

1997 East vs West Japan Kendo Match  
Decided Technique

	Offensive Stroke	Defense + Counterattack (Oji waza)				Hiki waza	Total
		Debana	Suriage	Kaesi	Nuki		
Men	13	5	5	1	2	3	29 54.7%
Kote	7	11	1		1		20 37.7%
Do	1		1		1		3 5.7%
Tsuki	1						1 1.9%
Total	22	16	7	1	4	3	53
	41.5%		52.7%		5.8%		

- ### Invalid strike
- ▶ 相打ち both players simultaneously make valid strokes
  - ▶ The opponent shows
    - \* full spirit
    - \* proper posture
    - \* tip of Shinai is on the front of the chest

- ### Requirement of Valid Strike
- ▶ Appropriate posture
  - ▶ Fullness of spirit
  - ▶ Striking a proper striking zone  
men kote do tsuki
  - ▶ Strike with proper region and angle of blade
  - ▶ Zanshin

- ### Zanshin 残心
- ▶ Physical
  - ▶ Spiritual

- ### Valid strike special cases
- ▶ Strike the opponent as soon as
    - \* Drop the shinai
    - \* Step out of the court
    - \* Falls down
    - \* Just as the signal of the time out

- ### Datotsu-bui 打突部位 Target area
- ▶ Men  
syou-men 正面    migi-men 右面    hidari-men 左面
  - ▶ Kote  
migi-kote 右小手    hidari-kote 左小手
  - ▶ Do  
migi-do 右胴    hidari-do 左(逆)胴
  - ▶ Tsuki
- \* 防部体制による打突部位の変化  
Change of the target area at the defending posture.

## Monouchi 物打ち

- Sweet spot of katana or shinai

10 cm from the tip of Shinai

## Datotsu no Koki 打突の好機

### The best moment to strike

■ 技の起こり	beginning of strike
■ 技の尽きたところ	finishes a strike
■ 居ついたところ	stop to move
■ 受け止めたところ	moves for defense
■ 四戒が起こったところ	mental control is lost

\* 四戒 : The four unfavorable mental conditions: astonishment, fear, doubt and hesitation.

## Hasuji 刃筋

Angle of blade



## Strength and sharpness of the strike

### 打突の強さと 冴え

The Power of strike come from

- lumbar or abdomen
- swing of the arm and wrist.
- right and left hand cooperative grip

The crispness of strike come from

- tightening/loosening of the grip instantaneously
- adjusting of the balance between bilateral hands

Cooperation with the movement and power of the opponent

- 10+0=10 ... 8+2=10 ... 5+5=10

## Valid Strike

Components 要素

機会 rational & purposeful techniques

Requirement 要件

- Distance 間合
- Opportunity 機会
- Movement 体捌き
- Grip 手の内の作用
- Strength & Crispness of strike 強さと冴え
- Posture 姿勢
- Spirit 気勢
- Target area 打突部位
- Striking area of the Shinai 竹刀の打突部位
- Angle of the blade 刃筋
- Physical Stance 身構え
- Spiritual Stance 気構え

Zanshin 残心

## Ki-Ken-Tai no itchi

### 気剣体の一致

Ki	気	spirit
Ken	剣	handling of the Shinai stroke
Tai	体	body movement & posture