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Analyses of Hitting Motion in *Kendō*

—Differences of Men and Women

(Men hitting, Kote hitting, Kote-Men hitting)—

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Nowadays, *Kendō* is familiar to everyone, including little boys and the olds. In recent years, the spread and the development of "Woman's *Kendō*" are remarkable.

As you know, there are differences between man and woman in body structure and its function. In spite of this fact, I think, the contents of practice is mainly made for man.

And, it seems that woman needs different contents and quantity of practice from those of man.

It was proved that man's hittings are more effective than woman's one. Because the objects motions of this time, which are "Men-hitting", "Kote-hitting" and "Kote-Men hitting", are a horizontal motion and an instantaneous moving motion. In short, they are, if anything, the techniques suitable for man.

Thinking of "Woman's *Kendō*", there is a matter of training to have woman get the muscular power and the instantaneous moving power. But the effect must have a limit, so it seems to be necessary for "Woman's *Kendō*", the construction of techniques, which are proper for characteristics of woman.

It's the techniques which can make up for the lacks of muscular power that are suitable for woman. And such techniques must be constructed.

In this measurement, we didn't examine which techniques are proper for woman's characteristics.

According to the result of this study, it seems to be better for woman to

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practice the *Kendō* technique such as “Harai-technique”, “Suriage-technique”, “Nuki-technique”, “Katsugi-technique” and “Uchiotoshi-technique”.