

## **Nito Kendo Shinpan Points:**

Become familiar with the strikes and how they differ from itto strikes.

Do not judge nito yuko datotsu more critically just because it is “not standard” or unusual.

Pay attention to the orientation of the tsuru during the strike.

### From the ZNKR Shinpan Subsidiary Rules:

1. *Nito* shall be handled in the following way
  - (1) Both the *Daito* and *Shoto* shall be carried by the left hand in *Sageto*;
  - (2) In taking *Kamae*, first, one *Shinai* to be held by the left hand shall be drawn by the right hand and passed to the left hand, then the other *Shinai* held by the left hand shall be drawn by the right hand for *Kamae*;
  - (3) To do Noto of two *Shinai*, first, the one in the right hand shall be replaced into the left hand and the second one in the left hand be replaced by the right hand to the left hand; and
  - (4) Other than the three exceptions listed above, the manners for *Shiai-sha* using *Nito* shall be the same as those for *Itto*.

### From the ZNKR Shinpan Guidebook:

Regarding Nitō

- 1) The kotachi can be used to make a yūkō datotsu providing the tachi is controlling the opponent’s tachi at the time of the datotsu, during the hit the elbow must be extended properly, and the criteria for yūkō datotsu must be met. However as a basic rule, a datotsu made from tsuba zeriai with the kotachi is not valid.
- 2) If a shinai is damaged in the middle of the shiai, and no replacement shinai is available, then the competitor loses the match due to their inability to compete.
- 3) For Nitō Tsuba Zeriai, it is a penalty unless the swords are crossed so that the kotachi is below and the tachi is on top.

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(Example 3) Does “Katate waza have to be firmly hit” to be considered for ippon” (Does it need to be particularly firm or decisive)?

(Explanation) - If it meets the requirements for yūkō datotsu then it is ippon.  
- No specific criteria exists for “how hard should the hit be”. The decision should be based only upon your experience and the definition of yūkō datotsu.  
- Opinions can vary between shinpan-in but working together three shinpan-in can reach an objective conclusion.

(Example 6) Why is use of the Kotachi (small sword) so restricted in Nitō?

(Explanation) - Nitō is allowed in order to preserve the culture and tradition of Kendō. Therefore restrictions are made regarding the use of Nitō for the sake of fairness and safety.

### **Additional things to keep in mind:**

#### **1. Handling of Nito shinai;**

Be careful not to hold Shinai under your arm when taking Kamae and/or doing Noto.

As in the instruction provided in the ZNKR Shinpan Guidebook (above).

Regardless of which nito kamae you will assume, (sei nito, or gyaku nito) when you reach the kaishisen line and go into sankyo, both shinai will be in your left hand. Use your right hand to place the appropriate shinai in your left so that the kensen is pointing toward your opponent. Using your right hand again, grasp the shinai you intend to hold in the right by the tsuba, and assume chudan no kamae. This is the correct way to manage the shinai movement for sei nito (shoto left, daito right) and gyaku nito (daito left, shoto right). The motion is reversed at the end of the match during noto.

#### **2. Striking with the Shoto**

The minimum requirement for making yuko datotsu using Shoto is to have the Daito physically control (pressing) the opponent's tachi at the time of the strike.

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However, it is generally rare that striking by Shoto will result in a yuko datotsu.

### 3. Tsuba Zeriai

Same as the instruction provided in the ZNKR Shinpan Guidebook (above). It is important that Shoto is below (toward the opponent) and Daito is on top (closer to you) so that your two tsuba and the opponent's one tsuba (3 in total) are all in contact with each other. It is ok to come out of this position when you attempt to strike, however coming out of this position without doing anything is a penalty.

### 4. Changing Shinais during Shiai (a match)

You are not allowed to change from Itto to Nito (and vice versa) during a match. However, you are allowed to change between each match (for example, you take Nito during the first match but you can change to Itto for the next match). Therefore, if either Shoto or Daito is broken during a match and you don't have a replacement, you will be disqualified and not allowed to continue the match.

### 5. Disarming Shinais

It is a yuko datotsu if you strike using Daito at nearly the same time as your shoto is knocked away by disarmament (points have been scored in this exact situation at major taikai). However, if your opponent strikes you as soon as you are disarmed, your opponent scores a point. Otherwise, it is a penalty against you for dropping your sword.

### 6. Changing Nito style during Shiai (a match)

It is permissible to change from Sei-nito to Gyaku-nito (and vice versa) during a match. However, it is a penalty if you touch the sword on the blade area or if you drop the shinai as you switch between Nito styles.