

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.

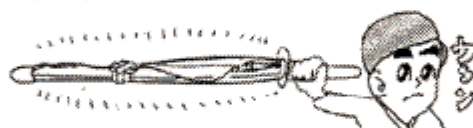
When you strike with the *shinai*, it should look like this:



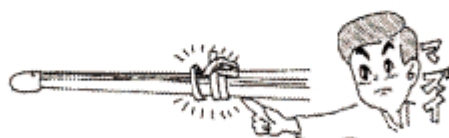
But if your *shinai* was broken,



But if your *shinai* has a loose cord,



or out of place *nakayui*, or a loose *nakayui*



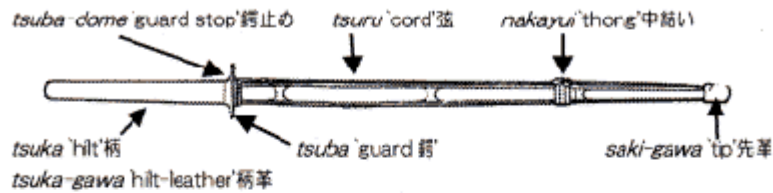
the leather tip may come off the end and the bamboo slats poke someone's eye. People have been blinded like this



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

1. The *shinai* 竹刀

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*s 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 sword (*ittou*). Length and weight are of a fully constructed *shinai* not including the *tsuba*.

	Primary School	Junior High School	High School	Adult Uni-student
Length	≤111 cm	≤114 cm	≤117 cm	≤120 cm
Weight	Male	No limit ≥425g	≥470g	≥500g
	Female	No limit ≥400g	≥410g	≥420g
Nick-name	<i>saburoku</i> 3 <i>shaku</i> 6 <i>sun</i>	<i>san-nana</i> 3 <i>shaku</i> 7 <i>sun</i>	<i>sanpachi</i> 3 <i>shaku</i> 8 <i>sun</i>	<i>sanku</i> 3 <i>shaku</i> 9 <i>sun</i>

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 (*nitou*) are given below.

		the longer	the shorter
Length		≤114 cm	≤62 cm
Weight	Male	No limit ≥425g	280~300 g
	Female	No limit ≥400g	250~280 g

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 opponents 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 *shinai*s but instead treat them with chemicals or use carbon fiber *shinai*s 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.

Small illustrations

The shinai

What kind of bamboo is used to make shinai?

Most of the *shinai*s 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 loses its natural moisture and oil which makes it even more likely to split. It is cheap.

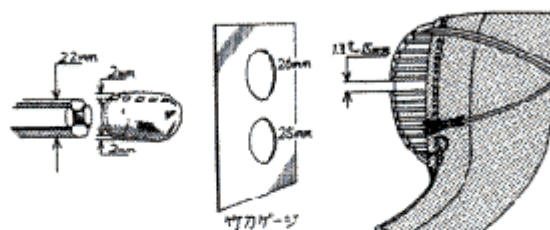
Madake bamboo, grown in regions with large temperature variations in the seasons is denser and more flexible than *keichiku* bamboo. Four year old bamboo with a diameter of 8-12 cm is harvested from October to February. This bamboo may splinter but does not split easily. Good bamboo (that is both strong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

Moochiku (the largest kind of bamboo) looks strong but is inflexible so is not used for making *shinai*s.

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 *shinai*s in tournaments. According to the JKF technical committee, the widest gap in the "men" grill should not be at least 15mm. Martial arts shops in Japan now use a *shinai* gauge made of transparent plastic to check that their *shinai*s 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 *nakayui*), 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 ("tsuba"). 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 *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 *shinai*s have the following characteristics: (1) they bend at the *tsuba*; (2) they are often planed 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 *nakayui* 'leather thong'.



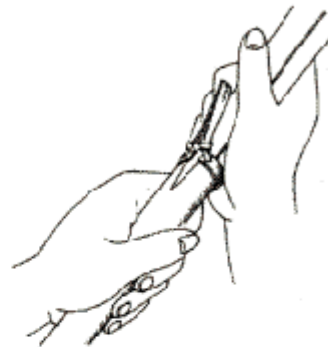
- ② Untie the *tsuru* 'cord'.



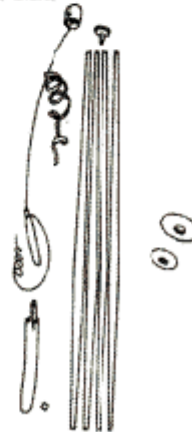
- ③ Pull the leather tip (*saki-gawa*) off with one hand, while holding the bamboo slats together with the other to keep the rubber tip (*saki-gomu* 先ゴム) in place.



- ④ Take off the 'leather hilt' (*tsuka-gawa*).



- ⑤ Your *shinai* should now look like this: (Normally you only need to completely disassemble the *shinai* to smooth or replace a whole slat.)

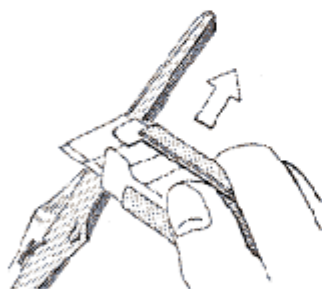


1 - 3. Maintenance of the *shinai* Removing splinters

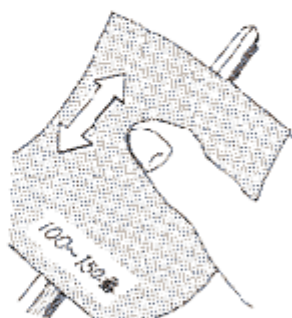
- ① When you have some splinters or a small split, take off the *nakayui*, *tsuru* and tip as described in section (you may have to completely disassemble the *shinai*).



- 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, Vaseline or vegetable oil.



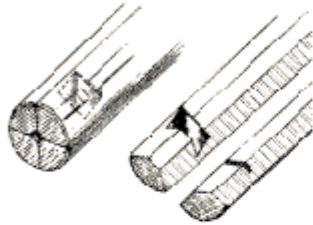
Note: If the bamboo actually splits (with or against the grain) you should stop using it. It is dangerous to tape it up and keep using it.



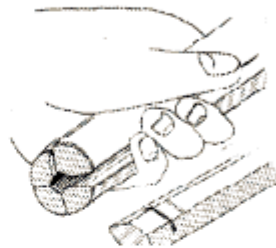
1 - 4. Making a *shinai* out of used parts

Combining slats from several damaged *shinai*s to make a new one.

- ① *Shinai*s 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.



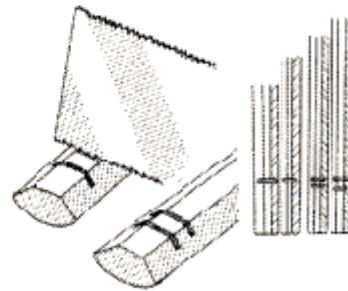
- ③ Therefore it is necessary to cut a new set of grooves. Leave the iron plate in the slats it fits then add the new slats and squeeze tightly. The plate should leave a little mark.



- ② When you use slats from different *shinai*s, the grooves may be in different positions.

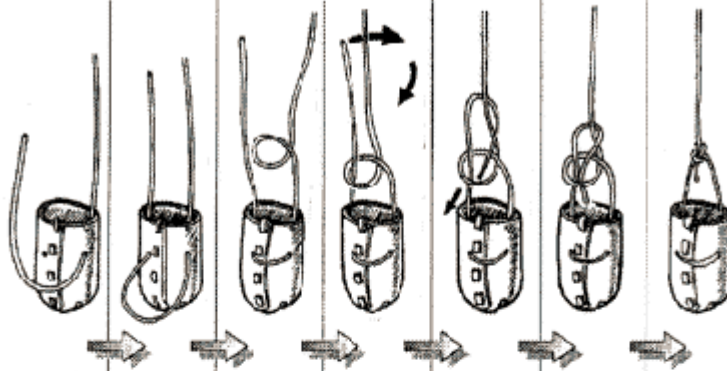


- ④ Use a small saw (a hacksaw is fine) to cut a thin groove along this mark.



1 — 5. Fixing the *shinai* tip 先革

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 *shinai*'s 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 *shinai* handle 弦

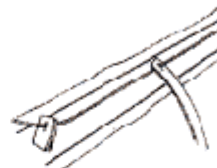
弦は化学繊維と本網の「琴弦（ことづる）」があります。「琴弦」は目打ちなどでしごいて柔らかくしてから使います。

- ① First put the hilt leather (*tsuka-zawai*) on.
(If the *shinai* 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 theommel (*tsuka-gashira*) 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 do like written in the left.



③ Tie the cord securely round the *komono*. There are three ways.

A

B (琴弦はこの方法で)

C

① 小物の穴に弦を通して



① 割れ目に弦を通して、



① 鎖編みの要領で輪を作り、



② 小物の周りを一周させて



② 小物の周りを一周させて



② 締めて、



③ 図のように通して、



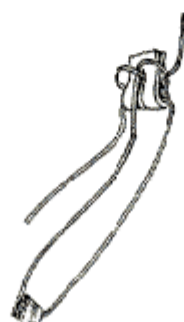
③ 図のように通して、



④ 弦を柄の小物に通して、戻して小物に通します。



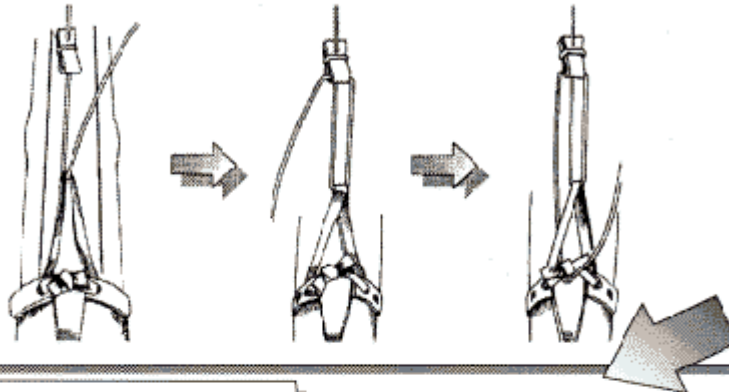
④ 弦を柄の小物に通して、戻して小物に通します。



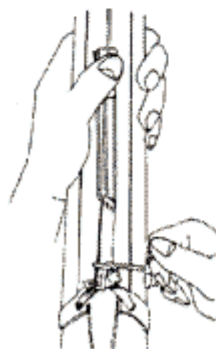
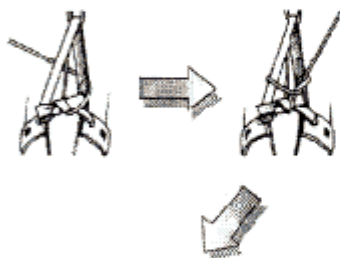
③ 弦を柄の小物に通して、戻して弦の輪に通します。



- 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.



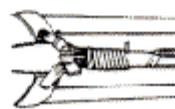
- ⑥ Wrap the cord round the leather loop about seven times.



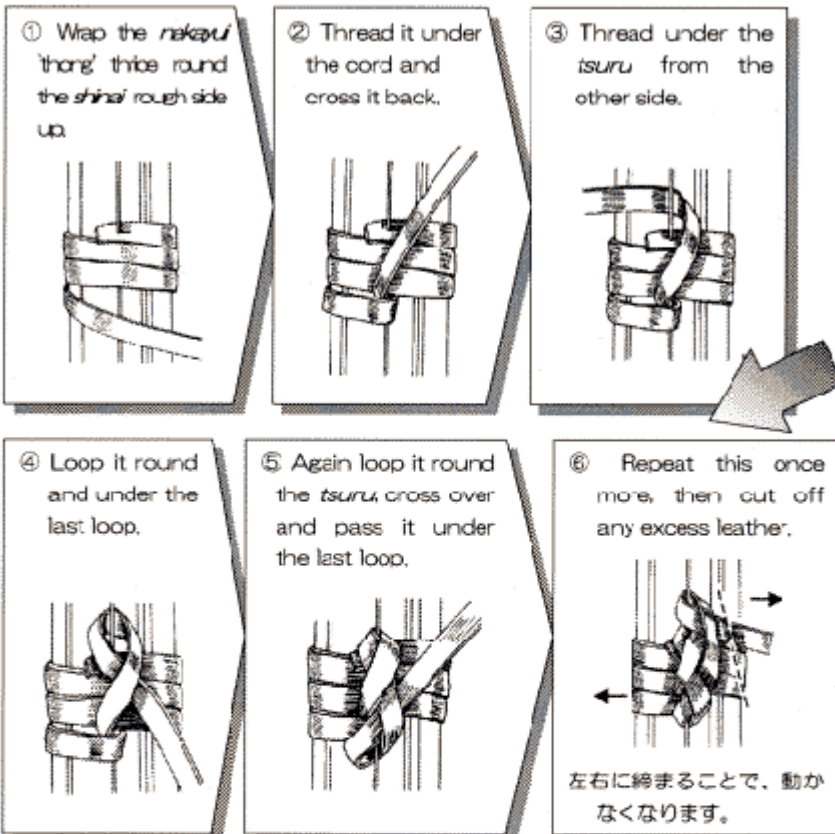
- ⑦ Finally, use an awl to make a space between the two branches of the loop and pass the cord through.



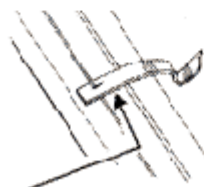
The final version!



1-7. Tying the *nakayui* 'thong' 中結い



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. *Tsuba* 鐔 (つば) ・ *Tuba-dome* 鐔止め (つばどめ)

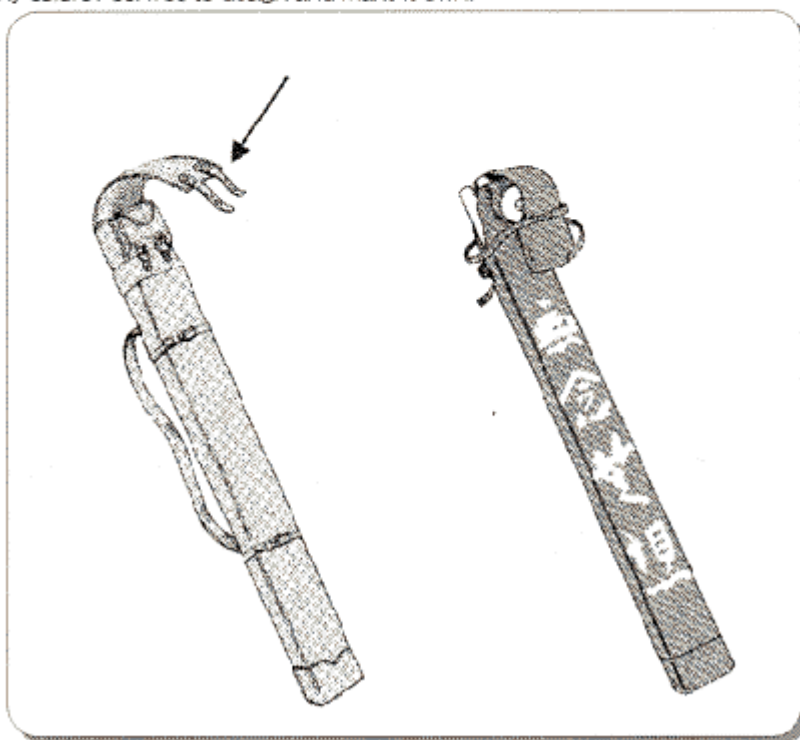
鐔は皮革または化学製品の円形のもので、直径9センチメートル以内です。鐔は相手の竹刀がら手に当たるのを防ぐ意味だけでなく、打突の際に竹刀を結束しておく意味もあります。防衛の意味からは、皮製のものの方が硬くて良いのですが、使っているうちに穴が大きくなっていきます。科学製品の鐔は安く、さまざまな色のもので出ていますが、色の規定はありませんのでどれを使ってもかまいません。

鐔は竹刀の柄にちょうど良い大きさを用意します。大きさが合わなかったり鐔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。

鐔止めはゴム製で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)

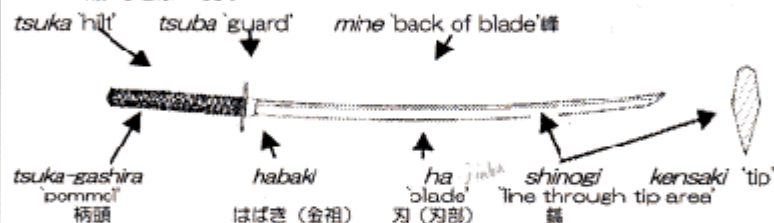
Bags can hold from 1 to 3 "shinai". Some have a shoulder strap. Bags can be made from many materials such as cotton or leather or others, and come in many colors. Feel free to design and make it own!



Comparing the *bokutou* and *mogitou* with a *katana***katana 日本刀、刀**

「刀」は、鉄（鋼・はがね）を鍛えた（鍛造）もので、堅牢かつ鋭利です。銃刀剣法で登録が義務づけられており、所持する際は登録証が必要です。「真剣」とか「本身」とか呼ばれる場合もあります。

刀身は良く研磨されており、鑑賞用のものでじかに触れたり物を切ったりしなければ、ときどき酸化した油を打粉（鹿の角の粉）をはたいて懷紙で拭き取り、新しい「丁子油（ちょうじあぶら）」を塗って手入れをすることで、錆びることはめったにありません。研いでもらうのは非常に高価です。長さは3尺5分ぐらいで竹刀よりずっと短いのですが、重さは竹刀の約2倍の1キログラム弱ぐらい（鞘を払って）あります。鑑賞、居合、抜刀術、日本剣道形、などの用途があり、長さや重さ、刃文、拵（柄や鞘）など様々です。

**mogitou 模倣刀**

真剣は高価なのでアルミなどの合金の模造刀を代用する場合があります。形は真剣そっくりですが、刃先は尖って危ないのですが、刃はついておらず切れません。丈夫そうに見えますが、大変もろいものですので、固い木などを切ろうとぶつけるとはじけるように折れますので、危険です。また、振動で金属疲労しますので、5年を過ぎた刀身は取り替えることをお勧めします。

bokutou 木刀

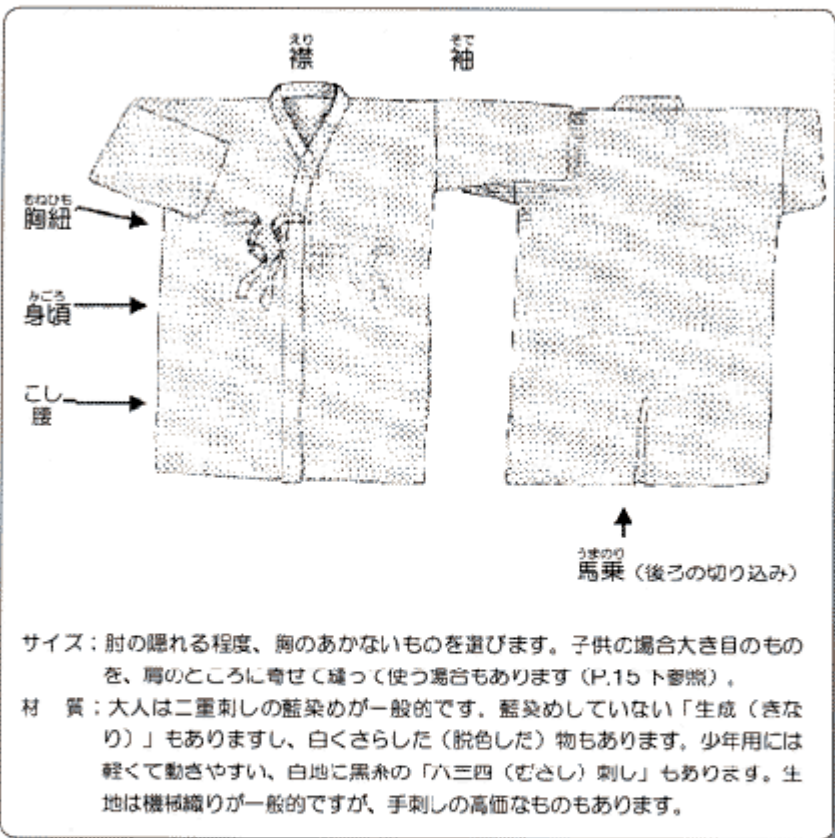
木刀は日本剣道形で刀法を理解するのに、刀や模倣刀の代わりに使います。サイズは大人用の大刀、子供用の中刀、剣道形用の小刀もあります。

その他素振り専用に使われたものや、様々な流派による様々な形のものがあります。

材質は赤樫、白樫、イス、スヌケ、ビワ、黒檀、紫檀、などですが、太くて良い材料がなかなか手に入りにくくなり、目通り（めどおり）の長くないものは剣道形を打った際（四本目、五本目、六本目）にも折れる場合がありますので、細心の注意が必要です。剣道形用には樫でできたものをお勧めします。

2. The *kendogi* 'jacket' 剣道衣

2-1. The construction of the *kendogi*



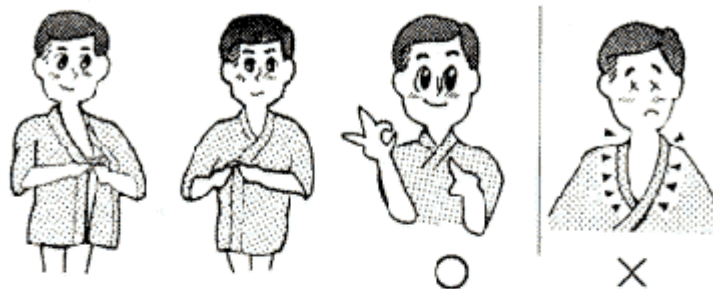
Small Knowledge

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、内側の胸紐を結びます。次に外側の胸紐を結びます。襟首が開かないようにします。また、背中に縦のしわ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.

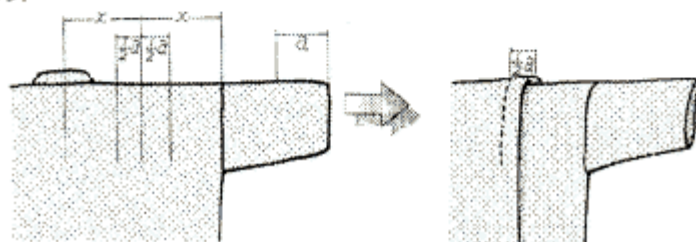


2-3. 洗い方

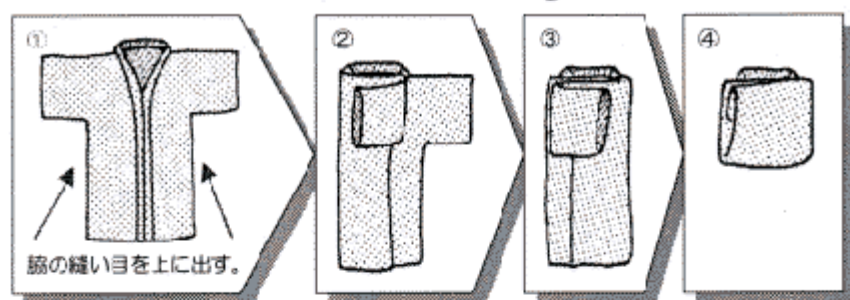
You might not to wash out the dye it is better to lightly hand wash the clothes in water and quickly dry them rather than to use detergent in a washing machine.

子供の剣道衣が大きいときの肩あげ

背中の中から肩の縫い目までの中央を「山」にして、袖を縮めたい長さ a の半分の幅を縫います。脇の下から約 2cm ぐらい上から肩を通過して脇の下約 2cm 上までを縫います。

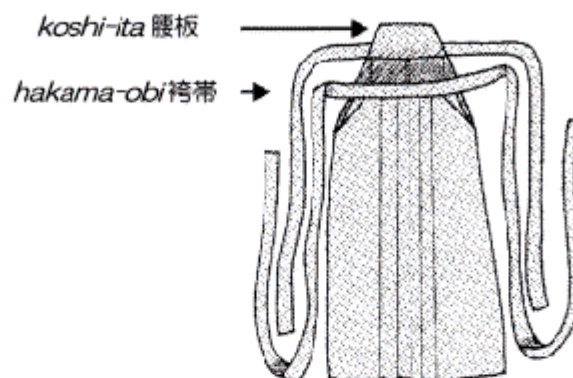


2-4. How to fold the *kendogi*



3. The *hakama* 'trousers' 袴

3-1. The construction of the *hakama*



Small Knowledge

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.

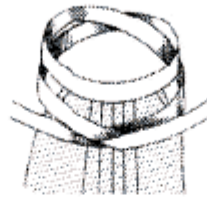
A *hakama* has five pleats in the front and one at the back. The five pleats represent the five Confucian relationships of righteousness: between ruler and minister; affection between father and son; attention to their separate functions between husband and wife; order between elder and younger brothers 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 (*himol*) behind you, then cross them in front ...



- ③ and tie them in a bow behind you.

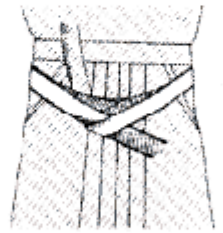


- ④ Slip the peg attached to the *koshi-ita* into the sashes.

koshi-ita 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.



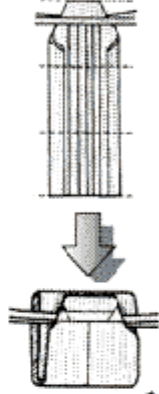
② Turn the *hakama* over, so the front faces up, settle both legs and then stretch it vertically.



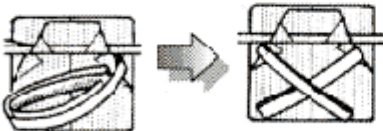
③ Fold the five pleats so they lie straight.



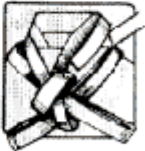
④ Fold both sides in to the middle, then fold it lengthwise three times.




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.



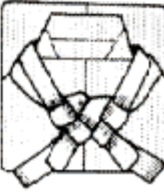
⑦ 左側が終わりました。



⑧ 右も同じで、最後を



⑨ 左の紐に通して終了。



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

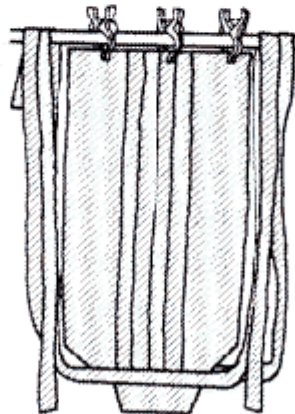
- ① Wash the folded *hakama* in the bath room, by pressing it under water.



- 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、たたんで椅子の座布団の下に入れて座ったり、寝押しをすると、ひだがはっきりつきます。

4. The *tare* 'waist armor' 垂れ

4-1. The construction of the *tare*

When you pick the stitching ...

wakihimo

脇紐

haraobi

'gut bolt' 腹帯

oodare

'big flap' 大垂

kodare

'small flap' 小垂



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



垂は、飾り糸が何段あるかが値段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。垂れ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：刺し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カチンに硬くなく柔らかいものがお薦めです。

The *nafuda* 'name tag'

The *nafuda* 'name tag', which used to be called the *tare* rane, 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 club name is written horizontally across the top, and the individual's name vertically down the middle. You must wear one when you compete.

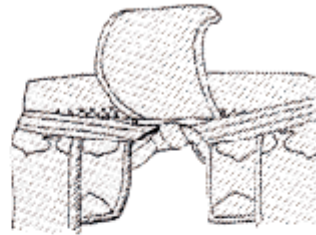


4-2. How to wear the *tare*

- 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.



- ② They should cross just under the back plate.



○

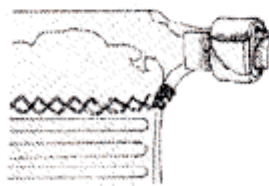


×

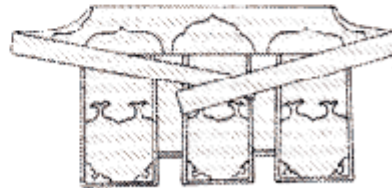
4-3. How to keep your *tare* well.

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

Coil the cords round the ends.



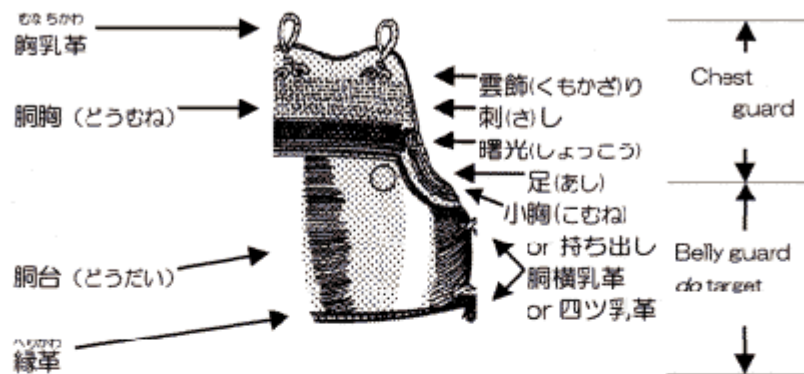
If they are flat, just fold them.



- ② Brush the *tare* occasionally with a toothbrush.
③ 表面が擦り切れてきたら中の布団地が出てくる前に革などを当ててもらいます。垂れ紐が切れた場合も修理に出します。

5. The *do* 'breastplate' 胴

5-1. The construction of the *do*



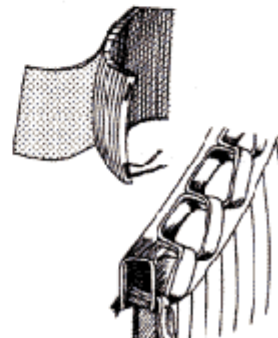
胴はいくつかの部品で構成されており、その組み合わせで様々なものがあります。大きさが合っていれば打突を防ぐ道具としての機能は大差ありませんが、重さや装飾性、価格などを考慮して選ぶことになります。

サイズ：大人用、女性用、子供用などの規格があります。胴台の高さ、幅、胴胸の高さ、幅などで大きさが変わります。

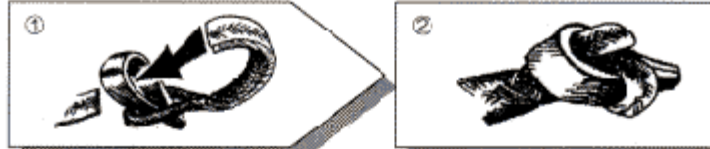
材質：胴台は、革胴（裏竹が 43、50、60 本立）、紙製のファイバー胴、ナイロン樹脂製の「ヤマト胴」、カーボン胴などがあり、色が様々あります。表面の硬さは竹刀でたたかれることを想定して、人の爪の硬さほどですから、傷つけないように注意しましょう。

胴胸は、三階松、鬼雲などの飾り糸の他、曙光が入ったり、小胸の飾り糸が2本ある2本足、3本ある3本足など、様々です。

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



Fixing the *do* cords.



Fixing the *do-yoko-chichi-gawa* 'side leather loops'

2本の足を結ぶ方法



割って4本の足を結ぶ方法



Small Knowledge

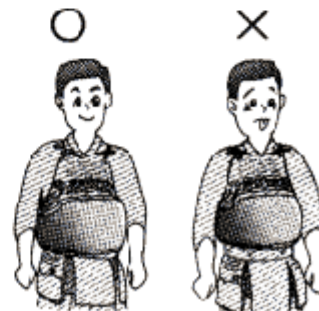
曙光 (しょうこう)

防具は、江戸中期に一刀流の中西忠藏が鎧兜（よろいかぶと）からヒントを得て使いはじめたといわれ、最初は刺し通して縫って硬く丈夫にするための「刺し」だけでしたが、やがて装飾を兼ね備えた「曙光」が使われ出しました。曙光には、亀甲、二重亀甲、昆沙門亀甲、花菱、麻の葉、波千鳥など様々の模様があり、様々の色で刺されます。

「蜀紅」「蜀江」とも書かれる様々の模様は、中国の三国志の時代の「蜀」の国の特産物だった綿の織物「蜀江」が日本に伝わり、伝統柄となったと考えられています。

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AとBは、次ページ以降に、

右：胸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。

A



B



C



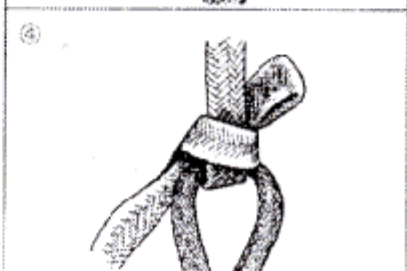
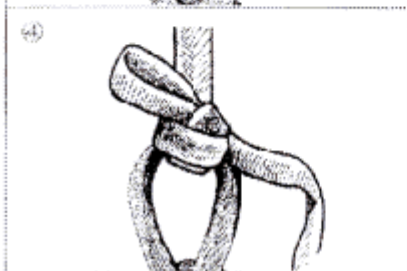
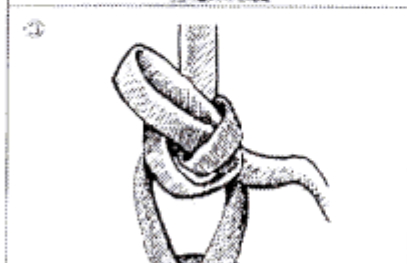
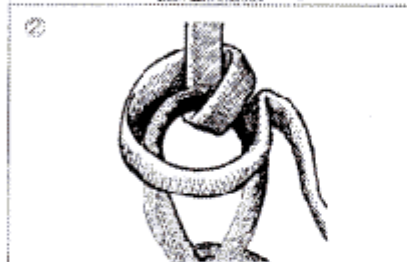
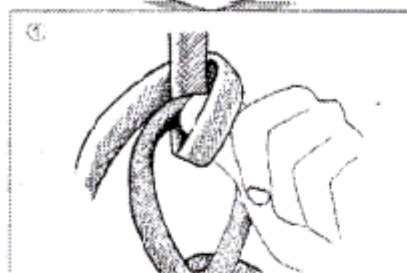
D



How to tie the cords - method · A

Seen from in front

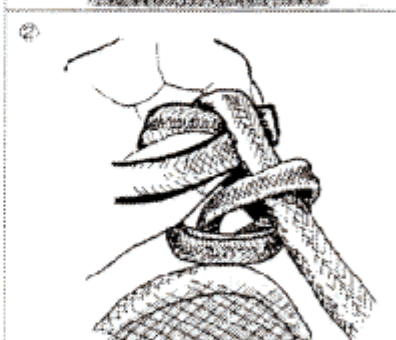
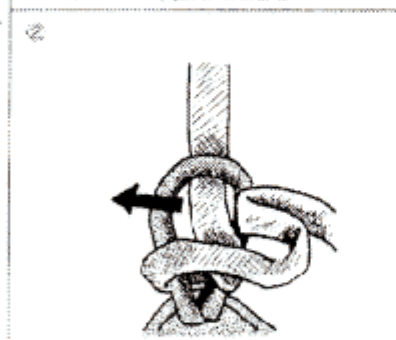
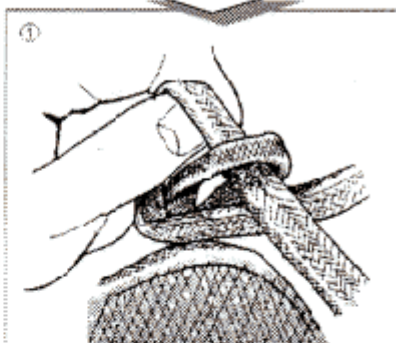
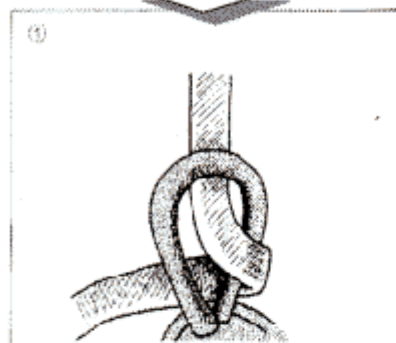
Seen from your point of view



How to tie the cords - method · B

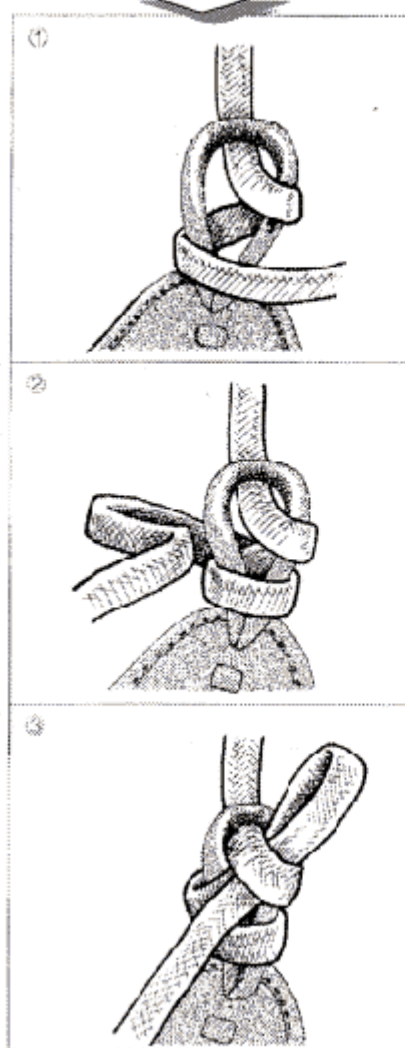
Seen from in front

Seen from your point of view



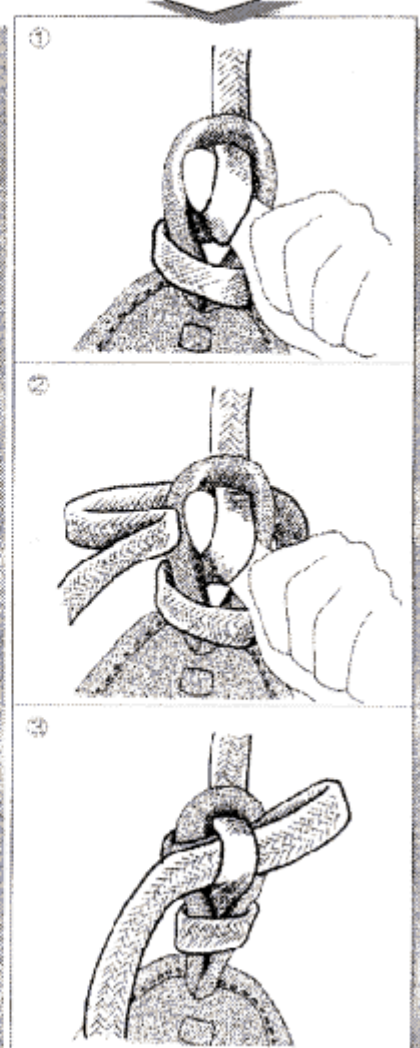
method · C

Seen from in front



method · D

Seen from in front



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

- ① 稽古後汗などがついていたら拭き取ります。

Occasionally clean the decorative section (*shokkoku*) with a toothbrush.

胸の皮革（胸の紐を結び付ける輪になったところ）が傷んできたら取り替えます。

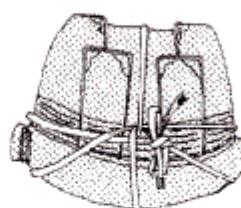
紐が擦り切れそうになったときは取り替えます。

縁（へり）が傷んだ場合は防具さんに相談ください。

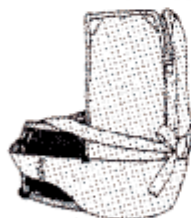
- ② Put the *tare* on the *do*. We recommend the method of coiling them round the ends, to avoid them twisting and tearing.



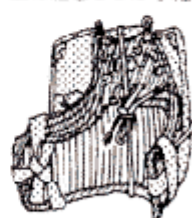
(ア) 垂の紐を平らにしておく方法



(イ) Tie the *do* cords loosely.



(ウ) 垂の紐をしっかり結ぶ方法



How to attach the leather loops (*chichi-gawa*)

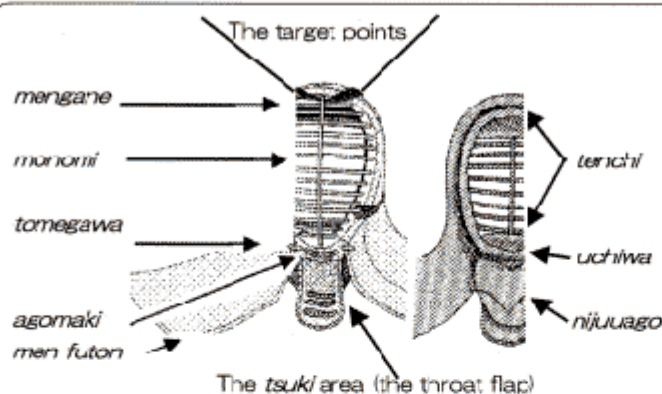
(the right and left should be mirror images).



Use an awl to widen the holes and pass the loops through.

6. The *men* 'helmet' 面

6-1. The construction of the *men*



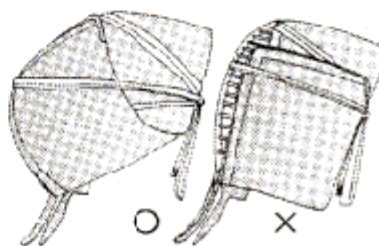
サイズ：頭や顔の形は様々なので、額のところの頭の周りと、頭頂部から顎までの周囲の長さを目安にし、実際に合わせて調整する場合がほとんどです。後頭部があまり出ず、物見に目の位置が合い、天地がぴったり合い、顎が外れないものにします（面の額の曙光は、胴と合わせるのが一般的です）。

材質：面金は鉄（一部真鍮入り）、ジュラルミン、ステンレス、チタン、洋銀などで、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。布団はミシン刺しと手刺しがありますが、硬いものより柔らかいものの方が動きやすく、衝撃も吸収するようです。



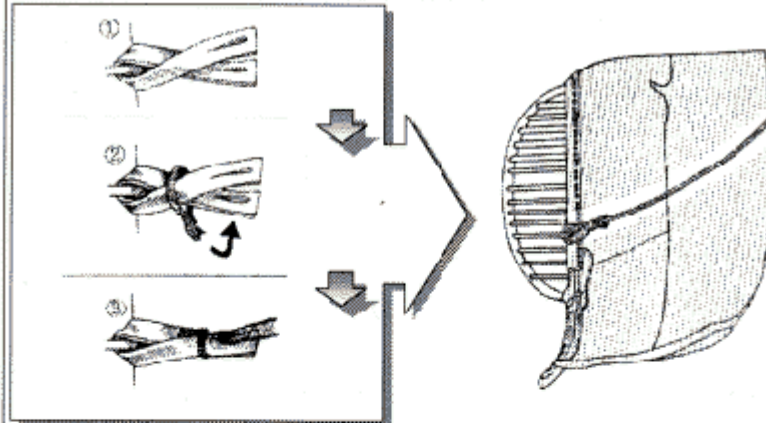
How to shape the *men* flaps.

面を買ったばかりで、面在団が固く、動きにくい場合は、面布団に形をつけると、こめかみや耳が痛くなく、腕が動きやすく、しかも見た目も良く、なおかつすり切れにくい良い形になります。3日間ぐらい、下のように斜めに折って、しっかり結んでおきます。



面乳革（ちかわ）と面紐の付け方

Tie the *men-chichi-gawa* leather loops to the fourth bar (from the bottom).
 面のひごが 13 本しかない子供用は 3 本目です。



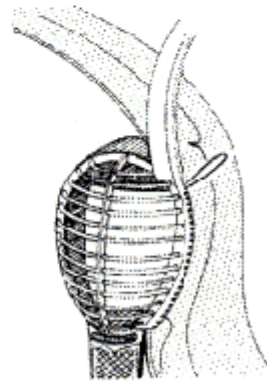
面の仕組み方

The construction of the *men*

The *men* is made as follows:

- (1) Straw is wrapped around the *men* grill.
- (2) The chin pac is attached.
- (3) The inner frame is made.
- (4) The inner frame and *men-buton* are attached with strings
- (5) The inner frame and *men-buton* 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 *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 *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.



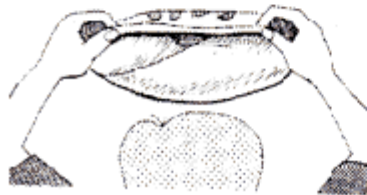
- ③ Turn it over.



- 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.



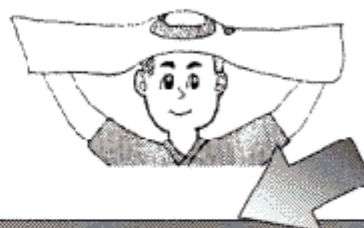
B.

- ① Fitting it exactly. Be careful not to make it too thick over your ears as it will become painful.

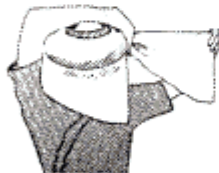
- ① Hold the ends of the *tenugui*.



- 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.



C.

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.



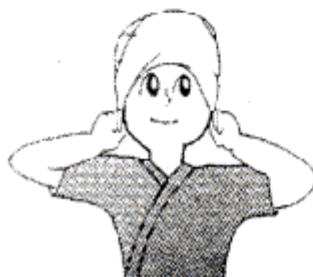
- ③ Swap hands and tie the two
ends in front of your
forehead.



- ④ Lift up the front and tuck it in.



- ⑤ Pull it down on both sides.

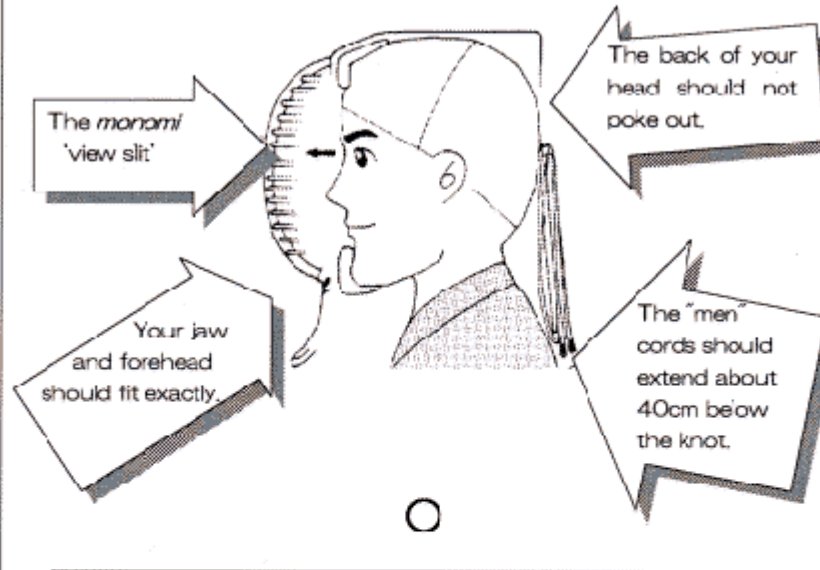


- ⑥ Your ears will be hidden.



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.



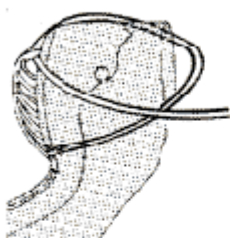
右のようにあごが締まっていないと、突かれたときに喉に直接衝撃がきますし、面を打たれると痛く、さらに転んだときに後頭部を打つ危険があります。

子供がこのようにかぶっている場合がときどき見受けられますので、注意します。



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.

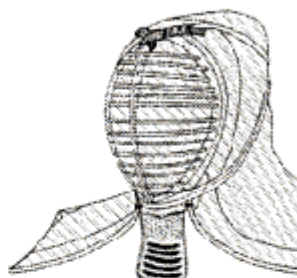


- ③ Firmly tie the cords in a bow so that the *men* will not twist and adjust the lengths of cords so they are even.



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.

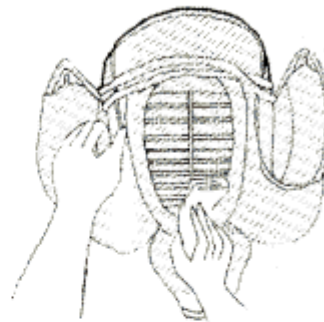


6-4. How to keep your *men* well.

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.

肩と擦れ合う面布団の内側や面布団の縁の布が薄くなって切れてきたら、中の綿や毛せんが見える前に、防具屋さんに布や革を当ててもらいましょう。



面紐を短くする方法

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.

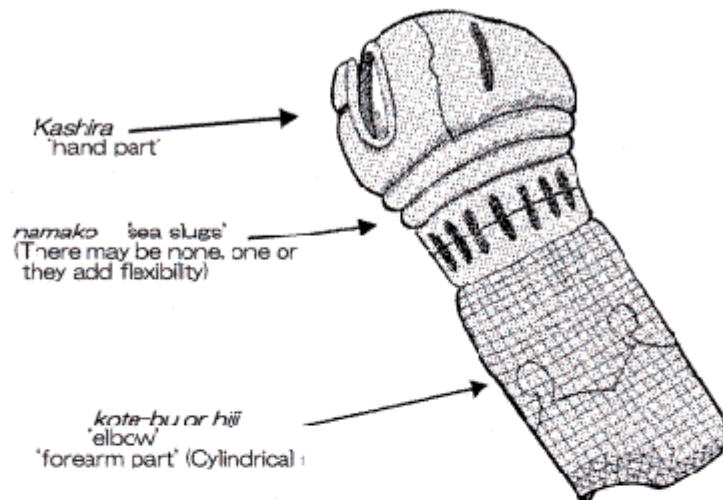


- ③ Tie them tightly and arrange them neatly.



7. The *kote* 小手・甲手

7-1. The construction of the *kote*



The *kote* is made of indigo 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：藍染めの綿布と鹿革や人工皮革（クラリーノ）、絹（または化繊）の飾り糸、綿と毛氈（もしくは古毛布）、頭の中の鹿の毛（または化学綿）、小手紐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 *men*, 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.

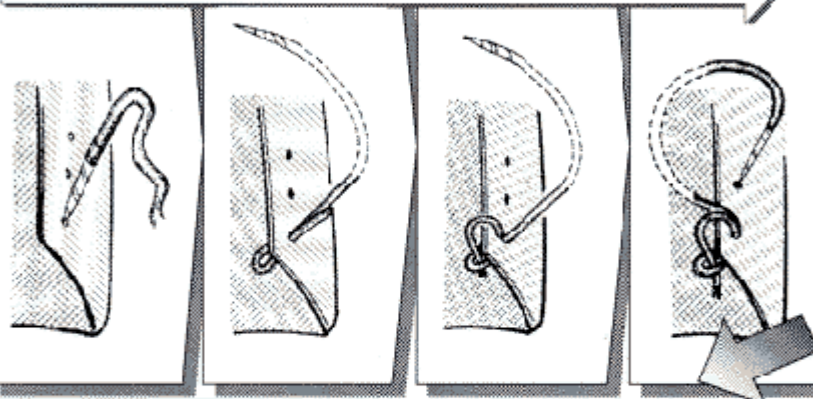


7-5. Tying the cords

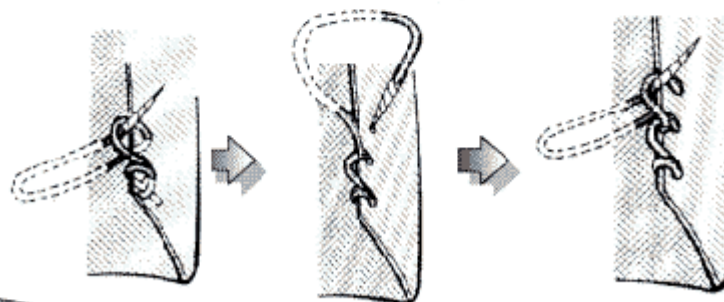
Wind about 3cm of scotch tape to the end of the cord and make it into a point.



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

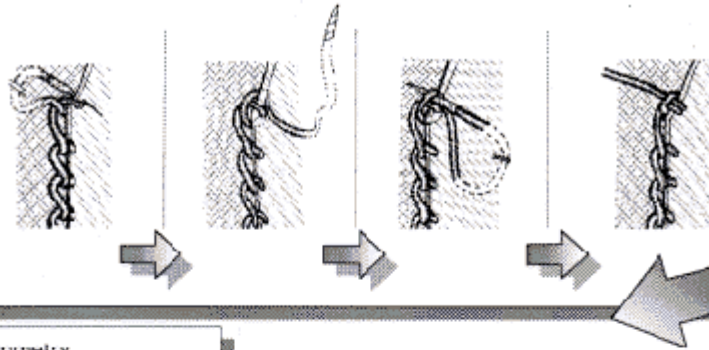


② Threading the cord from the outside, make a series of loops.

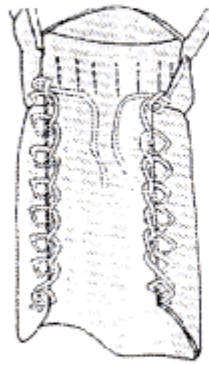


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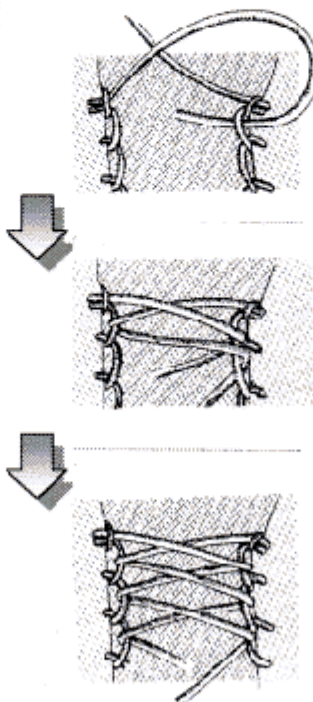
③ The knot that joins the forearm part to the hand part.



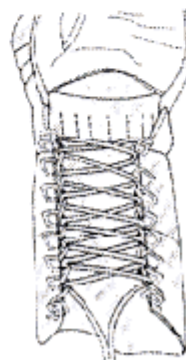
④ symmetry



⑤ Lace the cords like a shoelace.



⑥

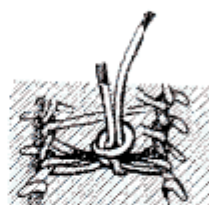


10 The finishing touches

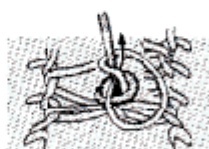
Gather the two cords together.



Tie each cord to the other.



Retie them to each other.



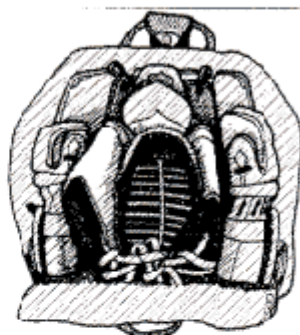
8. The equipment bag 防具袋

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.

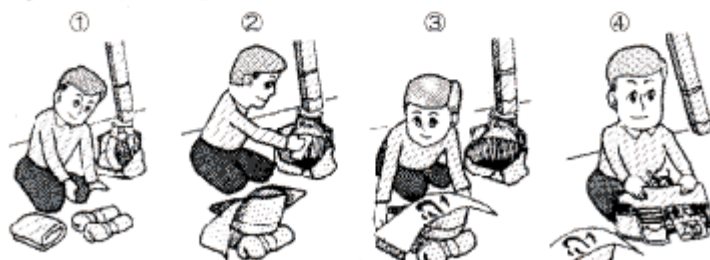
8-2. Putting the gear in

- 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 "kendogi" and put it in.



8-3. Taking the gear out

- ① Take out the *kendogi* and *kote*.
- ② Put the *kote* in front of and to the right of your right knee and then out your *men* on them.
- ③ Spread the *tenugui* 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.

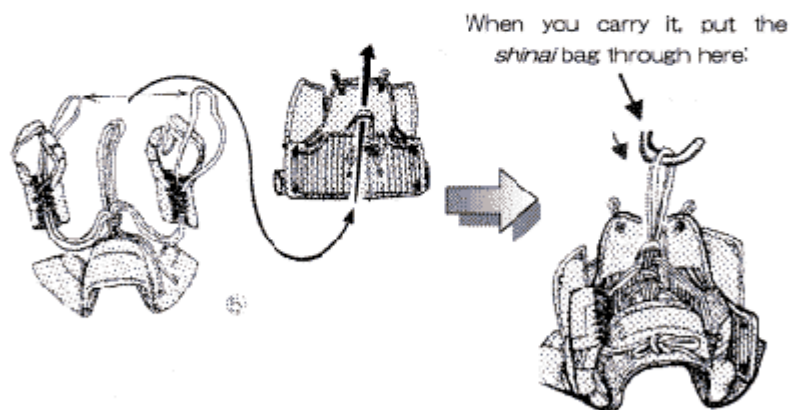
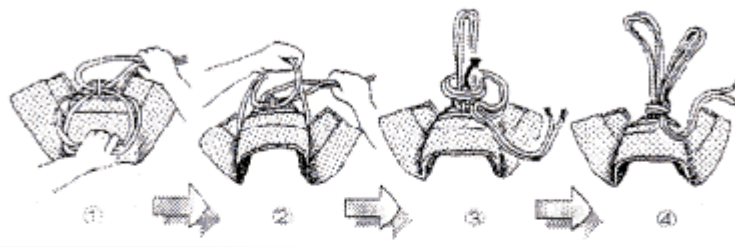


Note: The "kote" can face forwards or sideways or even be placed in front of your left knee, depending on the custom where you practice.

Hanging up your gear

Q: What is the leather loop on the back of the *do tor*?

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

Names or words	Explanations or notes	page
<i>Bokuto</i> or <i>bokken</i>	wooden sword	17
<i>chichi-gawa</i>	leather loops	27,28,33,35
<i>chigiri</i>	small iron plate in the <i>shinai</i> handle	10
<i>do</i>	breastplate	27
<i>do-yoko-chichi-gawa</i>	side leather loops (of the <i>do</i>)	27,28
<i>dodai</i>	do plate	27
<i>dojo</i>	training hall	48
<i>ha</i>	blade	17
<i>hakama</i>	trousers	21
<i>haraobi</i>	gut belt	25
<i>hiji</i>	elbow	42
<i>himo</i>	cord, sash or string	41,44
<i>jūbu</i>	blade	17
<i>kanji</i>	Chinese characters	
<i>kashira</i>	hand part (of the "kote")	17
<i>katana</i>	Japanese sword	17
<i>kawa-himo</i>	leather loop (on the hilt leather)	12
<i>keichiku</i>	a kind of bamboo (that grows in warm areas)	5
<i>keikogi</i>	training jacket	18
<i>kendogi</i>	training jacket	18
<i>kensen</i>	sword tip	5
<i>kissaki</i>	sword tip	17
<i>komono</i>	small leather loop (on the <i>tsuru</i>)	13
<i>koshi-ita</i>	back plate (of the <i>fukuro</i>)	21
<i>kote</i>	gauntlets	42
<i>kote-bu</i>	forearm part (of the <i>kote</i>)	42
<i>men</i>	helmet	34
<i>men-buton-bu</i>	the <i>men</i> futon area	34
<i>men-chichi-gawa</i>	leather loops (on the <i>men</i>)	34,35
<i>men-gane</i>	<i>men</i> grill	34
<i>madake</i>	one of Japanese bamboo (Phyllostachys bambusoides)	5
<i>mine</i>	back of blade	17
<i>mono-uchi</i>	cutting area (of the <i>shinai</i>)	17
<i>morumi</i>	the wide gap (in the <i>men</i> grill)	34
<i>mosochiku</i>	a thick-stemmed bamboo (Phyllostachys pubescens)	5
<i>nakayui</i>	leather thong (on the <i>shinai</i>)	15
<i>namako</i>	sea slugs (on the <i>kote</i>)	42
<i>ootare</i>	big flap	25
<i>ni-tou</i>	two swords	5
<i>saburoku</i>	3-shaku 6-sun <i>shinai</i> (111 cm)	5

<i>saki-gawa</i>	leather tip	11
<i>saki-gomu</i>	rubber tip	8,11
<i>san-nana</i>	3-shaku 7-sun <i>shinai</i> (114cm)	5
<i>sariku</i>	3-shaku 9-sun <i>shinai</i> (120cm)	5
<i>sanpachi</i>	3-shaku 8-sun <i>shinai</i> (117cm)	5
<i>seiza</i>	formal kneeling position	29
<i>shaku</i>	old Japanese unit 30.3 cm (10-sun)	5
<i>shinai</i>	bamboo sword	5
<i>shinogi</i>	line through tip area	17
<i>shokkou</i>	decorative section (on the <i>do</i> and <i>men-tare</i>)	28
<i>sun</i>	old Japanese unit: 3.03 cm	5
<i>tare</i>	waist armor	25
<i>tenugui</i>	<i>men</i> towel	36
<i>tsuba</i>	guard	5,16
<i>tsuba-dome</i>	guard stop	6
<i>tsuka</i>	hilt	5
<i>tsuka-gashira</i>	pommel	5
<i>tsuka-gawa</i>	hilt-leather	5
<i>tsuki</i>	throat target area	34
<i>tsuki-tara-hu</i>	the throat flap	34
<i>tsuru</i>	cord (on the <i>shinai</i>)	5,8,12

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 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.

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