Kendo Equipment Manual
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Introduction

To do kendo safely, I've written an easy to understand, illustrated manual to help kendo players maintain their own equipment. Please read this manual and safely maintain your shinai and armor.

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 nakayui
1. 竹刀

1-1. 竹刀の構造

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.

When you choose your shinai, you think about not only length and weight but also balance and types (fat form, fat form, etc. variously). Next, tsuka-gawa and nakayui and the others.

There are two kinds of leather which is made of these small articles. One is gintuki leather, this is stronger than the other (toko leather). The gintuki leather has skin surface. You would choose gintuki leather.

Shinai weights and lengths: JKF “Kendo tournaments and judging rules” This is changed on April 1, 1999.

Length and weight are of a fully constructed shinai, not including the tsuba.

Minimum diameter of saki-gawa (The unit: cm).

<table>
<thead>
<tr>
<th>Sex</th>
<th>Primary School</th>
<th>Junior High School</th>
<th>High School</th>
<th>Adult/Uni-student using two swords (ni-tou)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Male</td>
<td>&gt;=440 g</td>
<td>&gt;=480 g</td>
<td>&gt;=510 g</td>
<td>“=440 g</td>
</tr>
<tr>
<td>Female</td>
<td>No limit</td>
<td>&gt;=260 g</td>
<td>&gt;=370 g</td>
<td>“=400 g</td>
</tr>
<tr>
<td></td>
<td></td>
<td>&gt;=280 g</td>
<td>“=400 g</td>
<td>“=400 g</td>
</tr>
</tbody>
</table>

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

Note 2: shaku and sun are old Japanese units, 1 sun = 3.03 cm; 1 shaku = 10 sun.
About the shinai

Two kinds of shinai

'Ss 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 bamboo—It is 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 Knowledges

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.

...
JKF put out the guidance indicator for the accident prevention with the bamboo sword on November 10, 1998. 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 "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.
Disassembly of the shinai

1. Loosen or untie the nakayui (leather thong).
2. Take off the leather hilt (tsuka-gawa).
3. Untie the tsuru (cord).
4. 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) in place.

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

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).

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.

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.  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

* Fix 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 saki-gawa leather tip: If the end opens or is holed, get a new one, it cannot safely be repaired.
1-6. 桧木のひだに 弦

弦（つる）は、刀剣に取り付け、刃物を支える縄線を指します。特に、れん切り（刀剣）に取り付けられることが多く、刃物の安定性を高める役割を果たします。

First, put the hilt leather (tsuka-gawa) on. (If the shinai is new, it will be held together with string. Take this string off.)

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.

Using a rubber sheet (or gloves) makes it easy!

How to tie the leather cord

The construction of the tsuka and to shorten the hilt (tsuka): Pucker the pommel (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.
Tie the cord securely round the komono. There are three ways.

A

B (琴弦はこの方法で)

C

A passes as shown in figure

B passes as shown in figure

C passes as shown in figure
‡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.

‡D Wrap it round the loop. Tie it once.

‡E Wrap the cord round the leather loop about seven times.

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

The final version!
P|V|DTying the nakayui thong

 Wrap the nakayui thong thrice round the shinai rough side up.

 Thread it under the cord and cross it back.

 Thread under the tsuru from the other side.

 Loop it round and under the last loop.

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

 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.  ここで述べた録（つば）・  で手袋（つばどめ）録止め（つばどめ）

Tsuba is a round one of leather or a chemical product, and within nine centimeters in the diameter. Tsuba is not only for guarding other party's hitting, but also for tying bamboos. The hole of one made of the leather is growing bigger, while using. Tsuba of the science product is cheaply. You can use any though various color, because JKF does not provide for the color. You prepare a just good size for the handle of the Shinai. If it’s size is not suitable or the corner of the hole of guard is sharp, tsuka would be broken.

About three kinds of Tuba-dome are sold. It is made of rubber. How to carry the shinai The shinai bag Bags can hold from 1 to 3 "shinais". Some have a shoulder strap. Bags can be made from many materials such as cotton or leather or others, and come in many colors Feel free to design and make it own! Because this belt wears out easily, let's treat politely.

1 - 9.  ここで述べた録（つば）・  で手袋（つばどめ）録止め（つばどめ）
比較の日本刀、刀

刀は日本刀の一種で、日本刀の刀を模倣したものである。刀は刀の一種で、日本の刀の形状を模倣したものである。刀の形状は非常に尖銳で、刃がすっきりとしている。刀の重量は約1キログラムであり、様々な用途に使用される。刀の柄は長さ、重量、刃の形状、装飾（柄と鞘）により異なります。

刀の材料は多種多様であるが、鈑は最も適していると思われる。刀の柄はハバキ（金具）で、刃（刀部）と鞘がある。柄の頭はハバキで、刃の頭はハバキで、鞘はハバキで、柄の頭はハバキで、刃の頭はハバキで、鞘はハバキである。

模擬刀

模擬刀は日本刀の一種で、刀を模倣したものである。模擬刀は刀の形状を模倣したものである。模擬刀の材料は多種多様であるが、鈑は最も適していると思われる。模擬刀の柄はハバキで、刃（刀部）と鞘がある。柄の頭はハバキで、刃の頭はハバキで、鞘はハバキである。

木刀

木刀は木製の刀で、刀を模倣したものである。木刀の材料は多種多様であるが、鈑は最も適していると思われる。木刀の柄はハバキで、刃（刀部）と鞘がある。柄の頭はハバキで、刃の頭はハバキで、鞘はハバキである。
2. 剣道衣
2-1. 剣道衣の構造と特徴

馬乗り（後ろの切り込み） 

Size: You prepare the one which hides the elbow. For the child, you prepare the large one, and sew the shoulder shorten occasionally. (reference P.15)

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.

Small Knowledge

The kendogi jacket
Strings of Chest
How to wear the kendogi

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.

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

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

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 $\alpha$. You weave from the sign ahead and sew half the length of $\alpha$. 

2 - 2 . 如何正確穿戴甲冑

2 - 3 . 如何正確裁剪甲冑

한국어로 번역

2 - 2 . 如何正確穿戴甲冑

2 - 3 . 如何正確裁剪甲冑
2 - 4. 透시도의 캔도 폴딩법

How to fold Japanese clothes

‡C You fold the collar to the triangle.
‡D Break off the sleeve.
‡E You turn inside out, and break off the other sleeve.
‡F Finished.

‡@ You apply the sign half of length from the center of the back to the needlework eyes of the shoulder.
‡A You pile up a right and left collar.
‡B You pile up a right and left sleeve while suppressing the collar.
‡A You put out sideward needlework eyes up.
3. 布袋の作り方と説明

3-1. 布袋の作り方

- 腰板
- 納袋

【布袋の説明】

布袋は、さまざまなタイプがありますが、現在は男性（馬乗り用）と女性（未分断の布袋、背当てがなく）の2つが着用されています。布袋を着ることで、脊柱を伸ばし、ジャケットの領を後頭部に保ち、首を引き締め、完璧なポーズを与えることができます。

布袋には、前部に5つ、後部に1つのすりがついています。これらの5つは、君臣の間で義理をし、父子の間で親愛を、夫婦の間で役割を、長幼の間で順序を、交友の間で信義を表しています。また、1つ目のすりは誠と親孝のことを同一視し、正しい道をたどることが求められます。これにより、布袋を着ることでこれらのことを常に思い出してください。
How to wear the hakama

‡A Step into the hakama and hold them to your waist.

‡B Wrap the front sashes (himo) behind you, then cross them in front and tie them in a bow behind you.

‡C Slip the peg attached to the koshi-ita back plate 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

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

You finished the left side. The right is also the same.

Tie up the shorter front sashes.

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.

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

Fold the five pleats so they lie straight.

Fold both sides in to the middle, then fold it lengthwise three times.
3 - 4. 如何洗涤打掛

你可以将合成纤维制成的打掛机洗。

如果你机洗染蓝棉製的打掛，染蓝会流出，褶皱会消失。

如图所示，打掛挂倒著晾干，褶皱会保持，且不会起皱。

若将打掛放入洗衣机内脱水，起皱，若熨烫，会发亮。

打掛晾干後，您将它叠好，放在垫子下面，或者放在桌子下面，褶皱会凸出。

在洗澡间将叠好的打掛放入水中，轻轻按压。

切勿拧干，只是重新折叠，将水拍干。
4. たちあげ・おろし帯をつける

4-1. たちあげ・おろし帯の作り方

- たちあげ
  - たちあげ帯
  - たちあげ大帯
  - たちあげ小帯

- おろし帯
  - おろし帯

- 半着
  - 半着

- 名伝袋
  - 名伝袋は、かつてのたちあげを表していた。
  - 名伝袋は、青や黒の布に白い文字を縫い付けまたは縫い付けています。
  - 名伝袋の上にクラブ名を横に書いて、個人の名前を縦に並べます。
  - 競争に参加する場合に必ず着用するものでした。
4 - 2. 如何正确穿和服

1. 膝跪于坐禅姿势，将和服放在膝盖上，将带子绕在背后。

2. 带子应交叉于后脑勺下方。

3. 然后在中间的褶皱处打一个结。

4. 如果不保持带子平整，它们会在褶皱处断裂。请熨烫带子。

5. 带子应定期用牙刷刷洗。

6. 当表面磨损时，皮革等需要更换内衬。当带子磨损时，必须修理。

7. 用带子卷起两端。

8. 如果带子是平的，只需折叠。

4 - 3. 如何保存和服

1. 将带子放在未使用的地方。

2. 带子应定期熨烫，以保持其平整。

3. 当带子变旧时，应用相同的材料进行更换。

4. 确保带子紧密地包裹在每个褶皱上。

5. 带子的两端应卷曲，以保持其形状。

6. 确保带子不会接触到表面，以防止磨损。
5．胄の構成と選び方

5-1．胸 Armorの構成と選び方

男の胸 Armorは、その部分で特に重要です。主な部分は次の通りです。

- 鼻締め：これは主に前部の部分で、首を固定します。
- 胸締め：これは主に背中の部分で、肩甲骨の周りを締めます。
- 背甲：これは主に背中の部分で、背甲骨の周りを覆います。

選ぶ際には、まずサイズを選んでから、価格や飾り方などを考慮するかと

サイズ：通常、成人用、女性用、子供用などがあります。サイズは、背甲の高さ、背甲の幅、背甲の厚さ、背甲骨の周りの幅などによって変動します。

素材：素材は、皮革、ナイロン樹脂、ヤマト胴（またはカーボン胴）の紡績、紙（またはケファル紙）の紡績などがあります。素材によっては、表面の硬さが異なります。表面の硬さが、身の指先に近いものはおすすめです。

表面の硬さが、身の指先に近いものは、表面の硬さが、身の指先に近いものは、表面の硬さが、身の指先に近いものは、表面の硬さが、身の指先に近いものは、表面の硬さが、身の指先に近いものです。
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 ショックウ Embroidery of the do 胸当て and The tsuki 頭打ち area (the throat flap) of the menの兜

The Nakanishi Chuzou 仲寺重周 began to use the bamboo sword and the protector for middle term of Edo. The Shokkou ショックウ began to be used before long to decorate though the armor in those days did not have the decoration. The shokkou ショックウ 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 どよことちよびがわ おでおのにところの皮の結び
Fixing the do むすび cords.

Method of 2 Method of dividing of each in two, and connecting four

The hole of Belly guard 胸当ての穴

5 - 2. 5 - 2. 胸当ての穴

The location of the do-yoko-chichi-gawa どよことちよびがわ の関係

The location of the do むすび の結び

The location of the do むすび の結び

The location of the do むすび の結び
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.

A bout undermentioned A and B, ‘h show you two aspects, which are from the front and from me.

A

B

C

D
How to tie the cords - method

Seen from in front

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

1. Seen from in front
2. Seen from your point of view
5-3. 装具の管理方法

- サラシの汗は軽べて、きめたところに並べて乾かす
  - サラシの汗は軽べて、きめたところに並べて乾かす
- サラシの装具は、日中は乾かし、夜は暗闇で乾かす
  - サラシの装具は、日中は乾かし、夜は暗闇で乾かす

- サラシの装具は、日中は乾かし、夜は暗闇で乾かす
  - サラシの装具は、日中は乾かし、夜は暗闇で乾かす

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  - サラシの装具は、日中は乾かし、夜は暗闇で乾かす

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- サラシの装具は、日中は乾かし、夜は暗闇で乾かす
  - サ拉
6. めん へら に つ か ら 面
6-1. めん へ ら つ か ら に つ つ か ら

図：めんへらのつこの解剖

<table>
<thead>
<tr>
<th>部位</th>
<th>名称</th>
</tr>
</thead>
<tbody>
<tr>
<td>頭蓋部</td>
<td>めんへら</td>
</tr>
<tr>
<td>腦頂部</td>
<td>つこの</td>
</tr>
</tbody>
</table>

材料：めんへらの材料は、鉄、アルミ、ステンレス鋼、チタン、ドイツ銀。

仕様：成人13、子供14（最大15）。

目的：他の側の赤みにするのは、反射光を防止し、明るく見えるため。

作成方法：めんへらのつこの作成は、製作時に注意が必要です。作業方法は以下の通りです。

1. 装着後、適度で、動かしにくいものに重ねます。
2. つこの下部に、切り抜きを施します。
3. つこの下部を、約3日間、斜めに折り曲げ、固めにします。
4. つこの下部を、耳に添え、痛みを発生させないでください。
How to connect the men chikawa

Tie the men-chichi-gawa `leather loops' to the fourth bar (from the bottom).

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.
Putting on the tenugui

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

For beginners

A. たんぐいびんこ

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

†B Fold it in about a third from each end.

†C Insert the corners into the doubled over central section.

†D Put it on, with the thick side facing the front.

†E It should hide your ears, and the thick part should be on your forehead.
Fitting it exactly. 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.

C.
6-3. メンダしますと

「メンダ」とは、自分自身を守るために、自分の姿勢を整えることです。まず、足の位置を整えます。足が正しくならなければ、体勢も正しくありません。足は、床に平行に置きます。足の位置が正しくない場合、体勢が崩れやすくなります。

次に、手の位置を整えます。手は、体の前で持つことで、うまく対応ができます。手の位置が正しくない場合、体勢が崩れやすくなります。

最後に、頭の位置を整えます。頭は、体の上部に持つことで、うまく対応ができます。頭の位置が正しくない場合、体勢が崩れやすくなります。

体勢が正しくなければ、体のバランスが崩れ、 Accidentを起こす可能性があります。体勢を整えることで、Accidentを防ぐことができます。
Putting on the men

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.

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

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

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

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

Firmly tie the cords in a bow so that the men will not twist and adjust the lengths of cords so they are even.
To keep your "men" well:

- 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 the men futon and the edge of the men futon rubs against each other to the shoulder, 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 hung 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. 甲手の製作方法
7-1. 甲手の製作方法の概要

甲手は、甲・手の部分から成り、甲は手首部と前腕部の部分で、シーグルの海苔（数枚）を使用する。手の部分は、鹿の毛（または同物）で成り、2本のストリングを使用する。

甲手の大きさは、大きすぎると使いにくく、小さいと手が痛くなる。

材料：
甲手は、鹿の毛、青染めの布（または同物）、鹿の革、人工皮革（クラリーノ）、シルク（または化学繊維）、コットン、ラグ（または化学繊維）などから成り、2本の手ストリングを含む。

この図は、甲手の作り方を示しています。
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 your 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. 絹縫いの基本の手順

- 絹のコードを外側から規則的にループを作ります。
- 約3cmのテープをコードの先端に巻き取り、尖らせます。

始めること。まず、外側の肘近くを通ってコードを結び、端を切ります。
‡C symmetry

‡B The knot that joins the forearm part to the hand part.

‡D Lace the cords like a shoelace.

‡E
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. 防具袋の準備

防具袋は防具を運ぶのに使います。長期間防具を保管する場合、新聞や吸湿剤を使い防具を乾燥させることが重要です。また、防具が湿気にならないように注意が必要です。

8-2. 防具袋の使用

- F 折りたたみの「はかま」を下面に敷きます。
- W 「たれ」を「道」に回し、これに入めます。
- T 「めん」を入れます。
- G 「こて」を入れます。
- F 「軽いドモ」を折り入れます。

- F 防具袋から「軽いドモ」をつつみます。
- W 「こて」を右膝の前と右に並べます。これに「めん」を敷きます。
- T 「ぬぐい」を敷き、「めん」の上に置きます。
- G 「道」を取出し、名前が正面になるように、「はかま」を取出します。

注意：「こて」は前向き、斜め、左向きなど、道場によって異なります。

8-3. 防具袋の取り出し

- F 防具袋から「軽いドモ」をつつみます。
- W 「こて」を右膝の前と右に並べます。これに「めん」を敷きます。
- T 「ぬぐい」を敷き、「めん」の上に置きます。
- G 「道」を取出し、名前が正面になるように、「はかま」を取出します。

注意：防具袋から防具を取り出す際は、それぞれの項目を手順に従って行い、防具が破損しないように注意が必要です。
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.
<table>
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<td>saki-gawa</td>
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<td>8,11</td>
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</tr>
<tr>
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<td>三段</td>
<td></td>
</tr>
<tr>
<td>3-shaku</td>
<td>3尺</td>
<td></td>
</tr>
<tr>
<td>7-sun</td>
<td>7寸</td>
<td></td>
</tr>
<tr>
<td>shinai</td>
<td>筆刀</td>
<td></td>
</tr>
<tr>
<td>'(114cm) 5</td>
<td>'(114cm) 5</td>
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<tr>
<td>sanku</td>
<td>三段</td>
<td></td>
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<tr>
<td>3-shaku</td>
<td>3尺</td>
<td></td>
</tr>
<tr>
<td>9-sun</td>
<td>9寸</td>
<td></td>
</tr>
<tr>
<td>shinai</td>
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</tr>
<tr>
<td>'(120cm) 5</td>
<td>'(120cm) 5</td>
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</tr>
<tr>
<td>sanpachi</td>
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<td></td>
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<tr>
<td>seiza</td>
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<td>shaku</td>
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<tr>
<td>old Japanese unit</td>
<td>古日本人</td>
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</tr>
<tr>
<td>30.3 cm (10-sun)</td>
<td>30.3 cm (10寸)</td>
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</tr>
<tr>
<td>shinai</td>
<td>筆刀</td>
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<tr>
<td>(5)</td>
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<tr>
<td>shinogi</td>
<td>線</td>
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<tr>
<td>line through tip area</td>
<td>刀先部に線</td>
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<tr>
<td>shokkou</td>
<td>装飾部品 (刀と優れた</td>
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<tr>
<td>decorative section (on the do and men-tare)</td>
<td>装飾部品 (刀と優れた</td>
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<tr>
<td>28</td>
<td>28</td>
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</tr>
<tr>
<td>sun</td>
<td>入</td>
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<tr>
<td>old Japanese unit:</td>
<td>古日本人:</td>
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<tr>
<td>3.03 cm</td>
<td>3.03 cm</td>
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</tr>
<tr>
<td>tare</td>
<td>帯</td>
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</tr>
<tr>
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<td>腰帯</td>
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<tr>
<td>tenugui men</td>
<td>丁重</td>
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<td>tsuba</td>
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<td></td>
</tr>
<tr>
<td>guard</td>
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<tr>
<td>5,16</td>
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<tr>
<td>tsuba-dome</td>
<td>拡箇</td>
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<tr>
<td>guard stop</td>
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<tr>
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</tr>
<tr>
<td>tsuka</td>
<td>拷</td>
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<tr>
<td>hilt</td>
<td>拂</td>
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<tr>
<td>tsuka-gashira</td>
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<tr>
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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.