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## Electromyographic Study in *Kendō*

—Electromyographical differences according to one's skilled level  
(which occur in the motion against oponent's hit)—

By *Fumio Ueda*\*

### **Preface**

Many studies are done on *Kendō* from the field of electromyogram. Mr. Tsuboi has taken up the subject of the movement of striking and is examining how the muscles work harmoniously as a whole. However, little is reported on the differences of how the person reacts when attacked in different places with the end of the bamboo sword. I therefore focused on the reactions of the attacked, and examined the different way they responded depending on the place the bamboo sword aimed at. My report is based on the experiment I made, using the electromyogram on both experienced and inexperienced *Kendō* players.

### **Conclusions**

I divided my research into four cases, depending on where the fighter attacks—the top of the head, the eyes, the throat, and the breast. In the experiment I found that both the experienced and the inexperienced made a significant response in the muscle-spike, showing defense reaction when attacked on their breasts or their throats. I therefore postulate that it is effective to stab at the throat or the breast, and you keep an offensive position of putting the point of the bamboo sword on the opponent's breast. I believe that these results prove the fact that when you attack, the movement of the point of the bamboo sword is very important.

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