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Body-form of Japanese Fencer (*Kendō-ka*)

*By Shuji Fukumoto**

Concerning the study of body-form of a Japanese fencer (*Kendō-ka*), no detailed and distinguished study could have been made as are seen in other field of sports. Therefore, in order to make clear the exercise effects by fencing or the characteristics of body-form of a fencer (*Kendō-ka*), this time by sub-dividing every part of the body which is used in not a little extent, we have established twenty-four survey items and tried to examine differences between the common people and fencers (*Kendō-ka*) item by item.

As a result "consciousness" could be found between the common and the fencers (*Kendō-ka*) in such respects as the girth of chest, the breadth of chest, the thickness of chest, the girth of insteps, the length of legs, the girth of neck and the girth of wrists.

As to chest, namely the thickness of chest, the breadth of chest and so forth, the related muscle group and the thorax are supposed to have been developed through the particular fencing exercises such as striking and thrusting by means of upper limbs, which seems to be the most violent exercises in some cases.

As to the girth of neck, the related muscle group of neck is naturally considered to have been developed because of the characteristics of fencing (*Kendō*), that is the exercises with about two kg. face-guard on and the exercises necessitating the constant maintenance of stability of necks.

As to the growth of the girth of wrists, it was caused by the development of the carpal joint or the tendon of palmar muscle etc. caused by the violent movement of fencing (*Kendō*).

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As to the growth of the girth of insteps, it was caused by the development of the related muscle group of the right leg stepping which is peculiar to fencing (*Kendō*).

Considering above mentioned matters together with the first report of the previous year, we can find characteristics of the body-form of fencers (*Kendō-ka*) to a considerable extent.

Particularly, this time a remarkable growing tendency on wrists, ankles, the girth of neck, the girth insteps etc., could be found and these are considered to have been caused by the exercise effects of fencing practices.

This also could be considered of striking characteristics of body-form of fencers (*Kendō-ka*).