

The Mindset of Kendō Instruction

S. Quinlan

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Significance of the Shinai

For the correct transmission and development of kendō, efforts should be made to teach the correct way of handling the shinai in accordance with the principles of the sword.

Kendō is a way where the individual cultivates ones mind (the self) by aiming for shin-ki-ryoku-ichi utilizing the shinai. The “*shinai-sword*” should be not only directed at ones opponent but also at the self. Thus, the primary aim of instruction is to encourage the unification of mind, body and shinai through training in this discipline.

Rei-Hō – Etiquette

Emphasis should be placed on etiquette to encourage respect for partners, and nurture people with a dignified and humane character. Even in competitive matches, importance is placed on upholding etiquette in kendō. The primary emphasis should thus be placed on instruction in the spirit and forms of rei-ho (etiquette) so that the practitioner can develop a modest attitude to life, and realize the ideal of koken-chiai.

Lifelong Kendō

Students should be encouraged to apply the full measure of care to issues of safety and health, and to devote themselves to the development of their character throughout their lives.

Kendō is a “*way of life*” that successive generations can learn together. The prime objective of instructing kendō is to encourage the practitioner to discover and define their way in life through training in the techniques of kendō. Thus, the practitioner will be able to develop a rich outlook on life and be able to put the culture of kendō into use, thereby benefiting from its value in their daily lives through increased social vigor.

The Mindset of Kendō Instruction was established March 14, 2007, by the All Japan Kendō Federation.