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# The Function of the Right Leg in *Shō-men* Hitting (*Kendō*)

By *Fumio Ueda*\*

## I. Preface

Studies on the analysis of *Kendō* movements have been found very often. However, as to measurements of portion of movements, most of them are still left incomplete. Especially in *Kendō*, function of legs is considered one of important elements which are essential to make hits effective. Studies were made to see how right leg's stepping forward movements were made and how the movements of the body were done by the movement of the right leg. Exercisers were directed to perform *men*-hitting, and observation was focused on how their right legs were raised and on the distance their right legs were stepped forward as well as on how their bamboo swords were raised basically. In a word, the objective of the study was to grasp the movement phenomenon of their right legs when they were stepped forward.

## II. Conclusions

In making *men*-hits, trained *Kendōmen*'s right legs are stepped forward widely and before their right legs had not touched on the floor, their hits were made. It seems that even when their right legs are raised high and stepped forward widely, their postures are kept reasonably and effectively. This may be a function to raise the efficiency of hitting movements.

On the other hand, in the case of untrained exercisers, a tendency of their right legs touching on the floor before their making hits was seen. This is a movement made to get back from a sense of stability earlier from the posture by which a hit was made instabilizedly in the air. In doing so, it seems that the forward movement of the body is made difficult, resulting in a tendency in which the upper body falling forward. Such a posture, in comparison with that of trained *Kendōmen*, is not a good one, and on the whole, inexperienced exercisers are considered to be making their hits inefficiently. Of course, inefficient hitting can be improved through

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experiences. From the result of the measurements, a tendency that experienced Kendōmen's right legs were raised forward highly and stepped forward was noted, and this tendency was the same as studies.