* ‘jacket’ 剣道衣

2-1. The construction of the *kendogi*

![Diagram of kendogi](image)

サイズ：肩の届かれる程度、胸のあかないものを選びます。子供の場合大急目のものの

材質：大人は二重刺しの藍染めが一般的です。鮮やかでない「生成（長とな
り）」もありますし、白くさらした（非色した）物もあります。少年用には

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. The more you use it and is also a mild disinfectant.
2 - 2. How to wear the kendogi

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.

子供の制服が大きいときの肩あげ

背中の中心から肩の縫い目までの両肩を「山」にして、後で縮めたい長さの半分の幅を縫います。脇の下から約2cmくらい上がりから肩を通って脇の下の約2cm上まで縫います。
2-4. How to fold the kendogi

1. Left and right sides are made even.
2. The sleeve opening is folded towards the left and secured.
3. The sleeve is folded into a triangular shape.
4. The sleeve is folded into a cylinder shape.
5. The sleeve is folded into a square shape.
6. The sleeve is folded into a round shape.

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、片方の袖を折って、
⑥ 折りたたもうかたち
⑦ できあがり
3. The *hakama* ‘trousers’

3-1. The construction of the *hakama*

---

**Small Knowledge**

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 (shimai) behind you, then cross them in front...

3. And tie them in a bow behind you.

4. Slip the peg attached to the koshiita into the sashiko.

   koshiita back plate

5. Tie the back sashes in front of you.

6. Tuck the extra length of the sashes round the tied once.
   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 face 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 左側が短くなりました。

⑧ 右も同じで、最後に

⑨ 左の紐を通して結びました。
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、ただんで袖子の座布団の下に入れて干したり、履押しをすると、ひだがはっきりつきます。
4. The *tare* ‘waist armor’ 重

4—1. The construction of the *tare*

> When you pick the stitching...
> wakihimo 縫紐
> haraobi "gut belt" 掴帯
> codare "big flap" 大垂
> kodare "small flap" 小垂

Each flap is rimmed with leather and then sewn onto the *haraoor*. 重は、縫り糸が何段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。
材質：側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テンが硬くなく柔らかいものが好まれます。

---

The *nafuuda* ‘name tag’

The *nafuuda* ‘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. 表面が鱗状になっている内の帯状が出てくる前に革などを当ててもらいます。重ねた場合は、縫い合わせも修理に出します。
5. The *do* ‘breastplate’

5-1. The construction of the *do*

The *do* is made from strips of heavy bamboo lashed together with fine bamboo and kite string. It is then covered with water buffalo hide and lacquered. The belt and chest guards are laced together with two strips of leather.
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.
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.

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.

A

B

C

D
How to tie the cords - method A

Seen from in front

1. 
2. 
3. 
4. 

Seen from your point of view

1. 
2. 
3. 
4.
How to tie the cords - method B

Seen from in front

1. 

2. 

3. 

4. 

Seen from your point of view

1. 

2. 

3. 

4.
5-3. How to keep your do well.

1. Occasionally clean the decorative section with a toothbrush.
2. Put the tare on the do. We recommend the method of coiling them round the enco, to avoid twisting and tearing.

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’ 亜

6-1. The construction of the *men*

```
<table>
<thead>
<tr>
<th>The large points</th>
</tr>
</thead>
<tbody>
<tr>
<td>mera</td>
</tr>
<tr>
<td>tomasawa</td>
</tr>
<tr>
<td>chikuro</td>
</tr>
<tr>
<td>nikuwago</td>
</tr>
</tbody>
</table>
```

サイズ：頭や頚部の形は様々なので、顔のところの頭の先端と、頭頂部から頭までの間の長さを目安にして、実際に合わせて調整する場合がほとんどです。後頭部があまり出ず、顔見目の位置が合い、天地がぴったり合い、顔が外れないものにします（面の顔の留光は、頭と合わせるのが一般的です）。

材質：面金は数（一部真鍮入り）、ジュラルミン、ステンレス、チタン、羊鈎などで、横のひごは通常大人で14本（大型の15本もあります）少年用は13本です。裏側が赤く塗ってあるのは、光の反射を防ぎ、明るく外を見るためです。布間はミシン刺しと手縫いがありますが、細いものでは室戻りまたはものの方で動きやすく、衝撃も吸収するようです。

**How to shape the *men* flaps.**

面を割ったばかりで、面の形が固く、動きにくい場合は、面形図にかみつけると、かみみや耳が痛くなく、動きが動きやすく、しかもし見討目も良く、おおがつずり切れにくい良い形になります。3日間ぐらい、下のように折って、しっかり絞んでおきます。
面乳革（ちかわ）と面組の付け方

Tie the men-chichi-sawa 'leather loops' to the fourth bar (from the bottom).
面のひごが13本しかない场合は3本目です。

面の仕組み方

The construction of the men
The men is made as follows:
1. Straw is wrapped around the men grill.
2. The chin sac is attached.
3. The inner frame is made.
4. The inner frame and men-butan are attached with strings.
5. The inner frame and men-butan are attached with water-buffal 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 urushi 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 \textit{tenugui} \textit{'men towel'}

\textbf{A. For beginners}

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

1. Lay the \textit{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.
B.

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.
Wrapping it around your head.

1. Hold both ends of the tenugui, bite 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 monomi 'view slit'

Your jaw and forehead should fit exactly.

The back of your head should not poke out.

The 'men' cords should extend about 40cm below the knot.
**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 over 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 pull the *men* on, then cross the cords, and then pass them through the topmost bar of the *men* grill.

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.

毎日あらかじめ髪の毛を乾燥させた上でから、汗や油を一度に落とす前に、髪の毛を湿らせずにそのまま置いてもよいでしょう。

**面紵を短くする方法**

Put your "men" on and tie the cords. Adjust the cords so that they are hang 40cm 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.

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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.
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 maw, 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

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.
1) The finishing touches

Gather the two cords together.

Tie each cord to the other.

Relie them to each other.
8. The equipment bag

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 "kendoji" and put it in.

8 — 3. Taking the gear out

① Take out the "kendoji" 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 "tare" 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 do 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.

When you carry it, put the shinai bag through here.

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

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<td>leather loops</td>
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<td>chijire</td>
<td>small round plate in the shira handle</td>
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<td>kashira</td>
<td>hand vert (of the kote)</td>
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<td>katusa</td>
<td>Japanese sword</td>
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<td>kawa-himo</td>
<td>leather loop (on the hilt leather)</td>
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<td>kichiku</td>
<td>a kind of bamboo (that grows in warm areas)</td>
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<td>kiseki</td>
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<td>komono</td>
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<td>main of Japanese bamboo (Phyllostachys bambusoides)</td>
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<td>mine</td>
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<td>mono-uchi</td>
<td>cutting area of the shina</td>
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<td>muroi</td>
<td>the wide gap in the men grill</td>
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<tr>
<td>mvoieku</td>
<td>a thick-stemmed bamboo (Phyllostachys abecensis)</td>
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<td>naka Yui</td>
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<td>remako</td>
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<td>ootake</td>
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<td>ri-tou</td>
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<tr>
<td>sainyu</td>
<td>3-shaku = 111 cm</td>
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<td>3-shoku 6-sun shina (117 cm)</td>
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<td>seiza</td>
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<td>shaku</td>
<td>old Japanese unit 30.3 cm (10-sun)</td>
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<td>shina</td>
<td>bamboo sword</td>
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<td>shinaogi</td>
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<td>decorative section for the do and men-zare</td>
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<td>old Japanese unit 3.03 cm</td>
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<td>teuru</td>
<td>cord (on the shina)</td>
<td>5,8,12</td>
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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.

We want to advocate expanding kendo and to make kendo safer. We don’t intend to get money. It costs too much money to publish this book. So, this book is not published and not sold. But you can see at internet. Please not copy for sale.

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