

Revision of the FIK Regulations of Kendo Shiai and Shinpan July 26, 2023

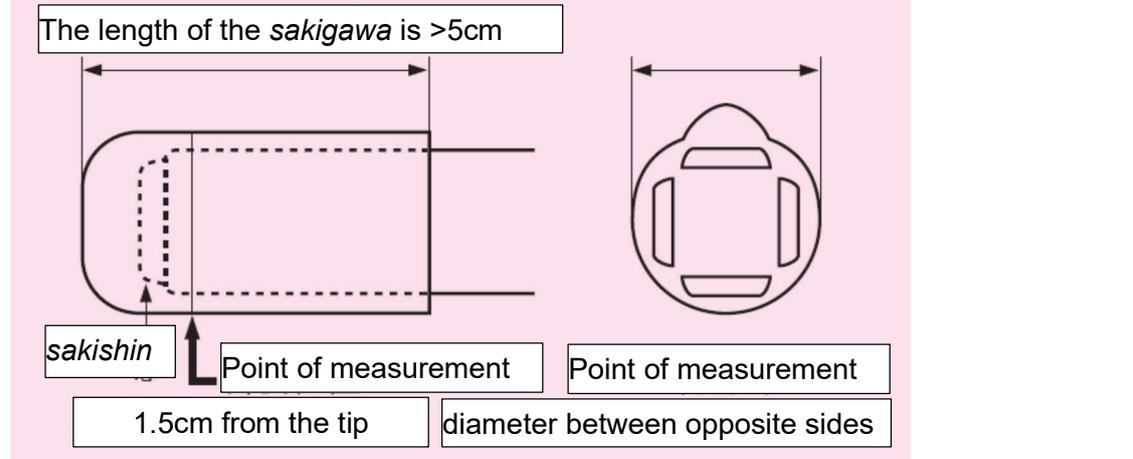
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	Article 3: <i>Kendo-gu</i> Article 3-2 <i>Kendo-gi</i> sleeves
Article 15 Use or possession of prohibited substances	Article 14: Article 15 of the “Regulations” (Use or possession of prohibited substances) Article 17-1 (Illegal equipment)
p.1	p.1
	Article 2: The specifications for <i>shinai</i> referred to in Article 3 of the “Regulations” shall be as follows: 1. The <i>shinai</i> shall consist of four slats (quartered bamboo) and should not include therein other objects other than the core inside the <i>sakigawa</i> , and the <i>chigiri</i> at the end of the <i>tsuka</i> . <i>Shinai</i> with large gaps in the alignment of the slats or with processing or shape alterations that significantly impair safety must not be used. The names of the respective parts of the <i>shinai</i> are indicated in Figure 2.
p.2	p.2
	2. Specifications for the <i>shinai</i> are indicated in Table 2, A and B. The length indicated therein refers to the total length of the <i>shinai</i> inclusive of its accessories; and the weight to the total weight thereof inclusive of its accessories other than the <i>tsuba</i> . The required thickness shall be

	<p>determined by the smallest diameter of the tip of the <i>sakigawa</i> (distance between opposite sides), and the diameter of the <i>chikuto</i> (distance between opposing corners 8cm from the tip of the <i>shinai</i>). The tip of the <i>shinai</i> shall be the narrowest part of the <i>chikuto</i>, which shall become broader from the tip to the <i>monouchi</i>.</p> <p>Article 3: <i>Kendo-gu</i> referred to in Article 4 of the “Regulations” is illustrated in Figure 3.</p> <ol style="list-style-type: none"> 1. The <i>men-buton</i> shall be long enough to protect the shoulder joints and have sufficient shock-absorbing capacity to cushion the impact of a strike. 2. <i>Kote</i> shall protect at least one-half of the forearm (the longest section between the elbow and the wrist). The <i>kote</i> fist and the <i>kote-buton</i> shall have sufficient shock-absorbing capacity. 3. The gouge in the <i>kote-buton</i> shall not exceed 2.5cm between its longest and shortest parts. <p>Article 3-2 The sleeves of the <i>kendo-gi</i> shall be long enough to protect the elbow joint.</p>
<p>P.7</p>	
<p>(Use or possession of prohibited substances) Article 15</p> <p>Using or possessing prohibited substances, or implementing prohibited methods.</p>	<p>Article 14</p> <p>Article 14 Prohibited substances and prohibited methods under Article 15 of the “Regulations” mean those listed in the latest Prohibited Table of the World Anti-Doping Agency (WADA).</p>

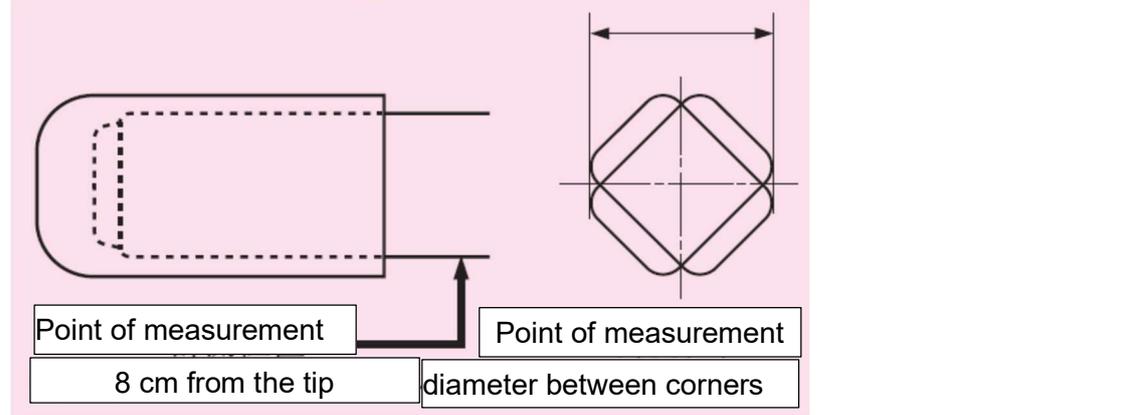
	<p>Article 15 The illegal equipment as stipulated in Article 17 No. 1 of the “Regulations” refers to all items other than the <i>shinai</i> as specified in Article 3 of the “Regulations” (limited to those that meet the standards stipulated in Article 2 of the “Subsidiary Rules”), and the <i>kendo-gu</i> (<i>men, kote, do, and tare</i> as illustrated in Figure 3). For the time being, any kendo equipment or <i>kendo-gi</i> that does not meet the criteria of Article 3 No. 2~4 and Article 3-2 of the “Subsidiary Rules” will not be considered illegal equipment. In such cases, a caution will be given by the <i>shinpan-in</i> after the match.</p> <p>② <i>Jogai</i> as prescribed in Article 17, Item 4 of the “Regulations” is specified as follows:</p> <ol style="list-style-type: none"> 1. Having one foot totally outside the boundary line. 2. Falling on the floor with a part of the body outside the boundary line. 3. Supporting the body with a part of the body or <i>shinai</i> outside the boundary line.
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	<p>Article 24: The <i>torikeshi</i> of a <i>yukodatotsu</i> provided for in Article 27 of the “Regulations” Inappropriate behavior is defined as any excessive display or appeal for validity after a strike is made.</p>
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	<p>Article 27: Shushin will give a clear instruction only once in the case where the <i>tsuru</i> of a <i>shiai-sha</i>'s <i>shinai</i> is not on top.</p>			
P.19				
<p>5. The “Regulations” were partially revised and shall come into full effect as of September 2, 2017.</p> <p>6. These partially revised “Regulations” shall come into effect as of July 26, 2023.</p>	<p>By-Laws These “Subsidiary Rules” shall come into effect on July 26, 2023.</p>			
P.21				
Hansoku				
Use or possession of prohibited substances				
Wakare				
1. When <i>tsubazeriai</i> reaches a stalemate				
P. 22				
Table 2: Specifications of <i>Shinai</i>				
A. <i>Itto</i>				
	Category	Junior High School	High School	University/ General
Length	Male & Female	<114cm	<117cm	<120cm
Weight	Male	>440 grams	>480 grams	>510 grams
	Female	>400 grams	>420 grams	>440 grams
Thickness	Male	Min. diameter of tip	>25mm	>26mm
		Min. diameter of <i>chikuto</i>	>20mm	>21mm
	Female	Min. diameter of tip	>24mm	>25mm
		Min. diameter of <i>chikuto</i>	>19mm	>20mm
B. <i>Nito</i>				
	Category	University & General		
		Daito	Shoto	
Length	Male & Female	<114cm	<62cm	
Weight	Male	>440 grams	280~300 grams	
	Female	>400 grams	250~280 grams	
Thickness	Male	Min. diameter of tip	>25mm	
		Min. diameter of <i>chikuto</i>	>20mm	
	Female	Min. diameter of tip	>24mm	
		Min. diameter of <i>chikuto</i>	>19mm	

Method for measuring the diameter of the tip of *sakigawa*

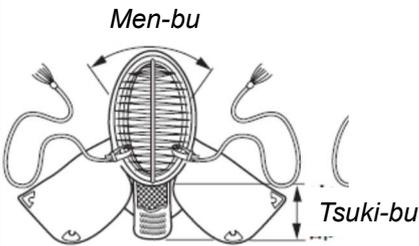
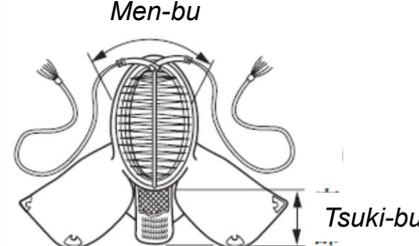
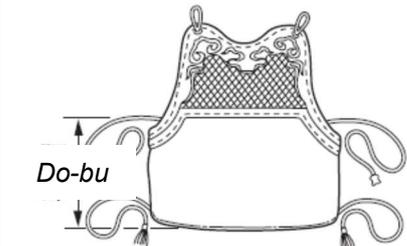
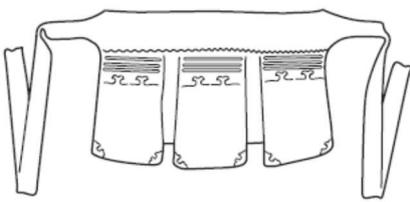


Method for measuring the minimum diameter of the *chikuto*



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Fig.3 : *Kendo-gu* and *Datotsu-bu*

<p><i>Men</i>: <i>Men-buton</i> should be long enough to protect the shoulder joints.</p>	<p><i>Kote</i>: <i>Kote-bu</i> should protect more than one half of the forearm</p>
 <p><i>Men-bu</i> <i>Tsuki-bu</i></p>	 <p><i>Kote-bu</i></p>
 <p><i>Men-bu</i> <i>Tsuki-bu</i></p>	<p>< 2.5cm Difference between the longest and shortest section of the <i>kote-buton</i></p>
<p><i>Do</i></p>	<p><i>Tare</i></p>
 <p><i>Do</i> <i>Do-bu</i></p>	
<p>*The <i>men-buton</i>, fist of the <i>kote</i>, and <i>kote-buton</i> should have sufficient shock absorbing capacity.</p>	

The Guidelines for Kendo Shiai and Shinpan

Guidelines for <i>Shiai-sha</i>	Guidelines for <i>Shinpan-in</i>
<p>P.5 (Rei to the Shomen)</p>	
	<p>2. The shushin shall order rei to the shomen in the following cases: (1) For <i>kojin-shiai</i> - when the <i>shinpan-in</i> have taken their positions and the <i>shiai-sha</i> have arrived at their locations for the standing bow.</p>
<p>P.5 (Suspension)</p>	

P.6 (*Gogi*)

2. *Gogi* shall be conducted as follows:

(2) When a *fukushin* calls for *gogi*, the *shushin* immediately proclaimed “*yame*” and suspends the *shiai* following *fukushin* has proclaimed “*yame*”. (Figures 14 & 16)