



## Takahiro NABEYAMA, Kendo 8-Dan Kyoshi

*Associate Professor at Faculty of Health and Sport Sciences, and Manager of Male Kendo Club at University of Tsukuba. Participated in the All Japan KENDO Championships (10 times) and the World Kendo Championships (twice).*

It is traditionally said in the world of kendo that "Eyes first, feet second, guts third, and strength fourth". This phrase teaches the significance of feet, following that of eyes. When kenshi do the proper sliding footwork and make moves with enough attention to the distance, they can gain the upper hand over their competitors.

However, they might be at risk to get hurt while practicing footwork. Floors of regular gyms are often made to be hard and covered with thick anti-slip coating, which could cause knee injuries or blisters on the sole.

When it comes to kendo dojo, ideal floors should have cushioning and slipping functions to some extent. So, I believe dedicated flooring for kendo dojo made with Japanese wood materials can provide the best environment for training. I hope that many kenshi around the world will play on the Japan-made kendo dojo floor.



## Takanori NAKAMURA, Kendo 7-Dan Kyoshi

*Columnist. Chosen as a Tokyo's reinforcement kendo player for the National Sports Festival. Tea ceremony professor at Dainihon Chado Gakkai.*

About 15 years ago, I tore my Achilles' tendon during shobu. The floor of the gym I competed on was urethane coated and didn't have enough grip, which I suppose was a cause of my injury. If it had been a proper flooring for kendo, I might not have got hurt. Since my special move is "Men-strike" from a far distance, how firmly I can step in could make a huge difference.

Kendo dojo floors made with Japanese wood materials and special artisan techniques are very friendly to your feet. The sound of step-in motion resonates ideally as if you are performing a Noh play on a theatre stage. Thanks to a great gripping floor surface and sound, you can train with comfort.



## Christopher YANG, Kendo 7-Dan Kyoshi

*Group Vice President of Toyota Motor North America and Executive Vice President of Toyota Connected North America. Participated in the World Kendo Championships for the seventh consecutive year, placing Second Place (twice), Third Place (three times) in the Team Championships, and Top 8 in the Individual Championships (twice). Received Fighting Spirit Award (seven times).*

The floor of the kendo dojo is one of the most important connections between the kenshi and his environment. Performance, speed, agility, strength and safety are all determined by the quality of the floor on which the kenshi trains. In a world where life-or-death shobu is decided by a fraction of a second, the importance of the flooring should never be overlooked or forgotten.

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剣道場

床建築工房



# 剣道場床

Kendo dojo Floor

# 本物の床で剣道を

## *Authentic Floor for Kendo*

# 質

SHI-TSU

### Quality: Focus on Materials

“Using carefully-chosen wood of high quality grown in Japan”

The most important thing in making kendo dojo floor is its material. There are many craftsmen with seasoned knowledge of forestry in Japan, about 67 percent of whose land is covered by forests. We select and use wood grown with time and care by those experts, especially only the reddish central part of the trees. Such fine-quality wood with less bumps or roughness helps kenshi reduce burden on their feet and increase the speed to master kendo.

# 技

WA-ZA

### Craftsmanship: Hand Plane Technique

“Craftsmen’ s hand plane technique, carving out wood of 0,05mm in thickness”

The art of hand planing has been handed down to Japanese craftsmen for generations. By using a special tool called “Kanna” or plane, they have achieved the techniques to carve wood very thinly and made make perfect flooring for kendo that is friendly to feet suitable for footwork or ashisabaki. Floors made of such material, compared to urethane coated floors that are often used for gyms, lessen injuries such as sprains, strains and blisters on the sole. The authentic kendo dojo floor owes its quality greatly to Japanese traditional techniques.

# 匠

TA-KU-MI

### Design: Shock-Absorbing Structure - Safety and Less Injuries

“The reason why our floor is the best for kenshi”

When kenshi take a step forward, it is said that they endure the burden of 700 ~1000 kg on their feet. The customized kendo dojo floor with shock-absorbing structure of cushion rubber, that is currently patent pending, made it possible to lessen the burden, and therefore, our floors are ideal to the feet and the back of kenshi. At an event held in America, we received a high evaluation from 97% of people saying that our floor is comfortable when they slide their feet. Without the three factors, Japanese high-quality wood, craftsmen’ s technique, and our original shock-absorbing structure, the best floor for kendo may not be possible.



MITSUBISHI MATERIAL in Kagawa



JP LOGISTICS in Tokyo



NITTAIDAI OHKA in Tokyo



Kobukan Matsuzawadojo in Gunma



Shinshu Ueda Mirai juku in Nagano



Johoku HS in Tokyo



SANO NIHON UNIVERSITY SECONDARY SCHOOL in Tochigi



NISSHO GAKUEN in Miyazaki



RIKEIKAN in Fukuoka



Shobukan Kitamori Dojo in Chiba



Yaita Chuo HS in Tochigi



Kanto Gakuin University in Kanagawa