

Kendo

Kendo is the Japanese sport of sword fighting where Shinai (bamboo swords), along with protective armour are used. This equipment is used for training in place of the razor-sharp metal swords that Japanese martial arts are famous for. A very popular sport in Japan, Kendo developed from the fighting art of Kenjutsu, which dates back to the 11th century and was the most important martial art of the samurai. Kenjutsu was practised by many famous swordsmen, such as Miyamoto Musashi, author of *The Book of Five Rings*.



Today's Kendo rules: In a match, the competitors wear special protective gear and strike at each others head, chest or hand with the bamboo sword.

Of all martial arts currently practiced in the West, Kendo retains the most traditional image, not at least because of their traditional-looking protective armour and face mask and the typical Kendo-swords (Shinai).

Origin of Kendo: Japan