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# The Function of the Left Legs in *Shō-men* Hitting (*Kendō*)

By *Fumio Ueda*\*

## I. Purpose

The purpose of movements in *Kendō* lies in acquiring effective hits, and as an element to make the hits most effective, action of the legs is considered. Studies of the movements of the legs have so far been made by Nakano, Tsuboi, Fukumoto and others; analyses of the movements of the legs during hitting movements were made, and many papers were produced by these authorities on the use of the body, the function of the arms, the change of respective angles, the hitting speed, the time required for making hits, the electromyogram and also on the pulling up of the left leg, etc. However, as to the changes in the angles of the legs caused by the raising of the left heel while *Shō-men* hitting motion are made, literature is scarcely found. Therefore, a study was made on the effectiveness of *shō-men* hits; and this effectiveness must change according to the state of raising of the left heel.

## II. Summary

When comparison was made between trained and untrained, the former generally showed a tendency superior to the latter as to respective angles. However, in some of the trained, in the cases of zero angle and 21 to 30 angles, some differences were seen in the use of their knees and ankles. While in the cases of angles in the 31 to 40 angles, the 41 to 50 angles and the 51 to 60 angles, almost the same tendency was shown and it is considered that movements were made more effectively. Of all the angles, in the case of 31 to 40 angles, seeing from the use of both knees and the use of the ankles, the relations between the angles of the left thighs and those of the right thighs and others, the left knees were stretched and the right legs swung up when left legs were departed from the floor, and as a result, the center of gravity was kept high. The tendency found in my study made on the 31

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to 40 angles was like that found so far as to trained. Therefore, in my measurement, the result was that the frontal hits made with the angles from 31 to 40 were most effective.