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Present Status of Kendo Practice as Part of Fundamental Physical Education at Keio University

*By Kunikichi Kaneko**

Summary

The present status and contents of the Kendo Practice as part of the fundamental physical education carried out at this university may be summarized as follows.

The practical Kendo course per class is designed to be completed with attendance for a total of five weeks, once a week for 100 minutes. Most attending students are unexperienced. This paper reports on efforts to attain the physical effect of the Kendo in such a limited amount of time for possible contribution to the future of the Kendo practice, by describing which instructions are given, and to which extent the practice can actually be realized by reference to its contents and technical steps.

The general purpose of the fundamental physical education carried out at this university is not to seek for mere technical acquisition of athletic art, but to contribute to the fostering of the "Source of Dignity" for students. This principle is also applied to the Kendo practice; in order to meet the established purpose, importance is attached to the instruction chiefly intended for the physical effect through the actual practice, as well as the formation of character that may be attained in the course, without either merely striving for technical acquisition of athletic arts or stressing the particularity of the Kendo.

The contents of the practical Kendo lesson are as follows:

1st week

1. Preliminary oral instructions
2. Basic order of actions

2nd week

1. Oral instructions on handling and actual fitting of protections

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2. Basic striking and passing techniques
   (Striking and passing on the face, trunk and forearm)

3 rd week

1. Repetition (review) of what has been learned in the previous week, such as fitting of protections and techniques of striking and passing on respective body parts.
2. Applied practice based on learned techniques, featuring challenging act.
3. Face-to-face practice

4 th week

1. Repetition (review) of what has been learned in 2 nd and 3 rd weeks
   (Fundamental and applied techniques)
2. Defensive techniques
3. Technical theory
4. Face-to-face practice

5 th week

1. Explanation of rules and refereeing for actual competition
2. Tryout

This report may give an impression that there is much to be done as compared with the amount of time to be spent on it. However, as has been stated, the purpose of the physical education here is not necessarily to attain the technical acquisition only, and when this, as well as the physical strength of the students and others, is considered, this way of dealing with them by dividing the five weeks' lesson into oral and practical instruction should allow them to get an insight into the general picture of what the kendo is, and to understand general principle of its techniques. In addition, lecture on the history of the Kendo is included whenever time allows in each lesson.