

## All Japan Kendo Federation

### The Regulations of Kendo Shiai and Shinpan and their Subsidiaries.

Effective on April 1<sup>st</sup>, 2019

#### Regulations

##### *(Shinai)*

Article 3: The shinai should be made from bamboo, or from synthetic material as a substitute for bamboo that is approved by the ALL JAPAN KENDO FEDERATION. The structure, length, weight, and diameter of the shinai, and specifications for tsuba are stipulated in the “Subsidiary Rules.”

Article 2: The specifications for shinai referred to in Article 3 of the “Regulations” shall be as follows:

1. The shinai shall consist of four slats and should not include therein other objects other than the core inside the sakigawa, and the chigiri at the end of the tsuka. Shinai with large gaps between the four slats when put together must not be used, neither should those which have been altered in a way leaving them clearly unsafe to use, or if the form has been altered. The names of the respective parts of the shinai are indicated in Figure 2.
2. Specifications for the shinai are indicated in Table 2, A and B. The length indicated therein refers to the total length of the shinai inclusive of its accessories; and the weight to the total weight thereof inclusive of its accessories other than the tsuba. The diameter of the shinai refers to the minimum diameter of the sakigawa as well as the minimum diagonal diameter of the chikuto (diagonal diameter of the area 8 cm from the shinai tip). Furthermore, the tip of the shinai is the thinnest part of the chikuto, and its thickness must increase as it gets closer to the mono-uchi.

##### *(Kendo-gu)*

Article 4: The kendo-gu shall consist of men, kote, do and tare.

Article 3: Kendo-gu referred to in Article 4 of the “Regulations” is illustrated in Figure 3.

1. Polycarbonate visors attached to the men must be of the type approved by the ALL JAPAN KENDO FEDERATION.
2. The men-buton must be long enough to protect the shoulder joints and be able to sufficiently absorb the impact of a strike.

3. The kote must protect over half the length of the forearm (the wrist to the elbow). The kote-gashira and kote-buton must be able to sufficiently absorb the impact of a strike.
4. With regard to the depth of the eguri (kuri), the difference between the longest and shortest lengths of the kote-buton must be within 2.5 cm.

Article 3-2: The kendo-gi sleeves must be long enough to cover the elbows.

*(Miscellaneous Prohibitions)*

Article 17: Shiai-sha are prohibited from engaging in the following acts:

1. The use of non-regulation kendo equipment.

Article 15: Non-regulation kendo equipment referred to in Article 17-1 of the “Regulations” refers to items other than the shinai as stipulated in Article 3 of the “Regulations” (limited to items that satisfy the criteria stipulated in Article 2 of the “Subsidiary Rules”), as well as kendo-gu (men, kote, do, tare as illustrated in Figure 3) as stipulated in Article 4 of the “Regulations.” Furthermore, if kendo-gu and kendo-gi do not conform to Article 3-2 to 3-4 of the “Subsidiary Rules”, and Article 3-2 of the “Subsidiary Rules”, they will be deemed non-regulation. In such cases, a warning will be issued by a referee after a match has finished.

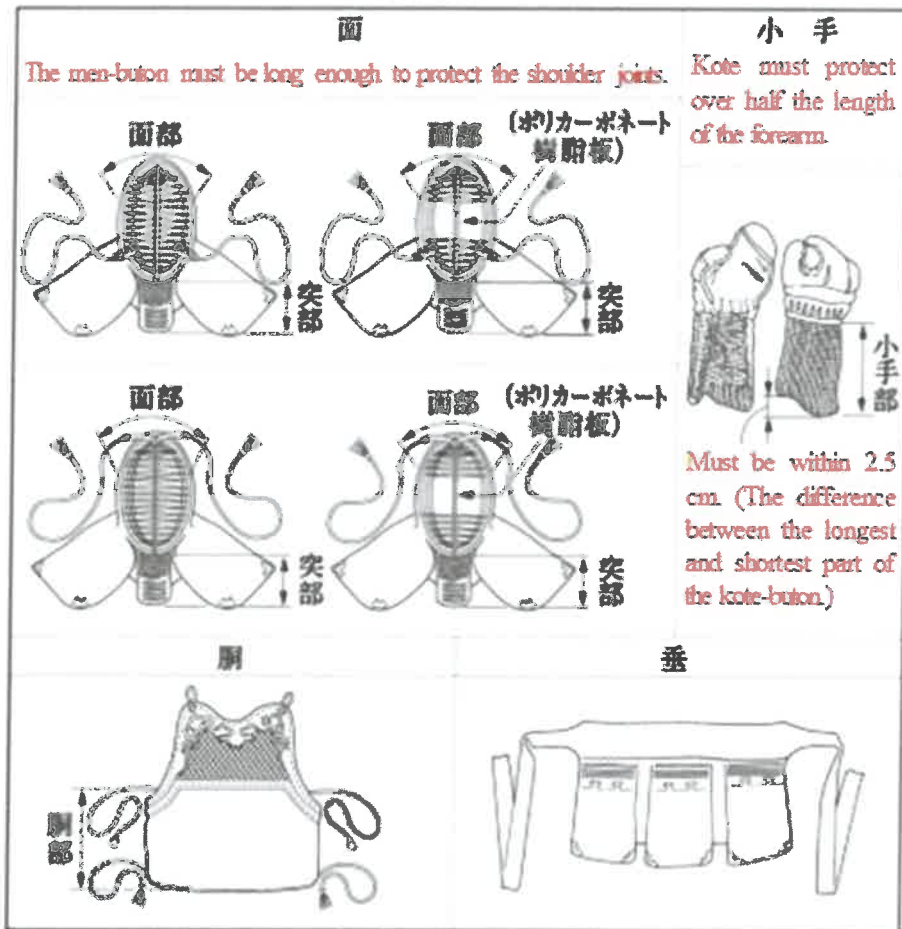
### Specifications of Shinai (*Itto*)

	Sex		Junior High School (12-15yrs)	High School (15-18yrs) and the same age bracket	University and other Adults (18yrs and up)
Length	Male/Female		≅ 114cm	≅ 117cm	≅ 120cm
Weight	Male		≅ 440g	≅ 480g	≅ 510g
	Female		≅ 400g	≅ 420g	≅ 440g
Diameter	Male	Sakigawa	≅ 25mm	≅ 26mm	≅ 26mm
		Chikuto	≅ 20mm	≅ 21mm	≅ 21mm
	Female	Sakigawa	≅ 24mm	≅ 25mm	≅ 25mm
		Chikuto	≅ 19mm	≅ 20mm	≅ 20mm

### Specifications of Shinai (*Nito*)

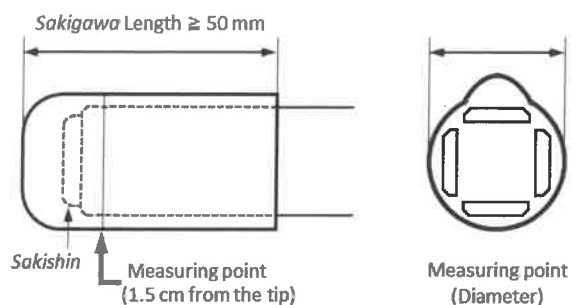
	Sex		University Students and other Adults (18yrs and up)	
			Daito (Longer sword)	Shoto (Shorter sword)
Length	Male/Female		≅ 114cm	≅ 62cm
Weight	Male		≅ 440g	280~300g
	Female		≅ 400g	250~280g
Diameter	Male	Sakigawa	≅ 25mm	≅ 24mm
		Chikuto	≅ 20mm	≅ 19mm
	Female	Sakigawa	≅ 24mm	≅ 24mm
		Chikuto	≅ 19mm	≅ 19mm

### 第3図 剣道具および打突部位

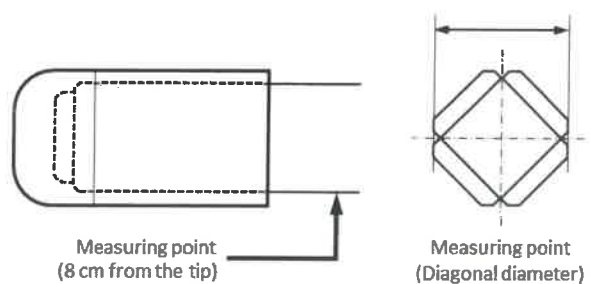


\* The men-buton, kote-gashira and kote-buton must be able to sufficiently absorb the impact of a strike.

How to measure the diameter of *Sakigawa*

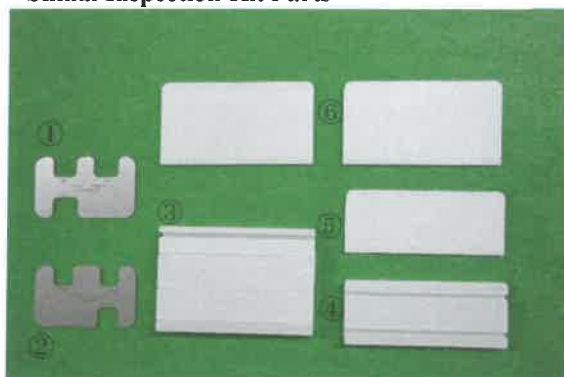


How to measure the diameter of *Chikuta*



# Shinai Inspection Kit Instruction Manual

## Shinai Inspection Kit Parts



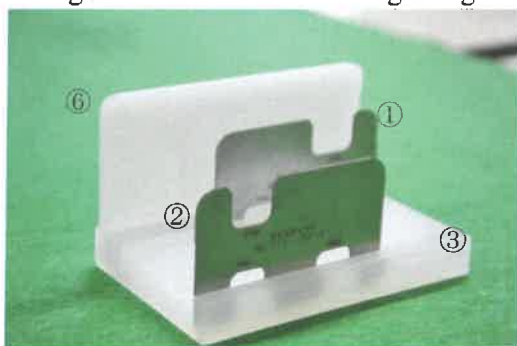
Contents (when purchased as a set):

- ① *Sakigawa* inspection gauge x1
- ② *Chikuto* inspection gauge x1
- ③ *Shinai* tip inspection rack base x1
- ④ *Tsuka* rack base x1
- ⑤ *Tsuka* support plate x1
- ⑥ End plates x2

※ ① and ②, as well as a set of ③~⑥, can be purchased individually.

## How to use

### 1. Regular method for measuring using an inspection rack



③+① and ②+⑥: *Shinai* tip inspection tool



④+⑤+⑥: *Tsuka* support rack

#### Note:

Even though the pieces are manufactured to fit together, insertion may prove difficult. If this is the case, use a wooden hammer and lightly tap the pieces into place.

How to use the inspection gauge in the *shinai* tip inspection tool

※ The values are shown in the table below

※ Age brackets: University students and other adults (18yrs and over) / High school students (15-18yrs) / Junior high school students (12-15yrs)

University, adults (male)

High school (male)

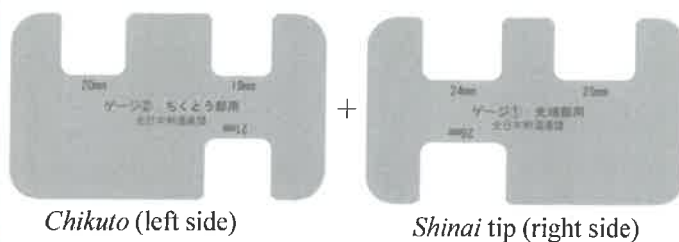


*Chikuto* (left side)



*Shinai* tip (right side)

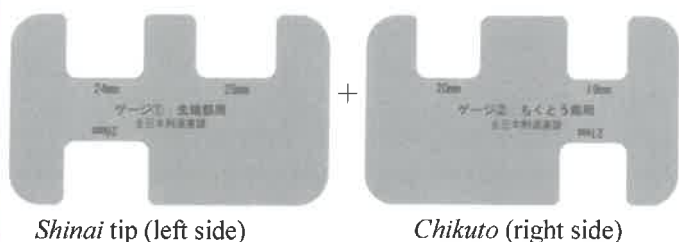
University, adults (female)  
 High school (female)  
 Junior high school (male)  
 Nito long sword (male)



Chikuto (left side)

Shinai tip (right side)

Junior high school (female)  
 Nito short sword (male)  
 Nito long sword (female)



Shinai tip (left side)

Chikuto (right side)



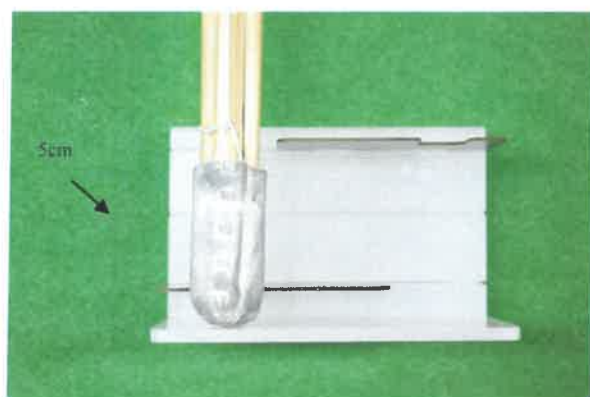
(1) Set the length according to type of *shinai* being measured.

University, adults:  $\leq 120\text{cm}$

High school:  $\leq 117\text{cm}$

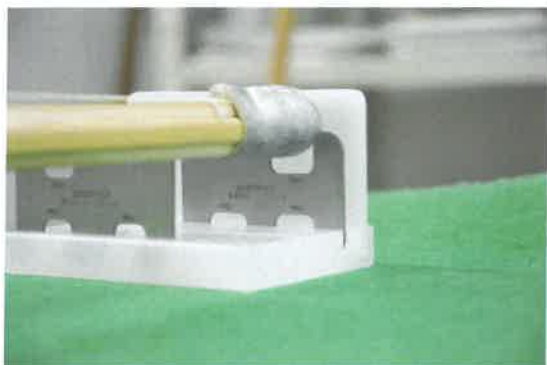
Junior high school / *nito* long sword: 114cm or under

*Nito* short sword:  $\leq 62\text{cm}$



(2) The *tsuru* should face up when resting on ①.

(3) Check the length of the *sakigawa* is 5cm or over.



- (4) Measure the diameter of the *sakigawa*
- University, adults (male) / high school (male):  $\geq 26\text{mm}$
  - University, adults (female) / high school (female) / junior high school (male) / *nito* long sword (male):  $\geq 25\text{mm}$
  - Junior high school (female) / *nito* long sword (female) / *nito* short sword (male & female):  $\geq 24\text{mm}$



- (5) Measure the diagonal diameter of the *chikuto* by placing in ② with the *tsuru* facing diagonally up.
- University, adults (male) / high school (male):  $\geq 21\text{mm}$
  - University, adults (female) / high school (female) / junior high school (male) / *nito* long sword (male):  $\geq 20\text{mm}$
  - Junior high school (female) / *nito* long sword (female) / *nito* short sword (male & female):  $\geq 19\text{mm}$

## 2. Simple method for measuring without an inspection rack using only an inspection gauge



- (1) Stand the *shinai* with the *sakigawa* tip on a table or the floor.
- (2) Gauge ① should be placed 1.5cm from the *sakigawa* tip parallel to the table or floor.



- (3) Gauge ② should be placed 8cm from the tip of the *sakigawa* to measure the diagonal diameter.

※The official way to conduct an inspection is by using the weight of the *shinai* when placing it on the gauge: do not push the *shinai* into the gauge. Furthermore, as this is only a simple method to conduct an inspection, it does not guarantee a pass in an inspection on the day of a competition.

### Specifications of Shinai (*Itto*)

	Sex		Junior High School (12-15yrs)	High School (15-18yrs) and the same age bracket	University and other Adults (18yrs and up)
Length	Male/Female		$\leq 114\text{cm}$	$\leq 117\text{cm}$	$\leq 120\text{cm}$
Weight	Male		$\geq 440\text{g}$	$\geq 480\text{g}$	$\geq 510\text{g}$
	Female		$\geq 400\text{g}$	$\geq 420\text{g}$	$\geq 440\text{g}$
Diameter	Male	Sakigawa	$\geq 25\text{mm}$	$\geq 26\text{mm}$	$\geq 26\text{mm}$
		Chikuto	$\geq 20\text{mm}$	$\geq 21\text{mm}$	$\geq 21\text{mm}$
	Female	Sakigawa	$\geq 24\text{mm}$	$\geq 25\text{mm}$	$\geq 25\text{mm}$
		Chikuto	$\geq 19\text{mm}$	$\geq 20\text{mm}$	$\geq 20\text{mm}$

### Specifications of Shinai (*Nito*)

	Sex		University Students and other Adults (18yrs and up)	
			Daito (Longer sword)	Shoto (Shorter sword)
Length	Male/Female		$\leq 114\text{cm}$	$\leq 62\text{cm}$
Weight	Male		$\geq 440\text{g}$	280~300g
	Female		$\geq 400\text{g}$	250~280g
Diameter	Male	Sakigawa	$\geq 25\text{mm}$	$\geq 24\text{mm}$
		Chikuto	$\geq 20\text{mm}$	$\geq 19\text{mm}$
	Female	Sakigawa	$\geq 24\text{mm}$	$\geq 24\text{mm}$
		Chikuto	$\geq 19\text{mm}$	$\geq 19\text{mm}$

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