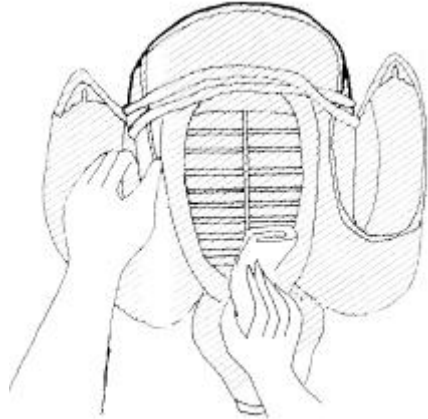


## 6 - 4 . How to keep your men well .

When you have finished using the "men", 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 men futon and the edge of men futon rubs against each other to the shoulder can thin completely, let's have Mr. protector shop apply the cloth and leather before inside cotton and the rug are seen.



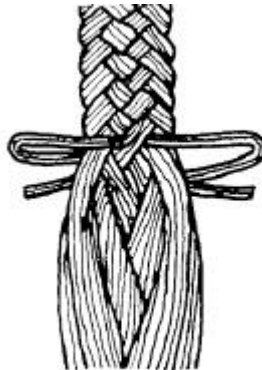
### Adjusting the lengths of the men cords

Put your "men" on and tie the cords. Adjust the cords so that they hang 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



Wrap the two strands once round the whole cord.

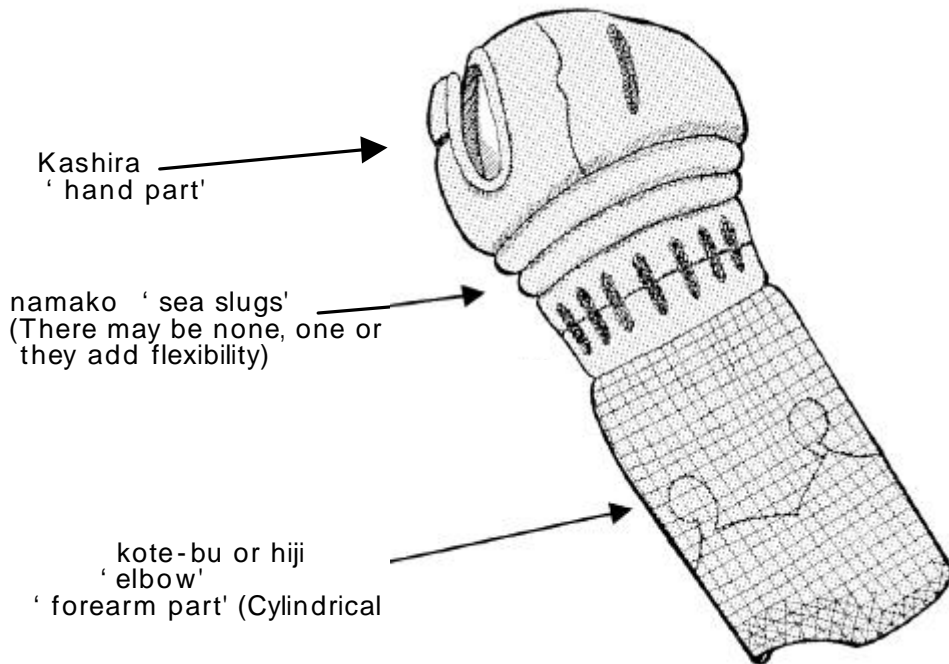


Tie them tightly and arrange them neatly.



# 7 . The kote ' gauntlets' 小手・甲手

## 7 - 1 . The construction of the kote



The kote is made of indigo dyed cloth and deer hide, silk (or equivalent) ornamental thread, cotton or blanket material, the hand-part is made of deer hair (or equivalent) and two cords.

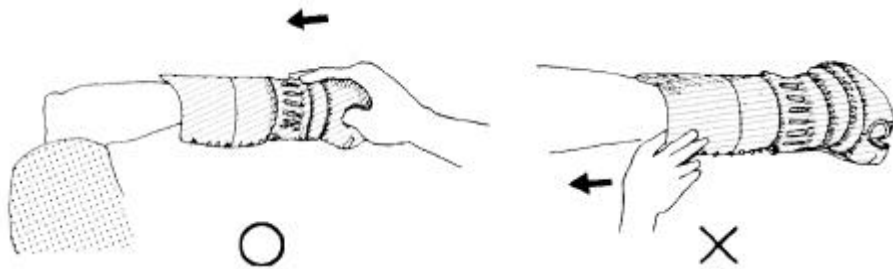
**Size;** It is not easy to use when it is too large, and when it is small, can <hand> do the diligence.

**Material;** Kote is made with the hair of the deer in the decoration string of a cotton cloth of the indigo dye, deer's skin, artificial leather (clarino), and silk (or, chemical fiber), cotton, rugs (or, it is old blanket), and heads (or, chemical cotton) and two etc. small hand strings.

## 7 - 2 . Putting on the kote

Put on the kote by pushing the glove.

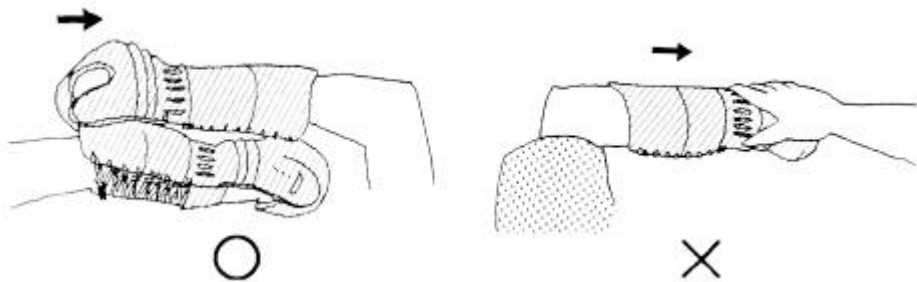
If you pull the forearm section you will deform the kote and hurt the joint.



## 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.

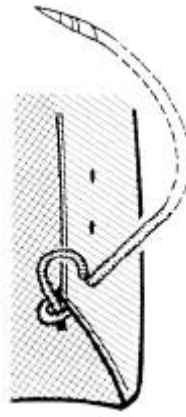
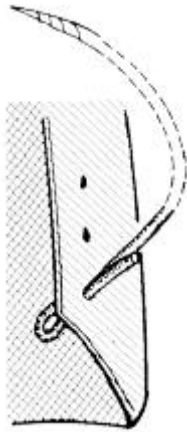
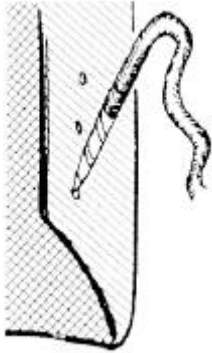


## 7 - 5 . Tying the kote cords

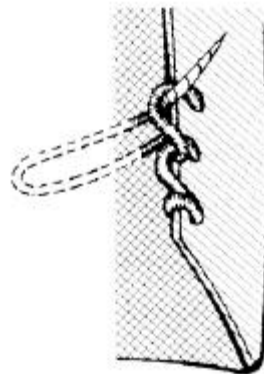
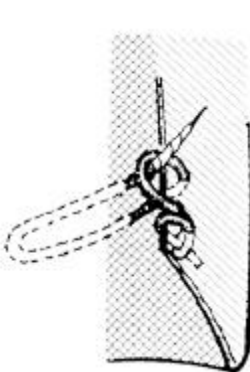
Wind about 3cm of scotch tape to the end of the cord and make it into a point.



Start to thread. First pass the cord from the outside nearest the elbow and tie off the end.

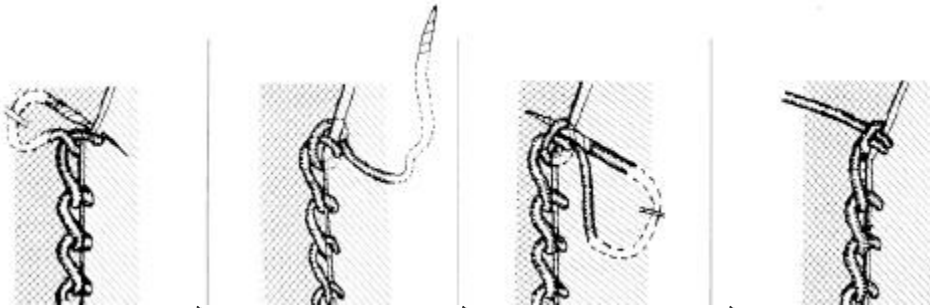


Threading the cord from the outside, make a series of loops.

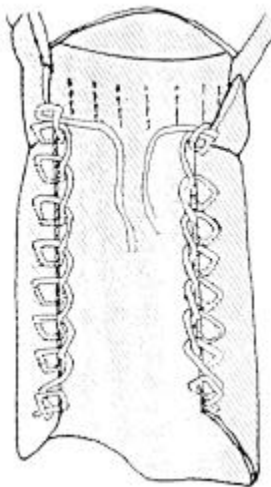


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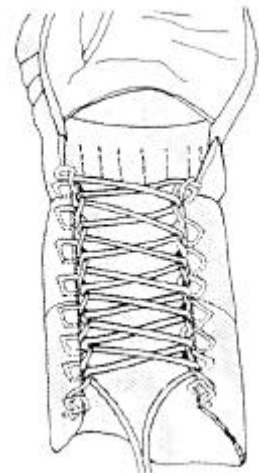
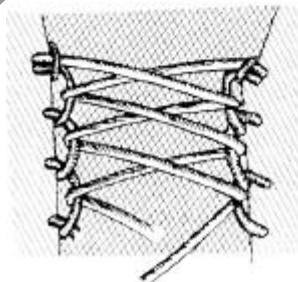
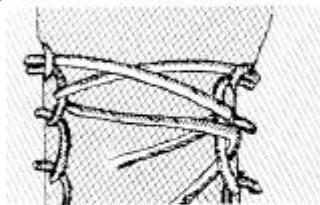
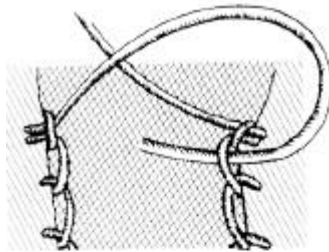
The knot that joins the forearm part to the hand part.



symmetry

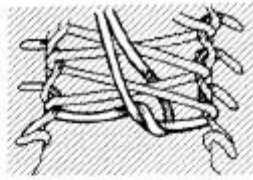


Lace the cords like a shoelace.

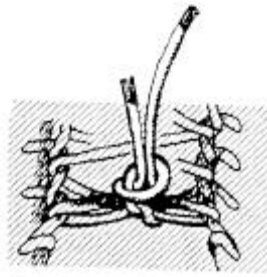
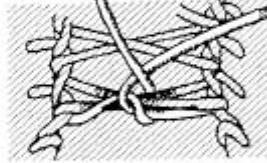


The finishing touches

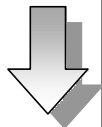
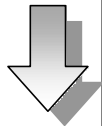
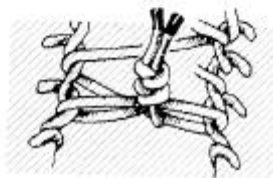
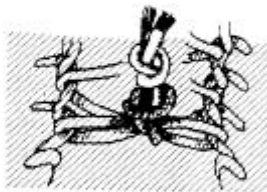
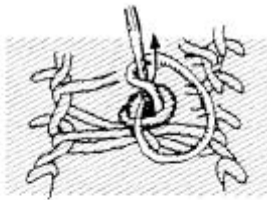
Gather the two cords together.



Tie each cord to the other.



Retie them to each other.



## 8 . The equipment bag 防具袋

### 8 - 1 . The construction of the equipment bag

The carrying bag is for carrying your gear, not storing it. If you need to leave the gear in for a while then you should use newspaper and desiccants to help keep it dry, and you need to be careful of mold.

### 8 - 2 . Putting the gear in

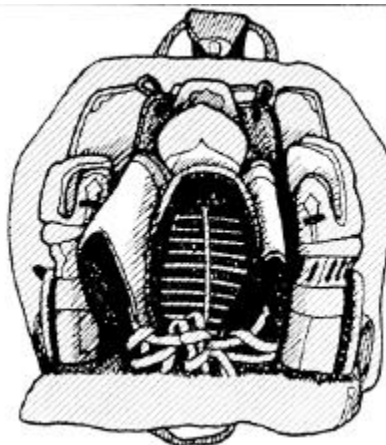
Fold the "hakama" and lay them on the bottom.

Wrap the "tare" round the "do" and put them in.

Put the "men" in.

Put the "kote" in.

Fold the "kendogi" and put it in.



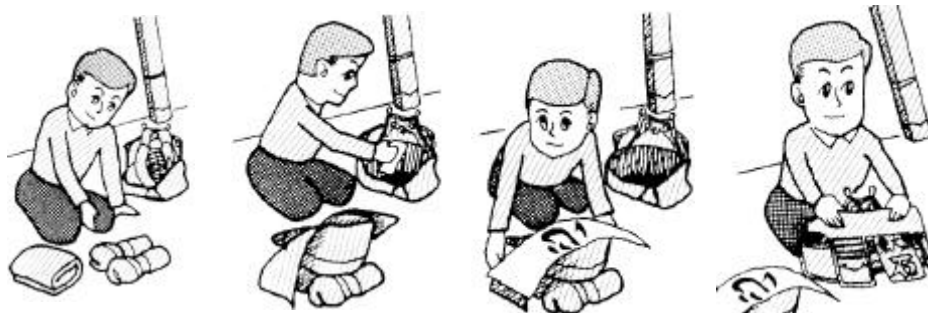
### 8 - 3 . Taking the gear out

Take out the kendogi and kote.

Put the kote in front of and to the right of your right knee and then put your men on them.

Spread the tenugui on top of the men.

Take the do out and place the tare so your name faces the front, and take your hakama out.

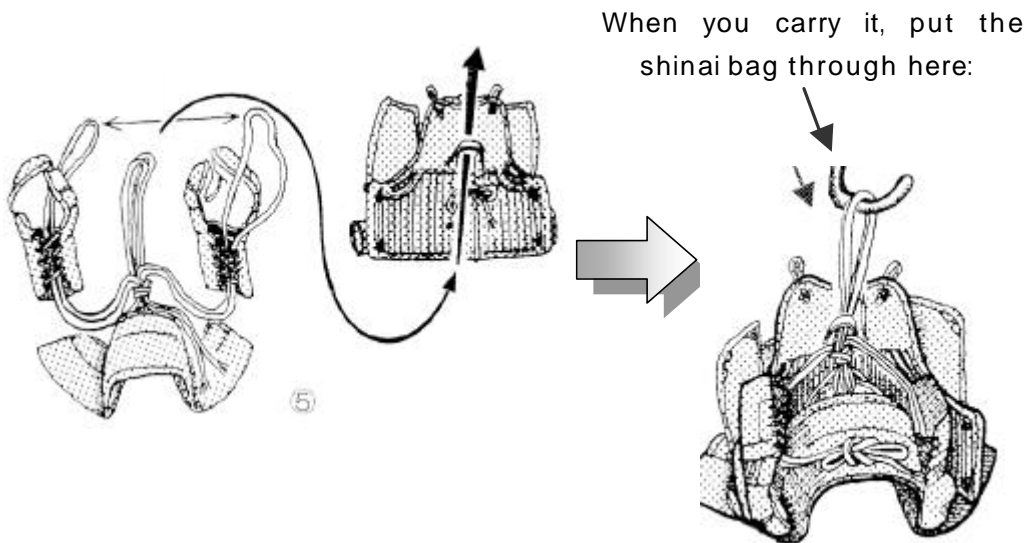
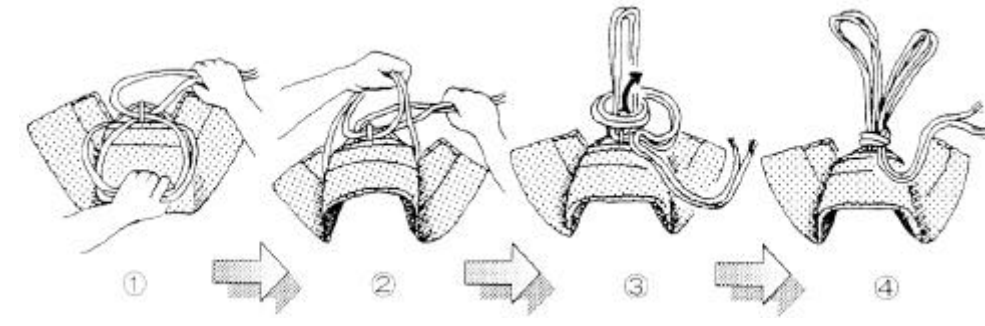


Note: The "kote" can face forwards or sideways or even be placed in front of your left knee, depending on the custom where you practice.

## 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.



Note: Some people loop the cord round the kote's hand part, but it damages them.



## 9. Glossary

Names or words	Explanations or notes	page
Bokuto or bokken	wooden sword	17
chichi-gawa	leather loops	27,28,33,35
chigiri	small iron plate in the shinai handle	10
do	breastplate	27
do-yoko-chichi-gawa	side leather loops(of the do)	27,28
dodai	do plate	27
dojo	training hall	48
ha	blade	17
hakama	trousers	21
haraobi	gut belt	25
hiji	elbow	42
himo	cord, sash or string	41,44
jinbu	blade	17
kanji	Chinese characters	
kashira	hand part (of the "kote")	17
katana	Japanese sword	17
kawa-himo	leather loop (on the hilt leather)	12
keichiku	a kind of bamboo (that grows in warm areas)	6
keikogi	training jacket	18
kendogi	training jacket	18
kensen	sword tip	5
kissaki	sword tip	17
komono	small leather loop (on the tsuru)	13
koshi-ita	back plate (of the hakama)	21
kote	gauntlets	42
kote-bu	forearm part (of the kote)	42
men	helmet	34
men-buton-bu	the men futon area	34
men-chichi-gawa	leather loops (on the men)	34,35
men-gane	men grill'	34
madake	one of Japanese bamboo (Phyllostachys bambusoides)	6
mine	back of blade	17
mono-uchi	cutting area (of the shinai)	17
monomi	the wide gap (in the men grill)	34
mosochiku	a thick-stemmed bamboo (Phyllostachys pubescens)	6
nakayui	leather thong' (on the shinai)	15
namako	sea slugs (on the kote)	42
ootare	big flap	25
ni-tou	two swords	5
saburoku	3-shaku 6-sun shinai'(111 cm)	5

saki-gawa	leather tip	11
saki-gomu	rubber tip	8,11
san-nana	3-shaku 7-sun shinai'(114cm)	5
sanku	3-shaku 9-sun shinai'(120cm)	5
sanpachi	3-shaku 8-sun shinai'(117cm)	5
seiza	formal kneeling position	29
shaku	old Japanese unit 30.3 cm (10-sun)	5
shinai	bamboo sword	5
shinogi	line through tip area	17
shokkou	decorative section (on the do and men-tare)	28
sun	old Japanese unit: 3.03 cm	5
tare	waist armor	25
tenugui	men towel	36
tsuba	guard	5,16
tsuba - dome	guard stop	5
tsuka	hilt	5
tsuka-gashira	pommel	5
tsuka-gawa	hilt-leather	5
tsuki	throat target area	34
tsuki-tare-bu	the throat flap	34
tsuru	cord (on the shinai)	5,8,12

# In conclusion

To do kendo safely, it is important to 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.

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 can 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.

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