



THE USE OF KENSEN

In order to can to achieve the perfect Chudan-no-kamae one must one way or another move on the opponent's Kensen is out of the center line. There are a number of different techniques to move the opponent's Kensen from centre and open for an own point; "FURERU" (to touch), "OSAERU" (to press down), "UCHIOTOSHI" (to strike down), "HAJIKU" (light strikes), "HARAU" (hard strikes) and "MAKU" (to wrap a roundly).

"FURERU" (to touch)

It is a way of suddenly attack from Chudan-no kamae and can be useful sometime but it usually will not work every time. It is imperative to protect yourself and to observe the opponent's good and bad sides before you try anything. From Kamae and with correct distances (Issoku-Itto-no-Maai) start by touching the opponent's Shinai from Omote (left) or Ura (right) without any major force. What will happen is as one tries to take control over centre line from the opponent and disturb him. When one continues with this the opponent will become nervous and begins to speculate "will I keep my Kamae or should I attack". The uncertainty does that the opponent's drops focus and his Kamae becomes poorer and thereby opens for an attack.

"OSAERU" (to press down)

From Kamae maintain the centre line and move above abate the opponent's Shinai from Omote (left) or Ura (right) and presses down. This shall happen when one considers that the opponent is about to start to attack (which can be felt though Shinai already before his attacks starts). To make this one has to have contact with the opponent's Shinai. What usually happens is that the opponent is disturbed just as he starts his attack and normally aborts the attack and takes a stage back with deteriorated Kamae and is thereby open for an attack. When executing this technique making a small forward movement can create an even more advantageously position in order to execute a technique. Osaeru is most effective when the to be combined with other techniques such as OSAERU-MEN/KOTE/DO/TSUKI. The technology should only be used then the opponent has for intention to attack since this will create an opening for offensive.

"UCHIOTOSHI" (to strike down)

When the opponent's Kamae is lower than normal Chudan to hit down on his Shinai with force and thereby create an opening for an attack. The technology is more effective if one does a small movement forward and thereby gets better starting point for the execution of the technique. It is important not to lose the balance or out of the center line with its own Kensen. Uchiotoshi can very well be combined with other techniques ex. UCHIOTOSHI-MEN/KOTE/DO/TSUKI.



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”HAJIKU” (light strikes)

From Kamae you use our wrist in order to move the opponent's Shinai with a sharp blow and to remain in the center. The technology can be compared with giving someone a slap on the cheek. The technology is most effective when it is used in the same way as the opponent starts his attack. What will happen is that the opponent's Shinai gets out of the center line while your Shinai is left on the center line. If he pursues the attack it will not be a strong or good attack and if he aborts he becomes open for a counter attack.

”HARAU” (hard strikes)

From Kamae hit on your opponent's Shinai in direction up to the right or up to left in order to create an opening. One can imagine that the technique will follow the letter X. Make a semicircle movement forward with our Kensen, this will make you come back to the center line. There is a risk in order to the opponent will try to use the fact that your own Kensen is higher during the technique. In order to avoid always keep the Kensen on the center line and do the technique as fast as possible.

HARAU is effective on opponents that have a high Kamae or a loose grip in Shinai.

”MAKU” (wrap around)

Wrap your Shinai around the opponent's in circle movement from right to left or the opposite at the same time as you move forward. Completes the technique with a sharp flick wrists in order to throw away his Shinai. The technology is effective on the as has a hard grip on the Shinai.

POINTS

Fundamental is that Shinai will be used as a probe and through contact with the opponent one can feel and to assess his intentions. The foot work is important in order to make possible a continuation and thereby an opportunity to taking points on the opponent. The movements of the Kensen may not become monotonous but should be varied in both movement and speed. It can be compared with a dog that wiggles his tail. If one uses the techniques in a good mixture and from different sides of the Shinai, it becomes difficult for the opponent to predict you. Always be on the look up for your opponent's reaction so you always stay a stage ahead. Finally so, one becomes no expert only because one has the knowledge about how the theoretical part. It is only through practice and to using these techniques in Keiko that one can learn the. If one can use a combination of these techniques it will improve your Kendo.