



JEDI KENDO CAMP EQUIPMENT GUIDE

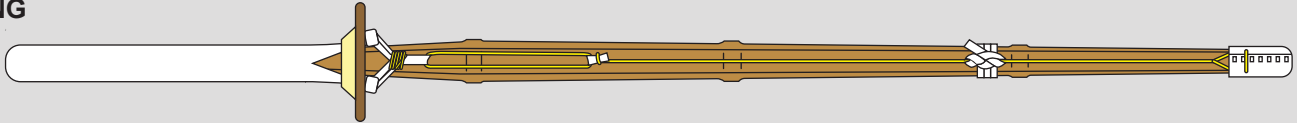
New Jedi Kendo students are required the following equipment to train:

1. "Shinai" (bamboo training sword)
2. T-shirt and shorts

Suggested Vendors:

www.e-mudo.com
www.maruyamakendosupply.com
www.e-bogu.com
www.alljapanbudogu.com
www.tozando.com
www.budo-aoi.com
www.mazkiya.net
www.kendo-kids.com

SHINAI SIZING



MENS SHINAI SIZE REGULATION

	Jr. High School	High School	University Adult
	SIZE: 37	SIZE: 38	SIZE: 39
Length (cm)	Less than 114	Less than 117	Less than 120
Weight (g)	More than 440	More than 480	More than 510
TIP Diameter (mm)	More than 25	More than 26	More than 26

YOUTH SHINAI SIZE REGULATION

	4 years old	4-6 years old	7-9 years old
	SIZE: 30	SIZE: 32	SIZE: 34
Length (cm)	Less than 99	Less than 105	Less than 111
Weight (g)	More than 260	More than 280	More than 370

WOMENS SHINAI SIZE REGULATION

	Jr. High School	High School	University Adult
	SIZE: 37	SIZE: 38	SIZE: 38 or 39
Length (cm)	Less than 114	Less than 117	Less than 120
Weight (g)	More than 400	More than 420	More than 440
TIP Diameter (mm)	More than 24	More than 25	More than 25

NOTE:

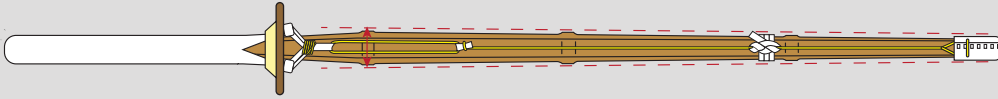
Shinai sizing numbers stem from an old Japanese unit of measurement called "Shaku" and "Sun." For example, a size 39 shinai means the total length of the sword is 3 shaku, 9 sun.

SHINAI SHAPE TYPES

RECOMMENDED FOR BEGINNERS

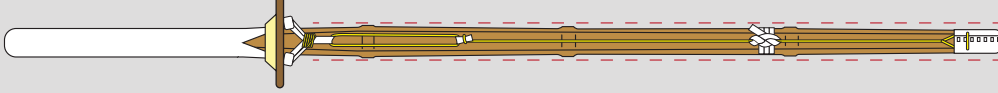


-Standard: Slight taper, neutral balance

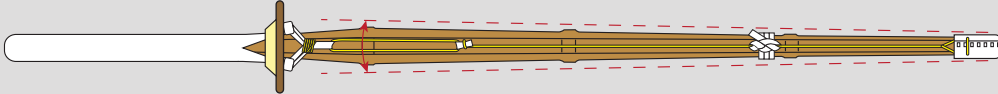


SEE PG1 FOR SIZING

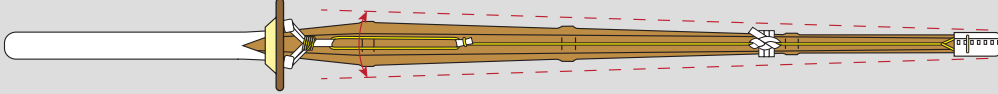
-Koto or Chokuto: Almost no taper, tip-heavy balance



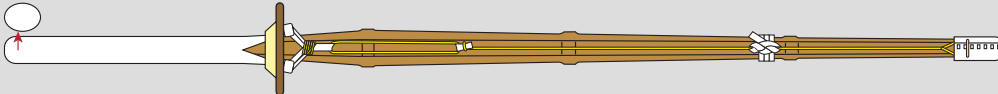
-Dobari: Wide body with a light tip



-Jissengata: very wide body with shaved tip, lightest tip balance



-Koban: Oval-shaped Grip



Shinai Shapes vary according to style, all listed here are approved for practice. Type of shinai used is a matter of personal preference.

Standard shinai are neutral in balance with a round grip and offer all the performance needed. They usually cost the least - great for beginners.

Koto, or **Chokuto** are shinai with straight, non-tapering bamboo staves. This improves durability and creates a slightly stiffer sword. Feels tip-heavy, slower, and stronger on impact.

Dobari means "wide body." The weight shifts back towards the handle, making a lighter feeling tip. Fast technique users prefer this style.

Jissengata has the widest body and the narrowest tip. Similar to dobari but lighter. However, durability is generally a concern with these.

Koban shinai have an oval grip. More expensive to buy and harder to replace staves when damaged.

SHINAI MATERIAL TYPES

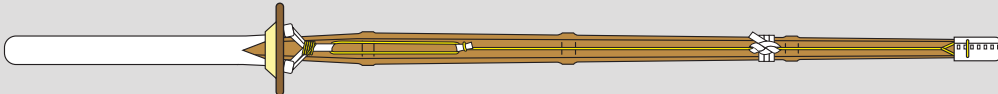
RECOMMENDED FOR BEGINNERS



Bamboo Species:

-Keichiku: Flexible and generally cheaper bamboo (most shinai are made with this)

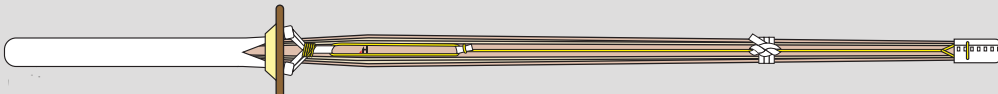
-Madake: Denser and generally stiffer bamboo



-Bio Smoked: Bamboo staves infused with carbon



-Carbon: Made with plastic staves and a carbon graphite core



Shinai Materials

As with shinai shapes, the differences in selecting shinai material is largely personal preference.

Keichiku is a native Taiwanese species of bamboo. It has flexible properties, and is typically cheaper due to availability. Almost all standard shinai are made using keichiku.

Madake is a native Japanese species of bamboo. It has stiffer properties due to its fiber density. Shinai made with madake are typically expensive due to limited availability, but have great durability.

Bio Smoked shinai are made with bamboo that has been smoked. Manufacturers claim smoking the bamboo improves flexibility and durability by incorporating carbon into the staves. These shinai have a darker color.

Carbon shinai are expensive and made with modern plastics. Though they are approved for use, they are not recommended, since their added weight and lack of flexibility make for heavy impacts.

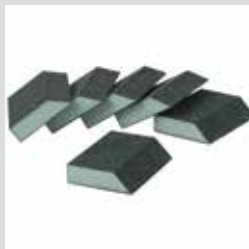
SHINAI MAINTENANCE ACCESSORIES



Mineral Oil to keep shinai from drying out



Wax to coat between each stave



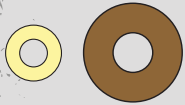
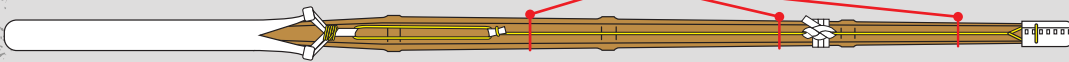
Sandpaper sponge



Shinai shave tool with integrated file

PREP SHINAI FOR PRACTICE

Packaging ties

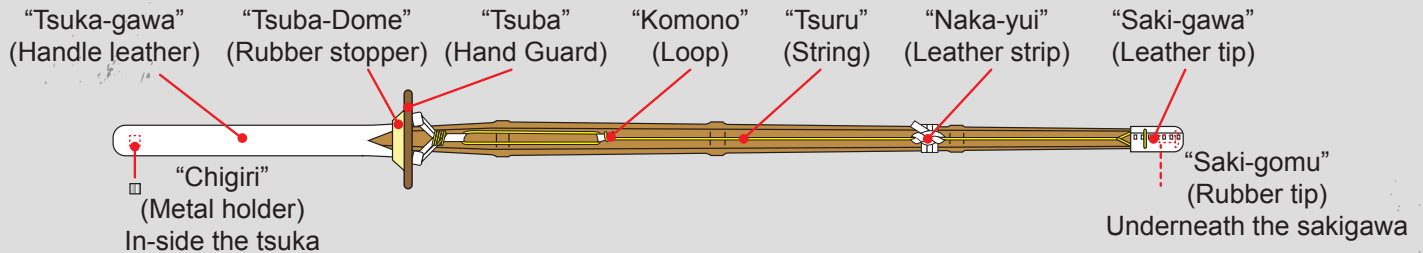


Congratulations, you just received your first shinai! Here are a few small steps to you should take before using your new shinai in practice.

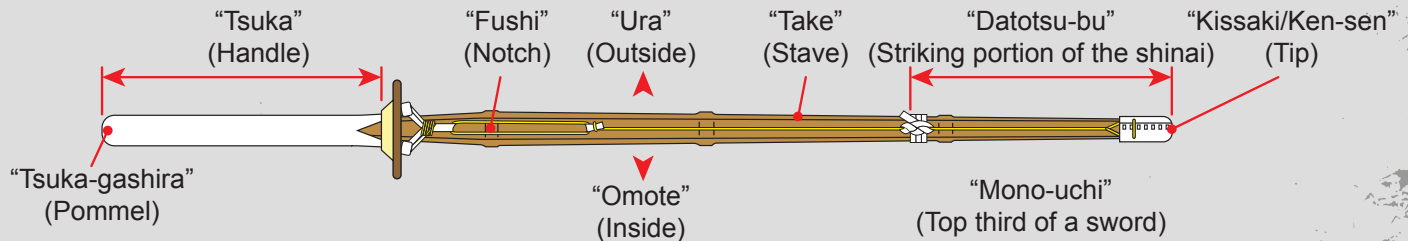
1. Remove the packaging strings. They are usually red or white.

2. Apply a small amount of oil to a rag, and apply it to the staves. This moisurizes the bamboo. There are various shinai oils you can order online but they tend to be a bit expensive. Mineral oil works just as well. Mineral oil is also cheap, readily available, and will not go rancid over time.

SHINAI PARTS



SHINAI AREAS



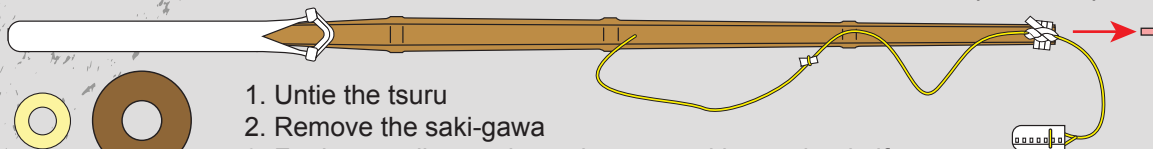
SHINAI REPAIR



Not repairable splinter

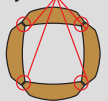


Repairable splintering

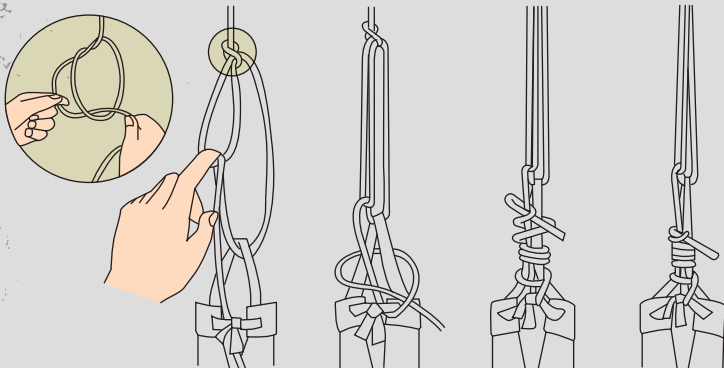


1. Untie the tsuru
2. Remove the saki-gawa
3. For large splinters shave the stave with a tool or knife
4. Sand the stave with a file or sanding block to create a smooth surface
5. Apply some oil with a rag to moisturize the shinai (Safety tip, make sure to fold the cloth a few times to avoid getting splinters in your hands.)
6. (Optional) Apply some wax between contact points on each stave

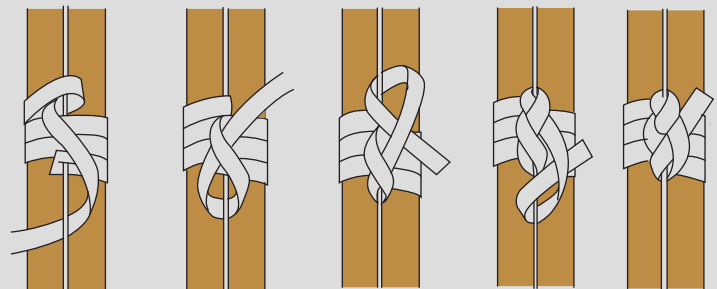
SECTION VIEW
Apply wax here



HOW TO TIE TSUKA



HOW TO TIE NAKA-YUI



HOW TO TIE SAKI-GAWA

