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Author	福本, 修二(Fukumoto, Shuji)
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A Consideration about an Effective strike in “*Kendō*”

By *Shuji Fukumoto**

1. Purpose

This study is about the relationship between the actions of a player who tries to strike men (striker or offense), and those of a player who receive the strike (receiver or defense).

During the practices and the matches, I recorded the postures the actions of sword manipulation of the two players when the striker succeeded or failed in striking men in 16 mm film, and I compared and examined them.

2. Results

1. To succeed in striking men, the striker was seen to strike in these three opportunities: when the opponent started his hitting-motion, when the opponent stopped the motion, being off his guard in his mind, and when the opponent was with drawing.

2. In any of these three case, when the striker succeeded in striking, his posture was stabilized and the speed of the actions and the sword-manipulation were seen to be faster than those of the opponent, on the other hand, one failed because his action was foreseen, so the opponent could hold up his swords faster than he (striker), or with draw to dodge the strike. I think that it is important to foresee the opponent's movement, and try not to let the opponent's beforeseen our own movement in order to succeed in striking.

* Professor of the Institute of Physical Education, Keio University.