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

But if your shinai has a loose cord, or out of place nakayui, or a loose...
1. 竹刀

1-1. 竹刀の作製方法について

竹刀の作製方法について説明します。

まずは、竹の根元から10cmを切ります。次に、縦に6-8枚に分割し、異なる長さの竹刀を作ります。

4枚の竹を足したら、それを熱してのぞぎ、さらに塗り下ろして1本の竹刀にします。

鰭の長さと重さを考慮して選ぶことが重要です。鰭の長さと重さは、耐久性を考慮して選ぶことが重要です。

次に、鰭の付け根に皮を包みます。皮には、ギントキとトコの2種類があります。

ギントキは、他のものより強く、皮の表面が滑らかです。

なお、竹刀の長さと重さは、JKFの「剣道大会と審査規則」に準拠しています。
About the shinai

Two kinds of shinai

The bamboo materials

Most of the shinai 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 cheaper than Madake—It grown in regions with large temperature variations in the seasons is dense 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. Mosochiku (the largest kind of bamboo) looks strong but is inflexible so is not used for making shinai.

When you strike your shinai only once, the bamboo will unfortunately break. So, you should cut the edge of the bamboo, and paint the row, the Vaseline. And you must remark ‘Old bamboo is fragile, you must not use’.

Small Knowledge

You must keep your shinai safe!

So after playing KENDO, you must check and maintain your shinai.

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 position of nakayui is 1/4 of the total lengths of the bamboo sword the sword ahead, lengths of sakigawa is 50 millimeters or more. Minimum diameter of sakigawa (not length with the needlework fee but side which was able to be measured small) was ruled on April 1, 1999.

Shinai gauge was made by all-Japan budogu federation. It is made of plastic, can measure the standard thickness of the shinai. We have three shinai gauges, 24 milli (for male under 3.6 and female under 3.7), 25 milli (for male 3.7, female 3.8-3.9), 26 milli (for male 3.8-3.9).

What makes a good "shinai"?
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 shinais 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. 箸取入れのための準備

- ナカウイの皮紐をほどなく

- ツカガワを外す

- シンマイのコードを解く

- おもりを一つ手で持って、他の手で竹の棒をくぐり、ゴムを固定する

- あなたのシンマイはこうなった：（通常はシンマイを完全に解して、竹の棒を磨くか、新しい竹の棒を交換するだけです。）
1 - 3. 箸留めの管理と買った箏の管理

９

P| R DMaintenance of the

shinai

Removing splinters

当 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

).

A

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.

B

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 to make a new one.

Shinai 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.

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.

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

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

Fixing the shinai tip

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

Slide the leather tip on.

The construction of the *saki-gawa* leather tip: If the end opens or is holed, get a new one, it cannot safely be repaired.
1-6. 鞘の作り方と剣の鍛錬 弦

剣を剣の鞘に入れる前に剣的手すり（つるし）を結び、剣の鍛錬を行います。

剣に適した剣の鞘（つるし）の作り方について説明します。剣の鍛錬は剣の手すりを結び、剣の鍛錬を行います。

剣の手すりの作り方

剣の手すり（つるし）の作り方は次の手順で行います。

1. 剣の手すり（つるし）に適した素材を選択します。
2. 剣の手すり（つるし）の素材を準備します。
3. 剣の手すり（つるし）を結び、剣の鍛錬を行います。

剣の鍛錬の手順

剣の鍛錬の手順は次の手順で行います。

1. 剣の手すり（つるし）を結び、剣の鍛錬を行います。
2. 剣の手すり（つるし）を結び、剣の鍛錬を行います。
3. 剣の手すり（つるし）を結び、剣の鍛錬を行います。

剣の鍛錬の手順を図解で示します。
B Tie the cord securely round the komono. There are three ways.

A

B (琴弦はこの方法で）

C

A

B

C
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.

Wrap it round the loop. Tie it once.

Wrap the cord round the leather loop about seven times.

Finally, use an awl to make a space between the two branches of the loop and pass the cord through.
1-7. 四つ結びの準備

【中結い】

A. お染物を盛き上げ
B. 開きを結び
C. 結びを閉じ

【鰹結び】

A. お染物を盛き上げ
B. 一目を結び
C. 結びを閉じ

【中結び】

A. お染物を盛き上げ
B. 二目を結び
C. 結びを閉じ

【鰹結び】

A. お染物を盛き上げ
B. 一目を結び
C. 結びを閉じ

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. つば・鈴木の鈴(つぼどめ)

つばは剑の刃を守るためのもので、直径は9センチメートル以下です。つばは、外敵からの攻撃を防ぐだけでなく、竹を結ぶためにも使用されます。革製のつばは長期間使用すると大きくなりますが、科学製品のつばは安価です。色を選ばず、KFには色が指定されていません。つばは剣の柄のサイズに合わせ、適宜調整が必要です。つばの穴の隅角が尖れているとつばが折れることがあります。

鈴木の鈴は3種類販売されています。鈴はゴム製です。

1 - 9. 鏡を張るための袋 (miru kaba)

鏡を張る袋は、1から3つの鏡を収納することができる。肩掛けのものがいくつかあり、革や布、レザーなど様々な素材で作られています。好きなデザインを自由に考え、自分で作成することもできます。この帯は、すぐに着用できるが、大切に大切に大切に。
日本刀、刀

「刀（かたな）」は、日本で最も有名な美術品の一つです。刀は堅牢で鋭利であり、日本刀の区別に「ほんみ」や「しんげん」が使われます。刀の刃はよく研ぎ、ほとんど錆びません。手に持った時に鹿の角の粉、日本紙、新油を塗ると光るようになります。しかし、非常に高価で、研ぎ直すことも大切です。刀の長さは竹刀よりもずっと短く、重量も約1キログラムです。刀は茶道、剣道、己身の芸術、剣術などで使われ、長さ、重量、刃の形、装飾（柄と鞘）などに多様な変化があります。

模擬刀

模擬刀は、刀の模倣品として合金など様々な素材で作られています。特に鋳物（じょくぶつ）は刀よりも安価で、形状は刀に似ています。刃は付いていませんが、刀の形を模倣しています。しかし、刃は脆いため、闘争には使用できません。模擬刀は、茶道の道具として使われ、刀の実の刀を代わりに使用します。

木刀

木刀は、刀の代わりに用いる道具として使われます。木刀は、刀の形を模倣しており、形状は刀に似ています。しかし、木刀は刀よりも脆く、闘争には使用できません。木刀は、刀の実の刀を代わりに使用します。
2 . 剣道衣

2 - 1 . 剣道衣の構造は次のとおり

The slit for riding on a horse
Size: You prepare the one which hides the elbow. For the child, you prepare the large one, and sow the shoulder shorten occasionally.

Material: There are four kinds of material. Generally adult’s one is double thorn, dyed with indigo. Thin yellow one is not indigo dyed, called "KINA RI", white one is bleached. A white cloth has been sewn with a black string like the lattice, it is made for children, it is light and easily to move. Besides these, there is the hand-sewn one which is very expensive.

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.

小知恵

The kendogi jacket
Strings of Chest
2 - 2. 着用の方法を説明

How to wear the kendogi

How to wash the kendogi

You might not 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.

First of all, you connect the inside strings. Next, you connect the outside strings. You prevent the nape of the neck from opening. Moreover, so as not to wrinkle, you put on length to the back.

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

2 - 3. 子供の着物の長さ

When child's kendo clothes are large

You apply the sign half of length from the center of the back to the needlework eyes of the shoulder. Length by which you want to shorten the sleeve is assumed to be 1/2 a. You weave from the sign ahead and sew half the length of 1/2 a.
2 - 4. 何をどのように折るか

- ① 何の何を折るか
- ② 何の何を折るか
- ③ 何の何を折るか

- ④ 何の何を折るか
- ⑤ 何の何を折るか
- ⑥ 何の何を折るか

- ⑦ 何の何を折るか
- ⑧ 何の何を折るか
- ⑨ 何の何を折るか

- ⑩ 何の何を折るか
- ⑪ 何の何を折るか
- ⑫ 何の何を折るか

- ⑬ 何の何を折るか
- ⑭ 何の何を折るか
- ⑮ 何の何を折るか

- ⑯ 何の何を折るか
- ⑰ 何の何を折るか
- ⑱ 何の何を折るか

- ⑲ 何の何を折るか
- ⑳ 何の何を折るか
- ㉑ 何の何を折るか

- ㉒ 何の何を折るか
- ㉓ 何の何を折るか
- ㉔ 何の何を折るか

- ㉕ 何の何を折るか
- ㉖ 何の何を折るか
- ㉗ 何の何を折るか

- ㉘ 何の何を折るか
- ㉙ 何の何を折るか
- ㉚ 何の何を折るか

- ㉛ 何の何を折るか
- ㉜ 何の何を折るか
- ㉝ 何の何を折るか

- ㉞ 何の何を折るか
- ㉟ 何の何を折るか
- ㊱ 何の何を折るか

- ㊲ 何の何を折るか
- ㊳ 何の何を折るか
- ㊴ 何の何を折るか

- ㊵ 何の何を折るか
- .xticks 何の何を折るか
- ㊷ 何の何を折るか

- ㊸ 何の何を折るか
- ㊹ 何の何を折るか
- ㊺ 何の何を折るか

- ㊻ 何の何を折るか
- ㊼ 何の何を折るか
- ㊽ 何の何を折るか

- ㊾ 何の何を折るか
- ㊿ 何の何を折るか
3. The Traditional Attire 襦
3-1. About the Construction of 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.

Small Knowledges
How to wear the hakama

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

**A.** Wrap the front sashes (himo) behind you, then cross them in front ...

**B.** and tie them in a bow behind you.

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

**D.** Tie the back sashes in front of you.

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

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

†F You finished the left side.

†G The right is also the same.

†ETie up the shorter front sashes.

†H You passes through a left string.

†@ 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.

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

†B Fold the five pleats so they lie straight.

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

‡B 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. After the hakama dries, you fold, put under the square cushion of the chair, and you sit or you press under the mattress, and the pleat attaches clearly.

‡@ Wash the folded hakama in the bath room, by pressing it under water.

‡ADon't wring it out, just refold it and smooth the water out.
4. 腰部装束と競技の詳細
4-1. 腰部装束と競技の詳細

腰部装束
- 背負い
- 腹帯
- 大帯
- 小帯

材料;刺繍または手縫い

装飾用の細字は、たれの数が多ければ多いほど、より高価です。しかし、ある数以下の装飾用細字が存在します。

サイズ;成人用、女性用、子供用（サイズと小ささ）

写メ;刺繍の模様が描かれている。たれの模様が描かれている。
4-2．如何着用帯の方法

- 帯を下に持って、帯を膝に着て、帯の紐を後ろに巻きます。
  - これより下に帯を巻くと、帯が折れて破れやすいです。

4-3．帯をよく手入れする方法

- 帯の表面が摩耗してしまった時は、内部が Alone した場合でも、内部に皮革や布を貼る必要があります。
  - 帯の紐が摩耗した時は、修理が必要です。

- 紐を転がして帯の先を巻きます。
  - 平たんにすると、帯が折れて破れやすくなります。
The dobreastplate

The construction of the do is composed of some parts, and it is the combination and there are various one. You will choose in consideration of weight, the decoration, and the price, etc. though the size is suitable, it is not in the function as a protector.

Size; There is a standard for adults, for women, and for children, etc. The size changes in the height of dodai, the height of width and chestguard, and width, etc.

Material; There are three kinds of materials of Belly guard about leather, the nylon resin, "Yamato trunk" or "carbon trunk" and paper "fiber trunk". The dodai of leather is made from strips of heavy bamboos 43A50A60 lashed together with fine bamboos and kite thread. It is then covered with water-buffalo hide and lacquered.

There is variously a color. Hardness on the surface is same as the person's fingernail. So It is necessary to note it will be damaged by the one which is harder than the bamboo sword. The belly and chest guards are laced together with two strips of leather.

chestguard

Belly guard

do target
doyoko-chichi-gawa
 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.

Shokkou Embroidery of the do Chest guard and The tsuki area (the throat flap) of the men's helmet

The Nakanishi Chuzou began to use the bamboo sword and the protector for middle term of Edo. The Shokkou began to be used before long to decorate though the armor in those days did not have the decoration. The shokkou has a variety of patterns and a variety of colors. Not only the one to defend the life only but also beauty Bushi was demanded of armor for having in the Warring State Period of Japan.

Fixing the do-yoko-chichi-gawa Fixing the do cords.

Method of connecting two Method of dividing of each in two, and connecting four

The hole of Belly guard

5 - 2 .  いつでも  なにか  なにか
Kneel in seiza, rest the do on your thighs, then cross the long cords behind you and tie them through the leather loops.

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. Four examples of typical A-D are shown here.
How to tie the cords - method

- Seen from in front
- Seen from your point of view
How to tie the cords - method

Seen from in front

Seen from your point of view
5-3. 透かした靴底のケア

- 炎熱の多い夏に行われる練習や戦闘では、汗の量が増える。これを防ぐため、汗をすくい、乾燥させることをおすすめします。汗の成分は靴の素材を弱めます。汗をすくうには、毛巾やタオルで靴底を結び、よく拭き取ることで有効です。

- 透かした部分の清掃は、歯ブラシを使用して行います。

- 頑固な汚れなら、靴の専用洗剤を用いて、靴底を清掃することも可能です。

- 靴底の結び方には、以下の3通りが挙げられます。
  - (ア) 平らに結びます。
  - (イ) 締めつけすぎないで、平らに結びます。
  - (ウ) 締めすぎず、平らに結びます。

- シュペットの装着方法は、以下の通りです。
  - 右から左へ、左から右へとシュペットの装着方法は、鏡のように反転させて行います。
  - アンカープレートは、靴底を固定する役割を果たします。靴底の端に設けられています。

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6. もと もと の 創造
6-1. もと の 制作 方法
How to connect the men chikawa

1. Tie the leather loops to the fourth bar (from the bottom).

It is the third bar for children's men which has only 13 protections.

How to make the men

The construction of the men is made as follows:

1. Straw is wrapped around the men grill.
2. The chin pad 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. たぬきの作り方

A. たぬきの作り方

1. まず、お布を頭の大きさに合わせて折ります。
2. 右手で上半分を折って、下にひっかけておきます。
3. 左手で中央の部分を下にひっかけて、頭にまとめておきます。
4. お顔を覆うようにして、頭にセットします。
- Be careful not to make it too thick over your ears as it will become painful.

- Hold the ends of the tenugui.

- Bring the tenugui to your forehead and slide it up until the edge lies on your forehead, with your hair gathered within.

- 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.

- Lift up the flap formed in front of your face.

- Bring the left corner round to above and behind your right ear, and tuck it in.

- Your ears will be exposed.
Wrapping it around your head.

Hold both ends of the tenugui, bite the middle of the edge and draw it back over your head.

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

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

Lift up the front and tuck it in.

Your ears will be hidden.
6-3. 着用法

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.

If the jaw is not stored like the right, it is dangerous. The impact comes directly to the throat, and there is danger by which back of the head is hit when falling in addition in the pain when respect is hit. The back of your head should not poke out.

The "men" view slit
Your jaw and forehead should fit exactly.

The "men" cords should extend about 40cm below the knot.
Putting on the mask:

1. Take the cords from the fourth or fifth bar of the grill, cross them behind the mask, then pass them through the top bar and back behind again.
2. Gather the cords in your hands, open the mask, put your chin in, and pull it over your head.
3. Put your chin in and put the mask on, then cross the cords, once behind your head and then in front of your jaw.
4. Firmly tie the cords in a bow so that the mask will not twist and adjust the lengths of cords so they are even.
5. Cross the cords behind your head once more and then pass them through the topmost bar of the grill.
6. Firmly tie the cords in a bow so that the mask will not twist and adjust the lengths of cords so they are even.
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.

When the cloth on the inside of "men" futon and the edge of "men futon" rubs against each other to the shoulder can thin completely, let's have Mr. protector shop apply the cloth and leather before inside cotton and the rug are seen.

Adjusting the lengths of the "men" cords

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.

‡ Unthread the ends for 3 or 4 cm.

Take two or three of the threads and twist them into two strands.

‡ Wrap the two strands once round the whole cord.

‡ Tie them tightly and arrange them neatly.
7. 小手と甲手 - \( \text{kote} \) -

7-1. 小手の構造と甲手の構造

「The kote」

「The construction of the kote」

「Kashira hand part」

「Namako sea slugs」

(There may be none, one or two, they add flexibility)

「Kote-bu or hiji elbow forearm part」

(Cylindrical section)

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.

Size; It is not easy to use when it is too large, and when it is small, can do the diligence.

Material; Kote is made with the hair of the deer in the decoration string of a cotton cloth of indigo dye, deer's skin, artificial leather (clarino), and silk (or, chemical fiber), cotton, rugs (or, chemical cotton) and two etc. small hand strings.
7-2. 袖子を着るときの注意

- 袖子を着る際は、手を伸ばして着ます。
- 腕を曲げて着ると、袖子が形を崩して、関節に負担をかけることがあります。

7-3. 袖子を脱ぐときの注意

- 腕を伸ばして脱ぐと、袖子は自然に落ちます。
- 腕を曲げて脱ぐと、袖子が形を崩して、関節に負担をかけることがあります。

7-4. 袖子を大切にするための注意

- 袖子は汗や汚れで臭いがつきやすいので、使用後は速く乾かすことをおすすめします。
- 最近、人工皮革と布でできている、洗える袖子が市場に出ているので、おすすめです。
- 塗装の手を乾かす際は、手のひらを伸ばして、乾かすことをおすすめします。
- 内側の袖子は乾かすのが難しいので、よく通風し、新聞紙や乾燥剤を挿入することをおすすめします。
7-5. 糸を通す方法

次のページへ
The finishing touches

Gather the two cords together.

Tie each cord to the other.

Retie them to each other.
8．防具袋

8-1．防具袋の楽しみ方と防具袋の楽しみ方

防具袋には防具を収納するだけでなく、防具袋の楽しみ方を楽しむこともできます。防具を収納する際は、防具を防具袋に入れてから袋を閉じます。防具袋の楽しみ方は、防具を防具袋に入れてから袋を閉じることです。

8-2．防具袋の楽しみ方

- 紐を結ぶ
- 柔らかく折りたたむ
- 防具袋に入れる
- 防具袋を閉じる

8-3．防具袋の楽しみ方

- 防具を防具袋に入れる
- 防具を防具袋に入れてから袋を閉じる
- 防具を防具袋に入れてから袋を閉じる
- 防具を防具袋に入れてから袋を閉じる

頼れる防具袋は、防具を防具袋に入れてから袋を閉じることで、防具を防具袋に入れると防具袋は防具袋として使用できます。
Hanging up your gear

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.
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In conclusion

To do kendo safely, it is important to keep your "shinai" and armor 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 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.