

Title	How to pull back the left leg when attacks are made
Sub Title	
Author	福本, 修二(Fukumoto, Shuji)
Publisher	慶應義塾大学体育研究所
Publication year	1974
Jtitle	体育研究所紀要 (Bulletin of the institute of physical education, Keio university). Vol.14, No.1 (1974. 12) ,p.73- 73
JaLC DOI	
Abstract	
Notes	Abstract
Genre	
URL	<a href="https://koara.lib.keio.ac.jp/xoonips/modules/xoonips/detail.php?koara_id=AN00135710-00140001-0073">https://koara.lib.keio.ac.jp/xoonips/modules/xoonips/detail.php?koara_id=AN00135710-00140001-0073</a>

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# How to Pull Back the Left Leg When Attacks Are Made

By *Shuji Fukumoto*\*

## 1. Purpose:

In many sports, to study movements of the legs before they are moved and during their movements is one of the essential subjects. As I consider the way by which those who practice *Kendō* (Japanese fencing) pull back their left legs consists a factor which raises their attacking effects, in other words, to make a posture as a reflexive motion just before attacking with their *shinai* (bamboo swords), comparisons were made in my study as to basic and applied attacks with laymen (who have not practiced *Kendō*) and those who have had experiences of practicing as subjects.

## 2. Summary:

Those having had experiences always pull back their left legs in order to make their bodies balanced, thus preparing themselves for their next motions. While laymen begin their attacks before balances of their bodies have been made. The above was my understanding obtained in my study. Experienced people can pull back their left legs reflexively, as a result, I consider, they have created more effective motions. It seems that stability of bodies, which is obtained by pulling back left legs effectively, produce effective attacks.

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