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| Title            | On effectiveness of hittings and concerted actions between legs and arms in kendo : in the cases of men, kote and do hitting  |
| Sub Title        |   |
| Author           | 植田, 史生(Ueda, Fumio)   |
| Publisher        | 慶應義塾大学体育研究所   |
| Publication year | 1985  |
| Jtitle           | 体育研究所紀要 (Bulletin of the institute of physical education, Keio university). Vol.25, No.1 (1985. 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=AN00135710-00250001-0073">https://koara.lib.keio.ac.jp/xoonips/modules/xoonips/detail.php?koara_id=AN00135710-00250001-0073</a> |

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# On Effectiveness of Hittings and Concerted Actions

## Between Legs and Arms in *Kendō*

— In the Cases of *Men*, *Kote* and *Dō* Hitting —

By *Fumio Ueda*\*

### Preface

As is generally known, in *Kendō*, individual fencers confront each other and, in an instant finding a chance, hit on the hitting part exactly with a full spirit and in a right posture with the hitting part of a *Shinai* (bamboo sword).

Hitting motions somewhat differ depending upon the difference in the distance, direction and height of the opponent. Especially, the degree of concerted action of the movement of both legs is considered to differ when tricks such as hits on the *Men*, *Kote* and *Dō* are made respectively.

In this study, *Shō-men* hitting, right *Kote* hitting and right *Dō* hitting were made subjects, and studies were made on how the arms and legs were moved concert when tricks were made successfully making those tricks effective. It is considered that knowing the characteristics of the arms and legs in respective tricks is one of the important requisits in giving coaching in *Kendō*.

### Summarization

In *Kendō*, every fencer should have his arms and legs in a concerted state and judge his opponent's conditions correctly and perform tricks exactly, his arms and legs are in alignment with his opponent's state. Therefore, proficiency of action appropriate to any trick is considered to increase the effectiveness of the trick. Also, it was made clear in the study that the manners of concert of the arms and legs differ respectively in *Shō-men* hitting, right *Kote* hitting and right *Dō* hitting. This finding may propose that *Kendō* coaching should be given differently according to the relations between the arms and legs.

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\* Assistant of the Institute of Physical Education, Keio University.