



Kirikaeshi

Kirikaeshi refers to the continuous striking of left and right *men* alternately, and its *Keiko* should be neglected neither by beginners or black belts. When carried out correctly, *Kirikaeshi* will foster physical strength, spirit, and vigour.

Method

- ① From *tōma*, give a loud shout and boldly strike *shōmen*.
- ②③ After *taiatari* (body check, only if both *Kendoka* are wearing armour), swing the *shinai* up in a large movement, and beginning with left *men*, strike alternate left and right *men* 5, 7, or 9 times. Then move quickly from *tōma* to *chūdan*, and boldly

strike immediately. This process should then be repeated.

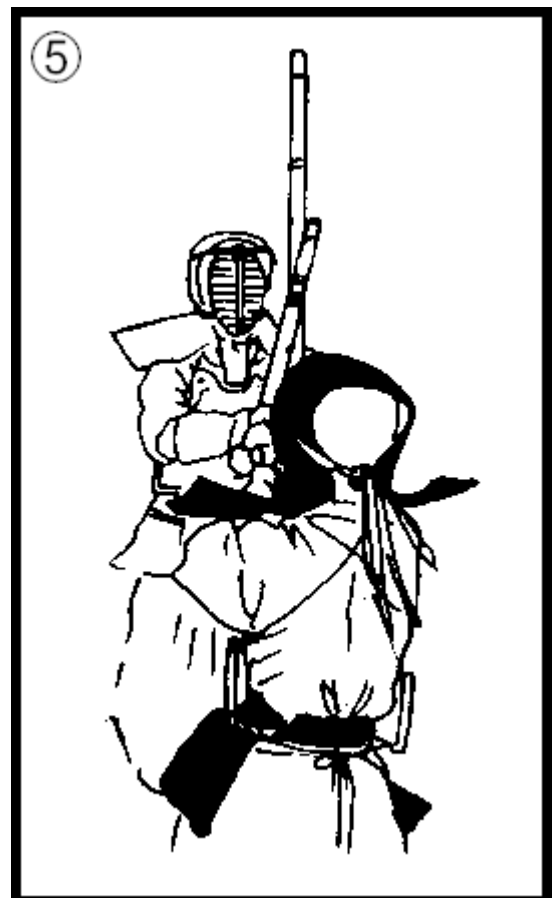
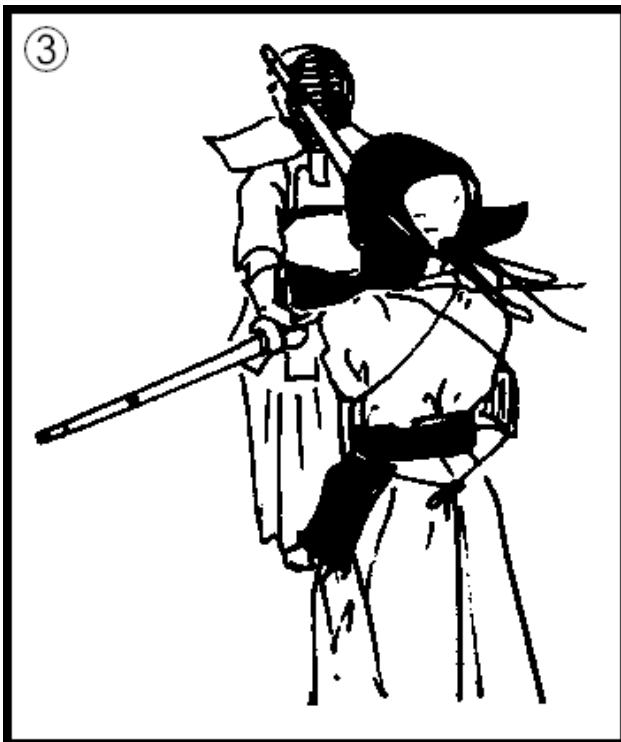
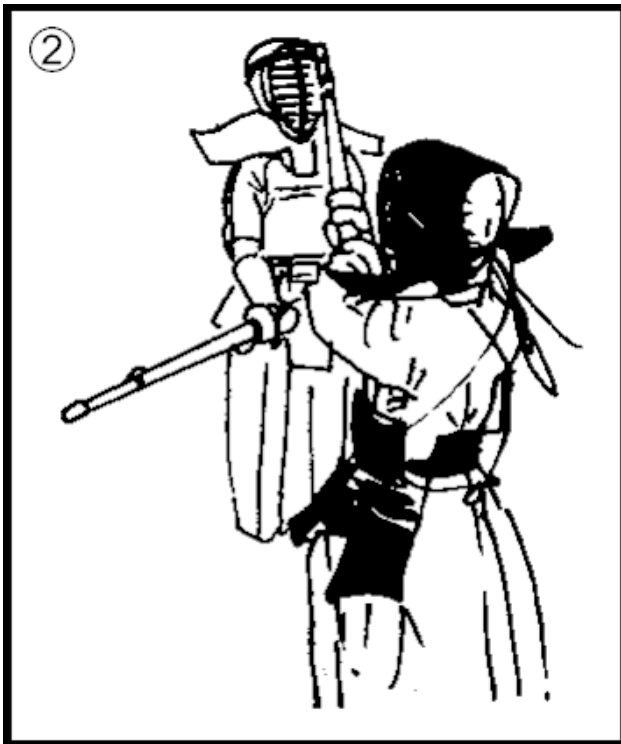
- Strike left and right *men* correctly, while shouting “men, men, men” in a loud voice.
- Raise your *shinai* high over your head each time in a large and fully extended movement.
- If you try to perform this too quickly, you will fail to execute a correct strike.



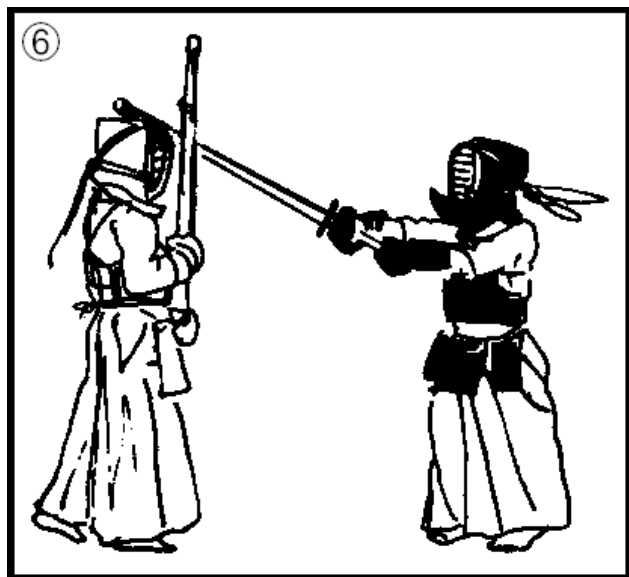
- After the strike, your right *kobushi* should not diverge from a centred straight line.
- Perform *Kirikaeshi* continuously, 30, 50, 100 times.
- Strike continuously in the same breath.
- Instead of *sayū-men*, strike *sayū-dō* (left and right *dō*)

Points to Observe When Doing *Kirikaeshi*

- Keep your shoulders relaxed.
- After the strike extend your right elbow.
- Perform *ashi-sabaki* correctly when moving forward and backward.



- Strike correctly with the cutting edge, avoiding *hirauchi* (a strike with the flat of the *shinai*).
- As shown in the illustrations ④ and ⑤, even if the teacher receives the strike with the *shinai*, the player should strike left and right men correctly with *monouchi* (see illustrations ⑥ and ⑦).



The Beneficial Effects of Kirikaeshi

1. Improves posture.
2. Improves breathing.
3. The strike becomes strong and reliable.
4. The shoulder joints become flexible.
5. Develops the skill of *tenouchi*.
6. Facilitates arm movement.
7. Posture becomes firm and solid.
8. Improves *ashi-sabaki*.
9. The appropriate *ma* for executing a strike is made clear.
10. Develops correct use of the cutting edge.

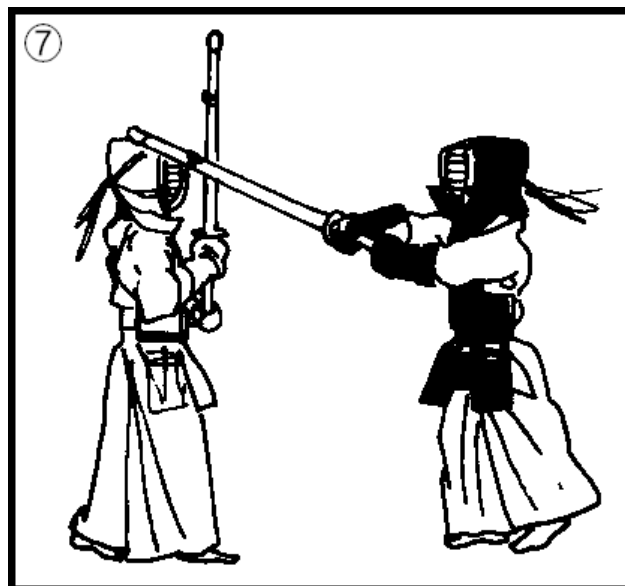
Excellent for restoring confidence lost during *Keiko* or matches, *Kirikaeshi* confers many other beneficial effects.

How to Receive Kirikaeshi

Beginners should allow themselves to be struck on the left and right men as shown in illustrations ② and ③. It is important to think of *Kirikaeshi* as being the striking of left and right men, not as the striking of your partner's *shinai*.

Receiving with the Shinai

When receiving *Kirikaeshi* with the *shinai*, you should hold the *shinai* vertically in front of your left and *men* alternately, and use



tenouchi to shield against you partner's *shinai*.

- Beginners should receive in such a way that *Kirikaeshi* can be carried out without obstruction (do not receive with the *shinai*).
- *Ayumi-ashi* is the appropriate *ashi-sabaki*.
- *Kirikaeshi* always led by the player receiving the strikes.

The Beneficial Effects of Receiving Kirikaeshi

1. Improves posture.
2. Facilitates movement.
3. When your partner strikes, the cutting edge becomes clear.
4. *Maai* becomes clear.
5. Develops *shinai* grip in *tenouchi*.

Glossary of Japanese Terms

Ashi-sabaki footwork

Ayumi-ashi walking step

Do body armour, torso

Hirauchi Strike with the flat of the *shinai*

Keiko practice

Kirikaeshi *Kirikaeshi* is a drill done with a partner that involves a succession of strikes to the

men. *Kirikaeshi* was established as a basic exercise around the end of the Meiji era (1868-1912). The exercise typically begins with a strike to the centre of the men, followed by a series of strikes to the *yokomen* (left and right sides of the men, alternating). Though the exact method of *kirikaeshi* can vary among dojo, the most common scheme involves a single strike to the centre of the men, followed by four *yokomen* strikes going forward (starting on the receiver's left side), and five strokes going backward. *Kirikaeshi* practice is the staple of Kendo training. It teaches a number of important principles including proper distance and timing, accuracy, rhythm, and smoothness.

perform *Keiko* from *tōma* with skilful *ashi-sabaki*.

<i>Kobushi</i>	fist
<i>Ma</i>	seizing the chance or timing
<i>Maai</i>	fighting distance between two opponents
<i>Men</i>	headgear, mask, strike target
<i>Monouchi</i>	a correct strike
<i>Sayū-do</i>	Strike left & right <i>do</i>
<i>Sayū-men</i>	Strike left & right <i>men</i>
<i>Shinai</i>	bamboo sword
<i>Shōmen</i>	centre <i>men</i>
<i>Taiatari</i>	body check
<i>Tenouchi</i>	balanced strength of hands at the moment of strike and thrust
<i>Tōma</i>	This <i>maai</i> is the short distance a beginner has to cover before the normal fighting <i>maai</i> . Beginners should