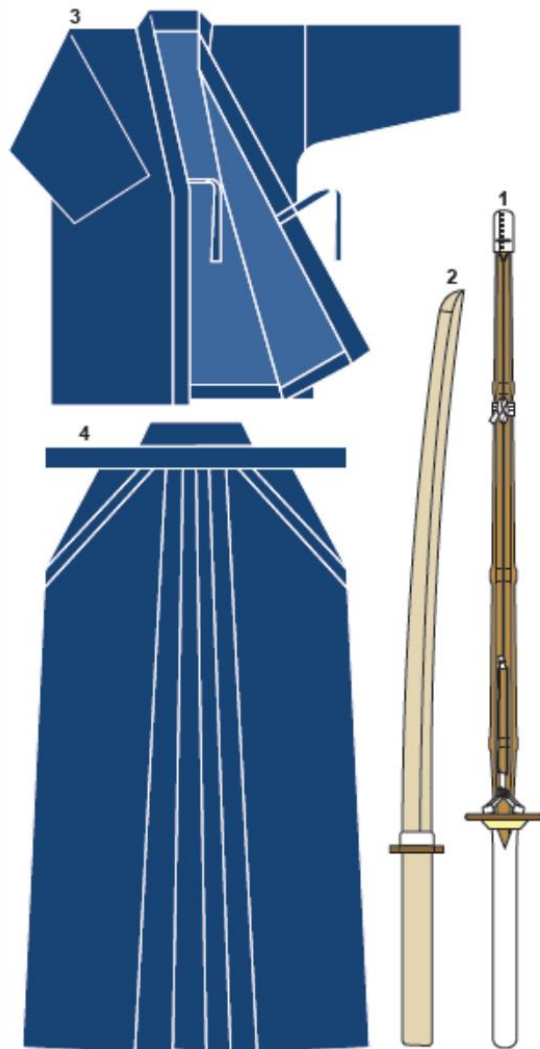


BEGINNERS EQUIPMENT



New students are encouraged to purchase the following equipment upon beginning study in kendo:

1. "Shinai" (bamboo training sword)
2. "Bokken" or "Bokuto" (wooden sword)
3. "Keikogi" or "Dogi" (kendo practice jacket)
4. "Hakama" (traditional Japanese trousers)

Suggested Vendors:

www.e-mudo.com
 www.maruyamakendosupply.com
 www.e-bogu.com
 www.alljapanbudogu.com
 www.tozando.com
 www.budo-aoi.com
 www.mazkiya.net
 www.kendo-kids.com

NOTE:

Most vendors sell a "beginner's combo set" that comes with 1 dogi, 1 hakama, and 1 standard shinai. The cost averages around \$100 (USD).

Kendo equipment is specific. The next few pages of this document identify acceptable equipment for training. Also included are examples of items that are unacceptable.

ADDITIONAL EQUIPMENT

This equipment is optional:

1. Bogu Bag with Wheels

Many kendo practitioners use a bogu bag with wheels for convenience, such as the example to the right. (Image credit: WWW.E-MUDO.COM)



2. Shinai Bag

There are many different styles of shinai bag; shown is a traditional style bag.

SHINAI SIZING



MENS SHINAI SIZE REGULATION

	Jr. High School	High School	University Adult
	SIZE: 37	SIZE: 38	SIZE: 39
Length (cm)	Less than 114	Less than 117	Less than 120
Weight (g)	More than 440	More than 480	More than 510
TIP Diameter (mm)	More than 25	More than 26	More than 26

WOMENS SHINAI SIZE REGULATION

	Jr. High School	High School	University Adult
	SIZE: 37	SIZE: 38	SIZE: 38 or 39
Length (cm)	Less than 114	Less than 117	Less than 120
Weight (g)	More than 400	More than 420	More than 440
TIP Diameter (mm)	More than 24	More than 25	More than 25

YOUTH SHINAI SIZE REGULATION

	4 years old	4-6 years old	7-9 years old
	SIZE: 30	SIZE: 32	SIZE: 34
Length (cm)	Less than 99	Less than 105	Less than 111
Weight (g)	More than 260	More than 280	More than 370

NOTE:

Shinai sizing numbers stem from an old Japanese unit of measurement called "Shaku" and "Sun." For example, a size 39 shinai means the total length of the sword is 3 shaku, 9 sun.

SHINAI SHAPE TYPES

RECOMMENDED FOR BEGINNERS

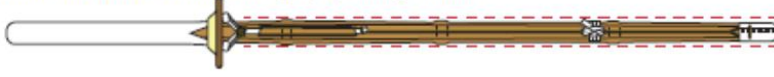


-Standard: Slight taper, neutral balance

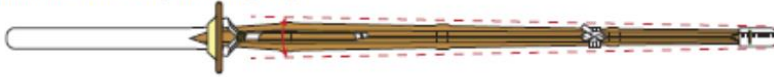


SEE PG1 FOR SIZING

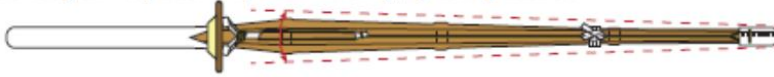
-Koto or Chokuto: Almost no taper, tip-heavy balance



-Dobari: Wide body with a light tip



-Jissengata: very wide body with shaved tip, lightest tip balance



-Koban: Oval-shaped Grip



Shinai Shapes vary according to style, all listed here are approved for practice. Type of shinai used is a matter of personal preference.

Standard shinai are neutral in balance with a round grip and offer all the performance needed. They usually cost the least - great for beginners.

Koto, or Chokuto are shinai with straight, non-tapering bamboo staves. This improves durability and creates a slightly stiffer sword. Feels tip-heavy, slower, and stronger on impact.

Dobari means "wide body." The weight shifts back towards the handle, making a lighter feeling tip. Fast technique users prefer this style.

Jissengata has the widest body and the narrowest tip. Similar to dobari but lighter. However, durability is generally a concern with these.

Koban shinai have an oval grip. More expensive to buy and harder to replace staves when damaged.

SHINAI MATERIAL TYPES

RECOMMENDED FOR BEGINNERS



Bamboo Species:

-Keichiku: Flexible and generally cheaper bamboo (most shinai are made with this)

-Madake: Denser and generally stiffer bamboo



-Bio Smoked: Bamboo staves infused with carbon



-Carbon: Made with plastic staves and a carbon graphite core



Shinai Materials

As with shinai shapes, the differences in selecting shinai material is largely personal preference.

Keichiku is a native Taiwanese species of bamboo. It has flexible properties, and is typically cheaper due to availability. Almost all standard shinai are made using keichiku.

Madake is a native Japanese species of bamboo. It has stiffer properties due to its fiber density. Shinai made with madake are typically expensive due to limited availability, but have great durability.

Bio Smoked shinai are made with bamboo that has been smoked. Manufacturers claim smoking the bamboo improves flexibility and durability by incorporating carbon into the staves. These shinai have a darker color.

Carbon shinai are expensive and made with modern plastics. Though they are approved for use, they are not recommended, since their added weight and lack of flexibility make for heavy impacts.

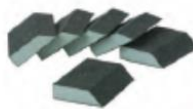
SHINAI MAINTENANCE ACCESSORIES



Mineral Oil to keep shinai from drying out



Wax to coat between each stave



Sandpaper sponge



Shinai shave tool with integrated file

RECOMMENDED BOKKEN

-White Oak, slightly higher in density making it more dent resistant



-Red Oak, slightly lower in density making it slightly lighter and flexible



ADULT LENGTH: 100cm JUNIOR LENGTH: 91cm



Bokken are solid wooden swords made from one piece of lumber. These swords are shaped similarly to a katana and are completely blunt.

Bokken are only used for kata and kihon, meaning they do not come into contact with an opponent. However, they do have to withstand impact against another bokken.

Two standard types of wood are preferred for kendo bokken: red oak and white oak.

Shin Sou Fu Kan uses bokken for class warm ups, as well as for kata.

BOKKEN TO AVOID

-Ornamental bokken, usually made of an inferior wood and a fake "Maki" (wrap)



-Has nylon fake "Maki," (wrap) it will unravel with sweat and potentially slip during training



-Has a "Bo-hi," (fuller) this groove will splinter over time and poses a safety hazard



-Black Laquer, not recommended since it may scuff equipment



-Suburito, can be used at home for strength training, but not for regular Kata practice



RECOMMENDED UNIFORMS



KENDO UNIFORM: In kendo we wear "keikogi" (practice jacket) and "hakama" (traditional trousers). Note: Both must be navy color for practice at Shin Sou Fu Kan, and designed for kendo.

We recommend beginners buy a "single layer" cotton keikogi, and a cotton or "Tetron/Tetrex" (polyester blend) hakama.

HAKAMA MATERIAL:

Synthetic fabrics like Tetron or Tetrex are convenient for beginners. They can go through the washing machine with cold water on a gentle cycle. They also require minimal effort to maintain their pleats.

Cotton is a traditional material and requires hand washing in cold water. These generally look nicer and feel heavier than synthetic hakama.

KEIKOGI TYPES:

There are three overall types of keikogi: single layer, double layer, and summer dogi.

- Single layer is the most common type. It provides sufficient padding and is not too heavy when wet.
- Double layer is thicker.
- Summer keikogi are usually super thin, or have a moisture wicking underlayer.

AIZOME DYE:

Aizome is a traditional Japanese dye manufacturers use in more expensive uniforms. Its recommended use is to set the dye by soaking it in a vinegar/water mixture overnight. This dye tends to bleed during the first few months of use.

AVOID THE FOLLOWING:

1. Red is not a standard color used in any kendo dojo. These dogi are often made with incorrect fabric types and are designed for costuming, not protection.

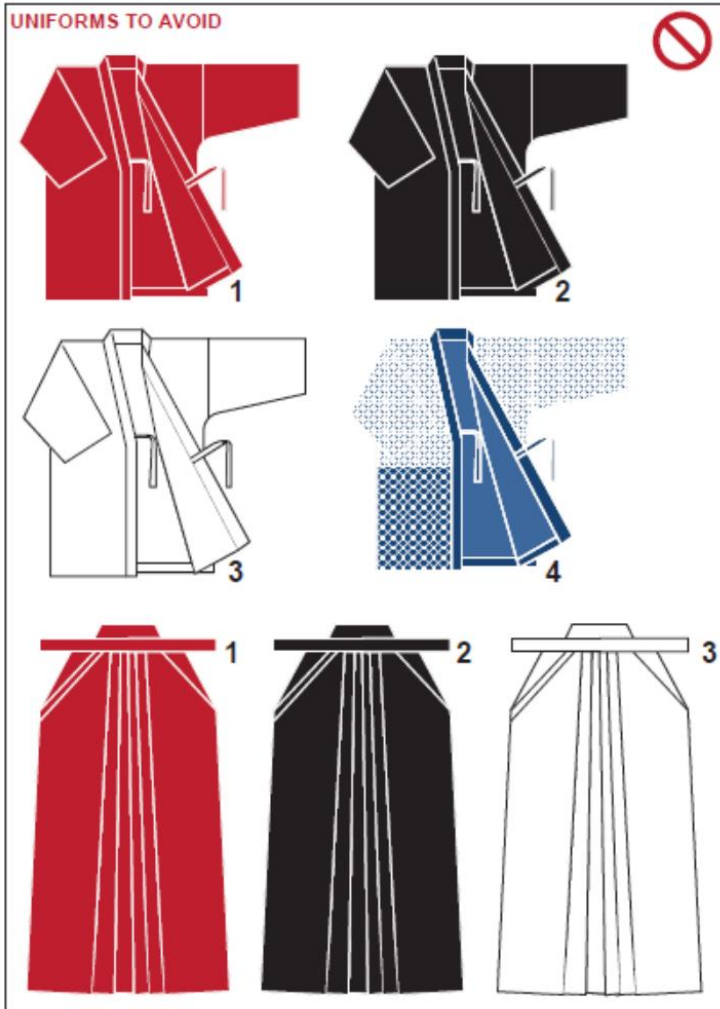
2. Black keikogi are usually reserved for "iaido" practitioners. These are not padded, so they are not safe for kendo practice.

3. White is okay to use depending on the dojo. However we at Shin Sou Fu Kan recommend navy for everyone.

4. Musashi-zashi style keikogi are ok for kids to wear, but not meant for adults. The name comes from the shape of the stitch. The stitches make hexagons, triangles, and squares. So "六三四" (Musashi), not the famous swordsman, "宮本 武蔵" (Miyamoto Musashi).

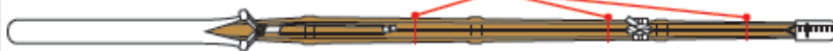
Please note: Keikogi from other martial arts are usually cut shorter than kendo keikogi, or have a split on the side. This can result in your thighs or underwear being exposed when wearing hakama. They may also have a very thick lapel which will affect how the "Bogu" (kendo armor) will fit.

UNIFORMS TO AVOID



PREP SHINAI FOR PRACTICE

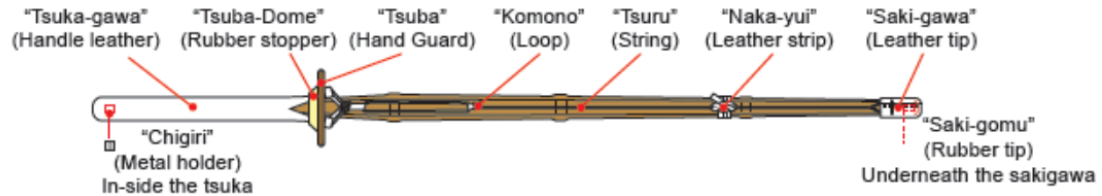
Packaging ties



Congratulations, you just received your first shinai! Here are a few small steps to you should take before using your new shinai in practice.

1. Remove the packaging strings. They are usually red or white.
2. Apply a small amount of oil to a rag, and apply it to the staves. This moisturizes the bamboo. There are various shinai oils you can order online but they tend to be a bit expensive. Mineral oil works just as well. Mineral oil is also cheap, readily available, and will not go rancid over time.

SHINAI PARTS



SHINAI AREAS



SHINAI REPAIR

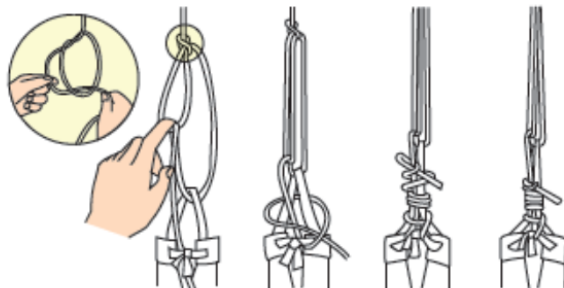


1. Untie the tsuru
2. Remove the saki-gawa
3. For large splinters shave the stave with a tool or knife
4. Sand the stave with a file or sanding block to create a smooth surface
5. Apply some oil with a rag to moisturize the shinai (Safety tip, make sure to fold the cloth a few times to avoid getting splinters in your hands.)
6. (Optional) Apply some wax between contact points on each stave

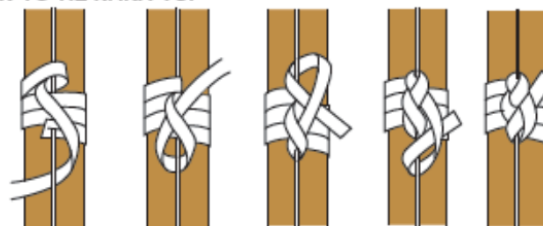
SECTION VIEW
Apply wax here



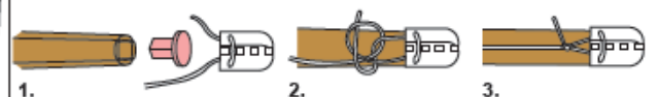
HOW TO TIE TSUKA



HOW TO TIE NAKA-YUI



HOW TO TIE SAKI-GAWA



HOW TO WEAR KEIKOGI

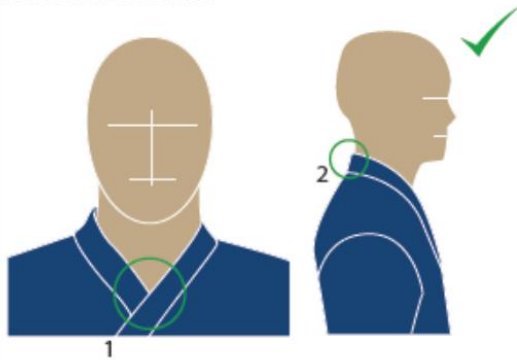


1. Tie the right flap underneath the left flap

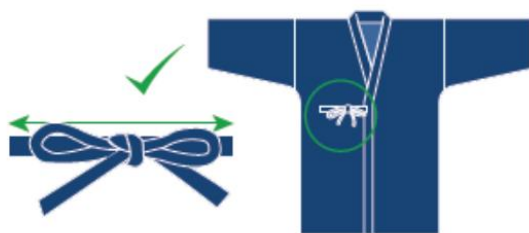
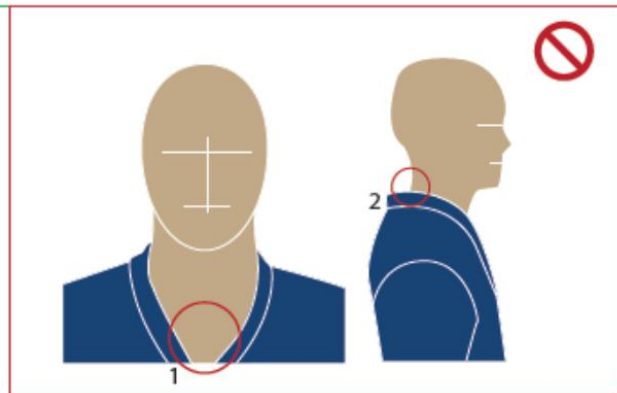


2. Tie the left flap over the right flap

KEIKOGI KEY POINTS

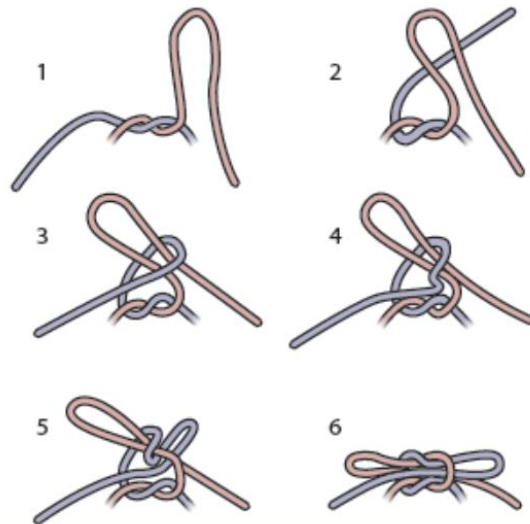


- 1. Chest is covered
- 2. Nape of the neck is covered

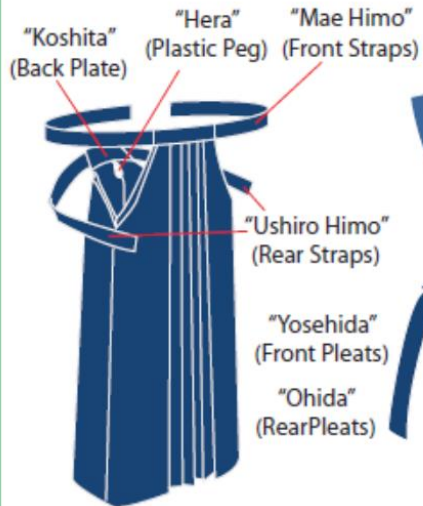


Many people tie their knots incorrectly, the bow should lay horizontally when tightened, not vertical.

HOW TO TIE KNOTS CORRECTLY



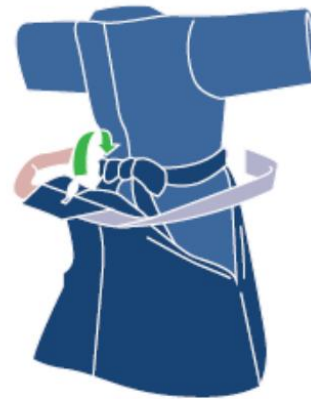
HOW TO WEAR HAKAMA



1. Wrap the Mae Himo around your back



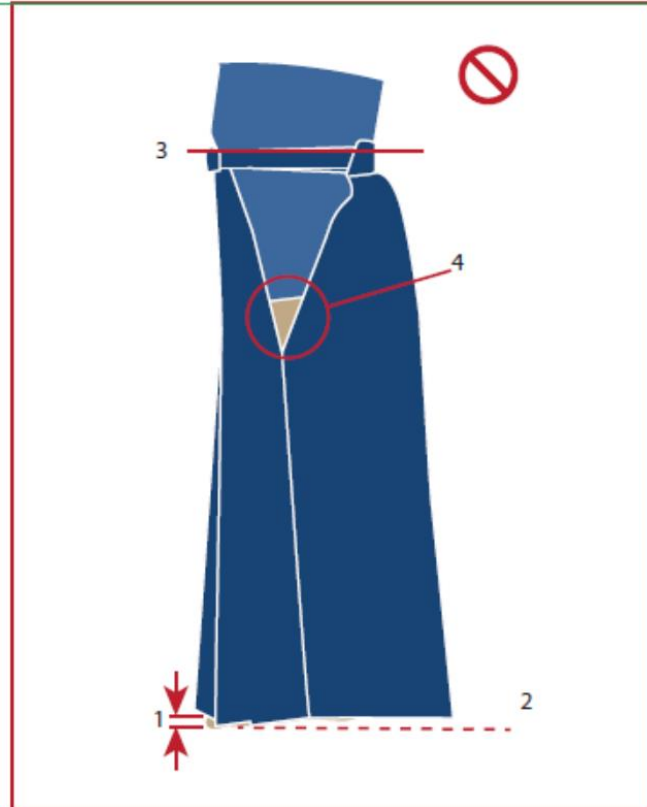
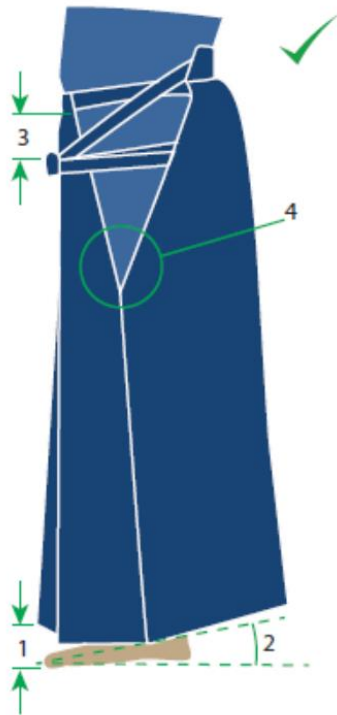
2. Cross the Mae Himo on your right side



3. Tie the Mae Himo in a knot behind your back and insert the hera behind the knot



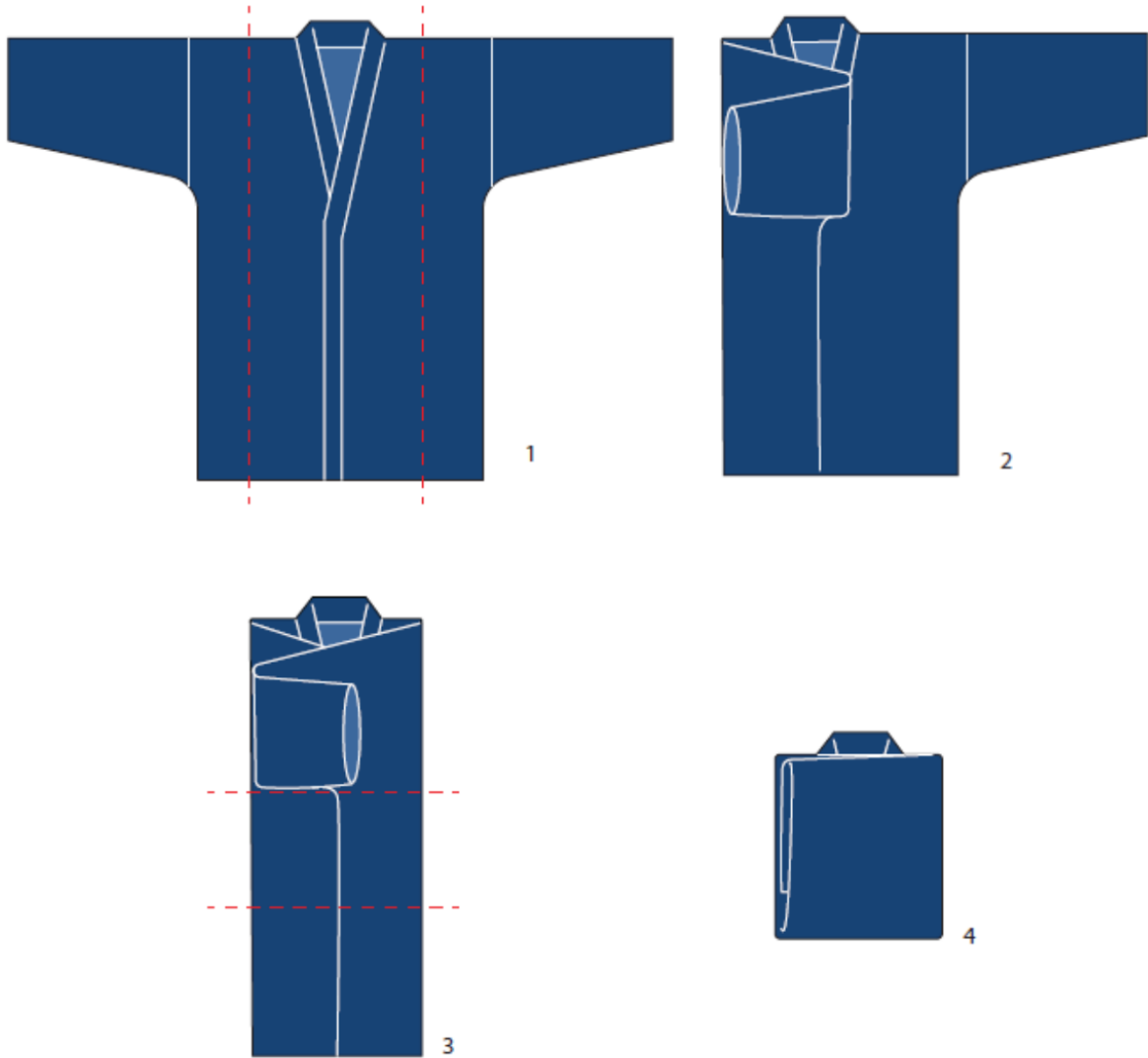
HAKAMA KEY POINTS



1. Hakama should be about two inches off the ground when worn. Ankles should be covered by the hakama.
2. Rear part of the hakama should be slightly higher than the front.
3. The knot of the hakama should be about two inches below the waist line.
4. The keikogi and hakama should cover your thighs.
5. The ushiro himo and mae himo should look like one band from the front view.

KEIKOGI FOLDING

Keikogi and Hakama must be folded after training every day.
Kenshi must have the dicipline to keep their uniform looking correct
and free of wrinkles.



HAKAMA FOLDING

