

2024/2025 WA Kendo Campaign

Squad Training #6

Version: 1.0
Last Updated: Sun 12 Jan 2025

SUMMARY

Lesson Summary

- The 2024/2025 WA Kendo Campaign aims to engage the entire WA Kendo community and develop everyone's skills. Everyone including beginners are welcome (see requirements).
- Campaign theme is *kihaku* (physical and spiritual vigour), which will be continually revisited through the application of supporting themes and concepts at each session.
- Squad Training #6's theme is *shiai* rules and regulations.
- Goals for Squad Training #6:
 - Understand how to enter and exit *shiai-jō*, and procedures for *shomen-ni-rei*.
 - Understand *shinpan* commands, *hansoku*, and outcome of a match.
 - Understand *tsubazeriai* rules and how to exit safely.

TRAINING SCHEDULE

Time		Description
1:00pm	15m	<ul style="list-style-type: none">• Overview of the campaign objectives, goals, and theme.• Recap of previous squad training themes:<ul style="list-style-type: none">○ 1: Thoughtful, purposeful <i>kihon</i>; building <i>tame</i>. Learned Squad warm-up routine, focused on basics.○ 2: <i>Professionalism</i>. What does it mean to train, eat, rest, etc. like a professional. What can we do to improve our Kendo?○ 3: <i>Zanshin</i>. Meaning, purpose, and how to display it in our movements, strikes, and attitude.○ 4: <i>Yūko datotsu</i>. Understand the requirements / criteria of what constitutes a scoring point.○ 5: <i>Maai</i>, <i>connection</i>, and <i>aiki</i>. Understand how <i>ma</i> (interval) affects the build-up (<i>tame</i>) before the strike.• Introduce this squad training's theme:<ul style="list-style-type: none">○ 6: <i>Shiai</i> rules and regulations. Understand how to enter / exit <i>shiai-jō</i>, <i>shinpan</i> commands, and <i>tsubazeriai</i> rules.
1:15pm	20m	<ul style="list-style-type: none">• Warm-up routines.
1:35pm	15m	<p>Squad warm-up in <i>bōgu</i>:</p> <ul style="list-style-type: none">• <i>kirikaeshi</i>.

2024/2025 WA Kendo Campaign – Squad Training #6

Time		Description
		<ul style="list-style-type: none"> • 3x big men, 3x small men. • 3x kote, 3x kote men. • 3x dō, 3x gyaku dō. • 3x tsuki, 3x tsuki men. • men taiatari hiki-men, men taiatari hiki-kote, men taiatari hiki-dō, men. • 3x jigeiko rotations.
1:50pm	30m	<ul style="list-style-type: none"> • Reihō for entering and exiting shiai-jō. • 1-minute shiai (unscored) – focusing on proper reihō for entering and exiting. • Procedure for the shomen-ni-rei before a match. • Tsubazeriai practice – getting in and out safely, performing hiki-waza. • Procedure for a “by” (fusen-gachi).
2:20pm	10m	<ul style="list-style-type: none"> • Break.
2:30pm	40m	<p>Discussion about scoring and match outcomes.</p> <p>Break into groups – Dan grades required to help provide shinpan calls.</p> <ul style="list-style-type: none"> • Practise scoring calls. • How to request a match stop properly. • Hansoku procedures, and different types of hansoku. • Gogi and Igi.
3:10pm	10m	<ul style="list-style-type: none"> • Break.
3:20pm	30m	Mawari-geiko / free ji-geiko.
3:50pm	5m	<ul style="list-style-type: none"> • Finish and cooldown.
3:55pm	5m	<ul style="list-style-type: none"> • Recap and debrief.

SQUAD TRAINING #6 NOTES

Campaign Theme: *Kihaku*

The purpose of the 2024/2025 WA Kendo Campaign is to engage the WA Kendo community and train together to help develop everyone's Kendo skills.

The overall theme for this campaign is *kihaku*.

The *All Japan Kendo Federation's Kendo Dictionary* defines *kihaku* as:

The strength of spirit to face any situation. A strong mind capable of responding properly to a pressing matter or an attacking opponent.



Kihaku, sometimes also translated as “vigour”, is about:

- Having the mental preparation and clear plan of action, even before entering the *shiai-jo* (court).
- Achieving a state of readiness and being able to choose to act reactively or proactively.
- Giving a focused physical and spiritual effort in the movements and actions that matter.

Examples of practising or implementing *kihaku*:

- Maintaining concentration throughout set-up, execution (striking), and *zanshin*.
- Display of *sutemi* (striking in full spirit with “complete abandon”).
- Having a *tokui-waza* (best / favoured technique) to aim for during *jigeiko* / *shiai*.
- Management of stress and competitive arousal (avoid being over- or under-aroused).

Recap of Previous Squad Trainings' Themes

#1: Thoughtful, purposeful *kihon* means actively thinking about how you perform your basic techniques, focusing on one specific part at a time. Examples: how you hold your *kamae*, gripping with your toes, pushing with your left foot, pulling up the back foot quickly, ensuring *tenouchi* at the point of impact, loud *kiai*, etc.

Tame refers to the time and effort you need to “build” or “charge up” when preparing to strike. We need to be conscious on when we enter and exit the different phases of readiness and concentration. Applying this when doing our *kihon* will significantly improve the quality of your strikes.

#2: Professionalism is about dedicating time and effort into activities that better ourselves in a specific skill, such as Kendo. “Acting like a professional means working and behaving in such a way that others think of them as competent, reliable and respectful.” Think about how to play, train, eat, sleep / rest, prepare, and behave like a professional.

#3: *Zanshin* refers to a state of awareness or relaxed alertness. There are many ways of displaying *zanshin* – such as running through, *tai-atari*, *hiki-waza*, and how they are done in *Bokutō-Waza* and *Kata*. Understanding and displaying *zanshin* allows you to: relax / reset your mental state, complete your strike as part of *yūko-datotsu* (setup, execute, follow through), and avoid the opponent's follow-up.

#4: *Yūko datotsu* (legitimate strike) – understanding the definition allows you to work backwards and consider the formula to preparing and executing a strike that is more likely to score – i.e. fulfil the criteria that the Referees are looking for.

Squad Training Theme #6: *Shiai* Rules and Regulations

Shiai (competition match) is conducted using the following rules and regulations (in order of priority):

1. The rules and regulations specific to the competition (i.e. AKC competition rules).
2. Subsidiary rules and regulations set by the hosting organisation (i.e. AKR manual of documents).
3. *International Kendo Federation (FIK)'s The Regulations of Kendo Shiai and Shinpan and The Subsidiary Rules of Kendo Shiai and Shinpan.*

Article 1: The Purpose of the Regulations

The purpose of the “Regulations” is to get shiai-sha to compete fairly in shiai of the INTERNATIONAL KENDO FEDERATION (FIK), in accordance with the principles of the sword, and to properly Referee the shiai without prejudice.

Rules and regulations manage:

1. How the competition and matches are conducted.
2. How the matches are judged, points scored, and penalties given.
3. The procedures or processes for doing certain things (e.g. how to request a stop during a match).
4. The players' equipment and conformance (e.g. *shinai* and *bōgu*).

Where issues arise, players and Referees should refer to the rules and regulations in order. The resolution of issues follow the escalation pathway of: court Referees (*shinpan*) led by the Head Referee (*Shushin*), court Referee (*shinpan-shunin*), competition chief Referee (*shinpan-cho*), technical board.

Note that while the rules and regulations may specify what is not allowed, they may not specify the consequences (e.g. what penalty to give).

Procedure for *Shomen-ni-Rei*

Shomen-ni-rei is performed at the following times:

1. At the beginning of the first match of the day (usually a Kyu Individuals or Kyu Teams match).
2. At the beginning of the last match of the day.
3. At the end of the last match of the day.

Procedure:

1. All Referees enter the court as usual.
 - a. For Individuals, the 3 Referees will assume the triangle position, and unfold their flags.
 - b. For Teams, the 3 Referees will enter the *shiai-jō* in a line, and wait.
2. The Players step into the *shiai-jō*, and wait.
3. *Shomen-ni-rei*:
 - a. The Competition Chief Referee (*Shinpan-cho*) will call “*shomen ni...*”
 - b. Players and Referees turn to face *shomen*.
 - c. The Competition Chief Referee (*Shinpan-cho*) will continue with “*rei*”. Players and Referees bow.
 - d. Players and Referees to turn back and assume the correct positions, and wait.
 - e. In the case of the first match of the day, the head table will provide a signal (e.g. buzz). From this point onwards, *shiai* procedure is as per usual.
 - f. The Head Referee (*Shushin*) will call “*rei*”. Players to bow and perform the 3-steps in to draw and wait at *sonkyo*, for the Head Referee’s “*hajime*”. Note that this can happen in the other court as well, so do not confuse the *hajime* call.

Tsubazeriai

“New” rules since COVID are now being permanent.

1. Where possible, Players should try to avoid *tsubazeriai*.
2. Where *tsubazeriai* cannot be avoided:
 - a. *Tai-atari* may occur.
 - b. Players may proactively execute *hiki-waza*.
 - c. Within “one breath” (approximately 3 seconds), Players should mutually separate.
3. When mutually separating, Players:
 - a. May not attempt any strike or *waza*.
 - b. Must maintain *shinai* contact in *chūdan*, keeping the *kensen* straight forward.
 - c. Must mutually separate, physically and in spirit, in an equal manner.
 - d. Must not press or push the opponent, or the opponent’s *shinai*.
 - e. Should not make any gestures, such as bowing or nodding.
 - f. Must separate until the *shinai* are no longer touching.
4. If any of the above are infringed:
 - a. The offending Player(s) may be penalised with a *hansoku*. Note that it is possible for both Players to receive *hansoku* simultaneously.
 - b. If a strike or *waza* is attempted, they may not be scored.
5. Note that “*wakare*” is no longer called.

Scoring

A point is scored and given to a Player when:

1. Two or three Referees flag up for the same Player / colour.
2. One Referee flags up for a Player, and the other two are indicating “did not see”.
3. The opposing Player has been given two *hansoku*.
4. The opposing Player has been disqualified, in which case the Player is awarded 2 points.

Procedures for a By (*Fusen-gachi*)

A “by” (*fusen-gachi*) is a “win by default” for a case where the opponent is not available or unable to continue the match, through no fault of the winning Player.

Procedure:

1. All Referees are in position, with the flags unfolded.
2. The Player to step in, unprompted, and perform the usual *reihō*.
3. The Player to stand up from *sonkyo* and wait in *chūdan*.
4. The Head Referee (*Shushin*) flags up towards the Player, and declares “*shobu ari*”.
5. The Player to *sonkyo*, and perform the usual *reihō* to exit.
6. Winning by *fusen-gachi* awards the Player two points.
7. *Fusen-gachi* may also occur when the opposing Player is disqualified, through no fault of the winning Player. In which case, any score that had been scored by the disqualified Player is voided.

Request for Suspension

During a match, a Player is able to request for suspension of the match.

1. The Player should raise their left hand, and yell “time!”
2. The Player must continue to defend themselves until the Head Referee stops the match. They may be struck and scored on, or step out and be penalised, until the “*yame*” is called.
3. All Players and Referees return to the starting positions.
4. The Head Referee (*Shushin*) will ask the Player for the reason for suspension.
5. Note: Not having a legitimate reason for requesting a suspension may result in a *hansoku*.

Hansoku

A *hansoku* is a penalty given to a Player who have been recognised as breaking the rules. *Hansoku* can be a single penalty point during a match (two of which would result in a point to the opponent), or disqualification of a Player. Examples of common *hansoku* are:

1. Stepping out of the *shiai-jō* during the match.
2. Losing control of one’s *shinai*.
3. Requesting for suspension of the match without a justifiable or legitimate reason.
4. Performing anything deemed unfair or excessive. This includes:
 - a. Shoving or pushing with excessive force.
 - b. Avoiding the fight, e.g. blocking or dodging excessively.
5. Not performing the procedures for *tsubazeriai* correctly, e.g. not mutually separating.

Procedure:

1. Head Referee (*Shushin*) will call “*yame*”. All Players and Referees return to the starting position.
2. In the case that a *hansoku* is unclear, the Head Referee may call for “*gogi*”.
3. If a *hansoku* is clear (e.g. stepping out, or dropping a *shinai*), the Head Referee will step forward, turn at the offending Player, and:
 - a. In the case of the first *hansoku*, say “*hansoku ikkai*”, indicated by one finger.
 - b. In the case of the second *hansoku*, say “*hansoku nikai*”, indicated by two fingers.
4. In the case of two *hansoku* being awarded, the Head Referee will flag up the opposing Player to award a point. They may call “*ippon ari*”.
5. In the case where both Players receive a *hansoku* each:
 - a. The red Player will receive it first, then the white.
 - b. In the case where both Players receive two *hansoku* that would result in a draw, the *hansoku* are waived off.
6. The match will then resume.

Gogi

Gogi is a temporary suspension of a match called by the Head Referee (*Shushin*) to resolve an issue, such as:

1. Clarification of a Referee's indication of a score, e.g. confirming the correct flag colour.
2. Clarification or voting for a *hansoku* or a warning to be given.

Procedure:

1. Head Referee (*Shushin*) will call "*yame*". All Players and Referees return to the starting position.
2. Head Referee will raise both flags on their right hand and call "*gogi*".
3. Players will sheathe their *shinai*, step back, remain within the *shiai-jō*, and wait in *sonkyo*.
4. Referees will meet in the middle and discuss. If a decision cannot be reached, the Head Referee may approach the table for assistance.
5. Once the Referees have stepped back to resume the original position, Players may move back in unprompted. There is no need to bow (however most Players do so out of habit).
6. Head Referee may enact judgment (e.g. *hansoku*), or otherwise resume the match with "*hajime*".

Igi

Igi is a protest, usually filed by the Player's Manager.

Procedure:

1. During a match, the Player's Manager raises their supervisor flag (*kantoku-ki*) (if available). They may call out "*igi ari*".
2. The Head Referee (*Shushin*) to call "*yame*" to suspend the match, and call for "*gogi*".
3. The Court Referee (*Shinpan-shunin*) will invite the Head Referee and the Player's Manager to the table to discuss the protest.

Next Sessions

- Practice Competition: Saturday 25 January 2025, 1:00pm – 4:00pm, Murdoch University.
- Kata & Komp: Sunday 9 February 2025, 9:00am – 4:00pm, Murdoch University.
- Squad Training #7: March 2025.
- Squad Training #8: Early April 2025.

CONTACT

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