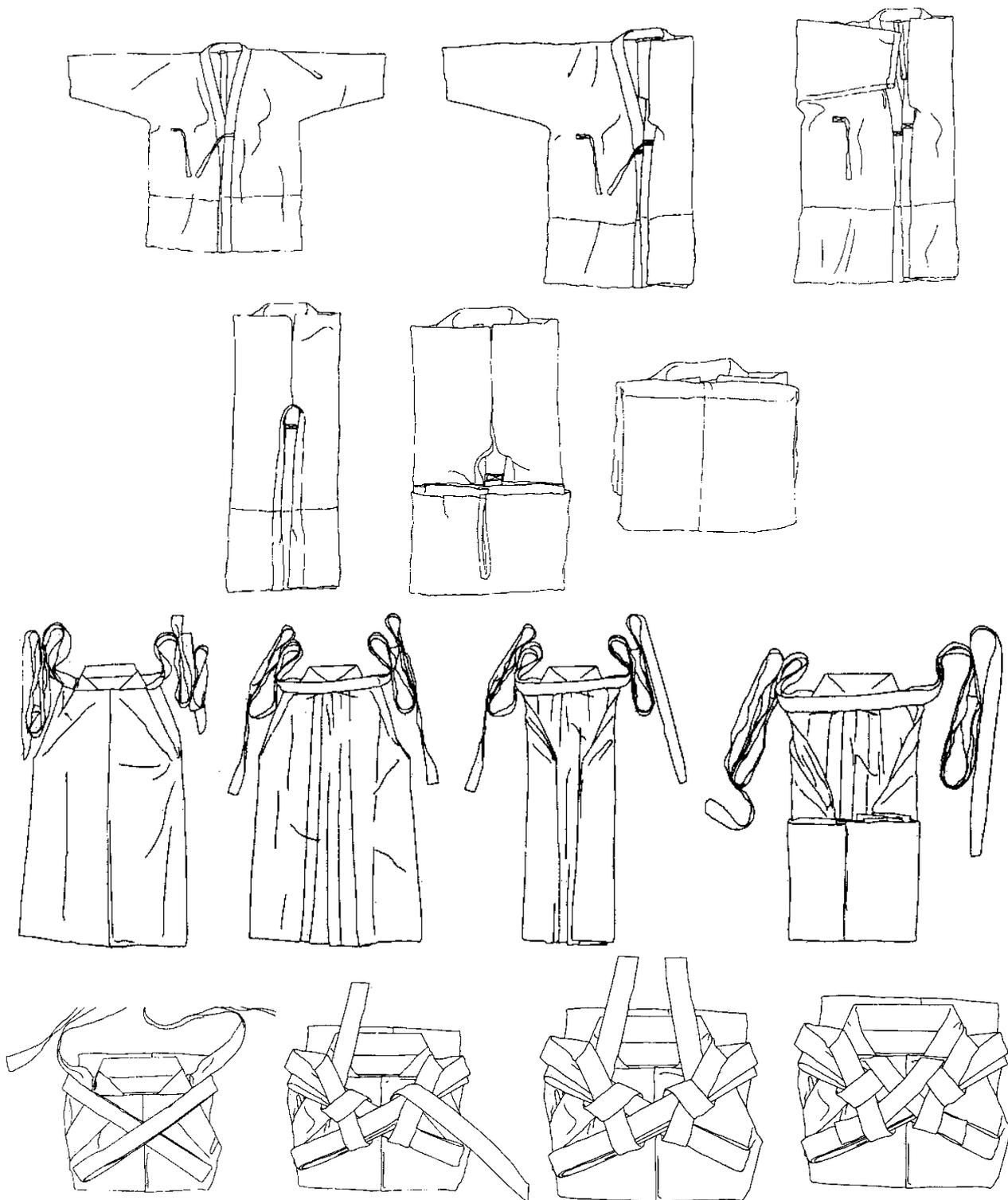


Abbigliamento ed attrezzatura

Keiko-gi ed Hakama



come indossarli

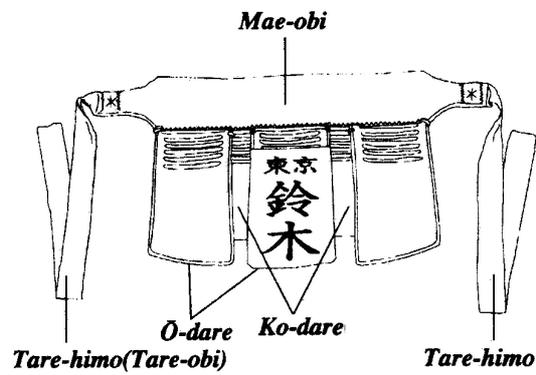
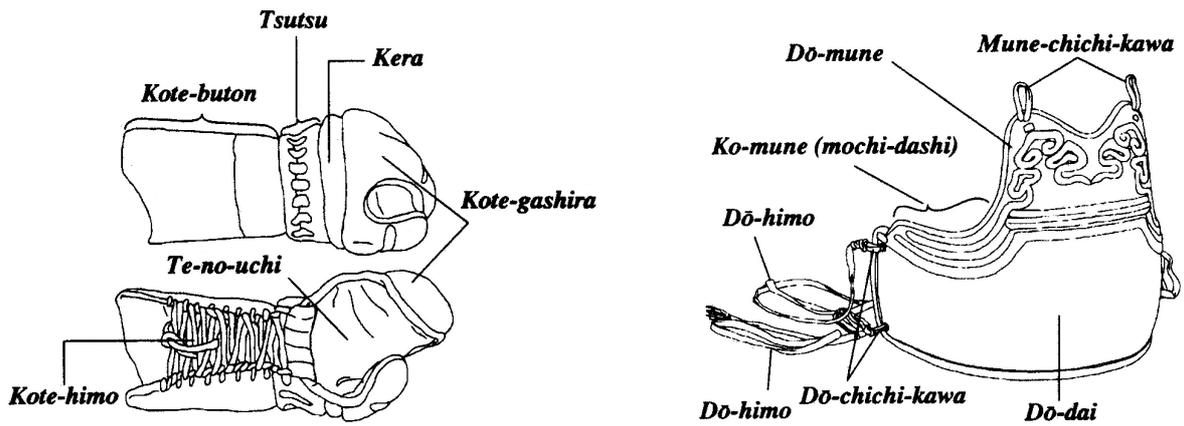
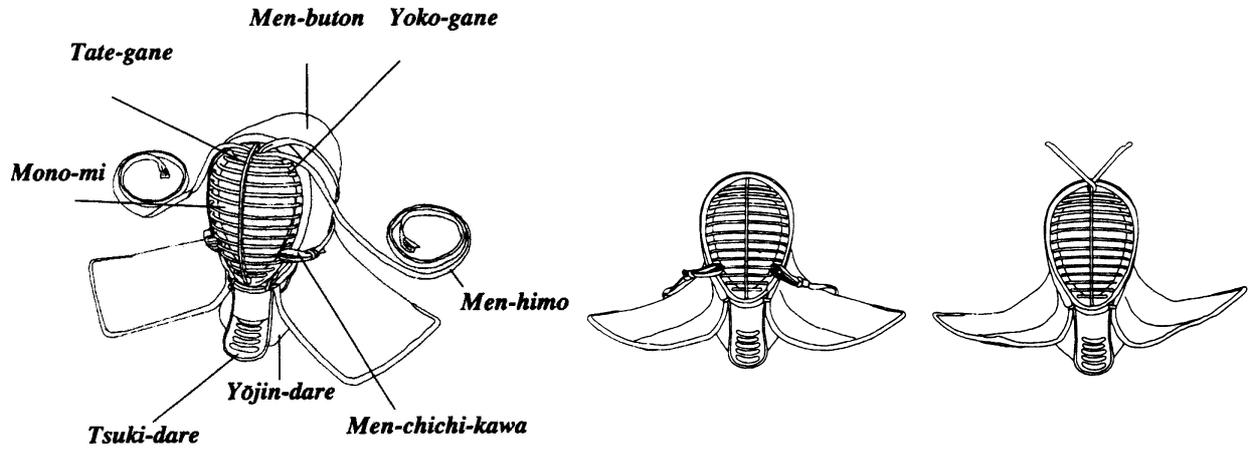


L' hakama ha 7 pieghe, 5 davanti e 2 dietro, ciascuna ha un significato simbolico legato alle virtù dei bushi (samurai):

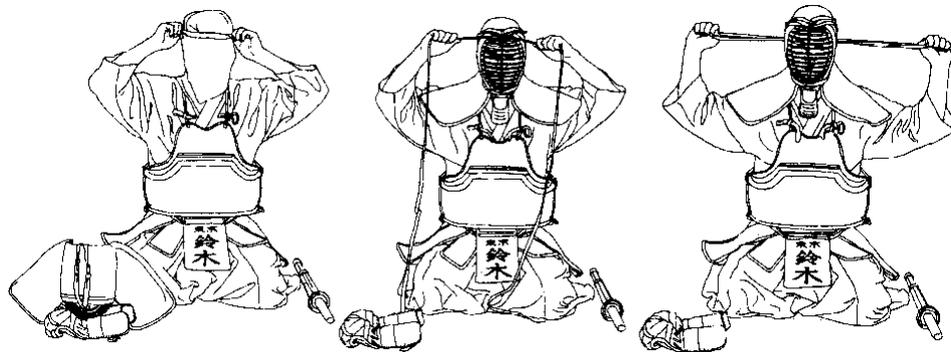
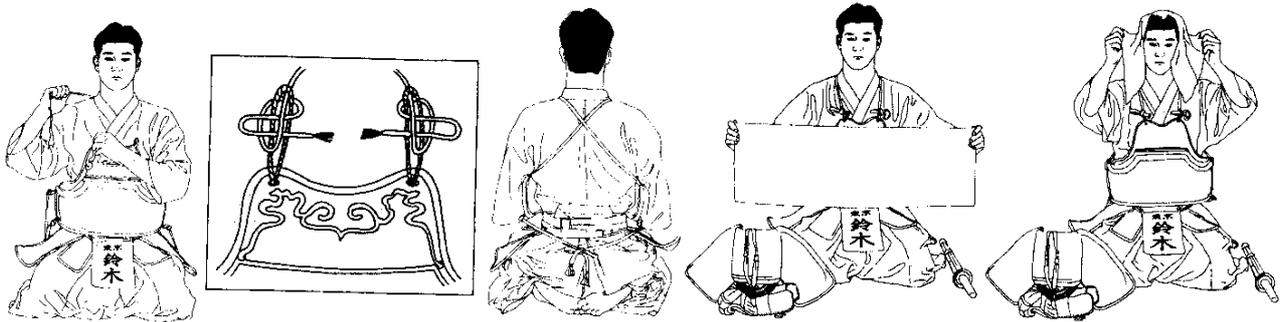
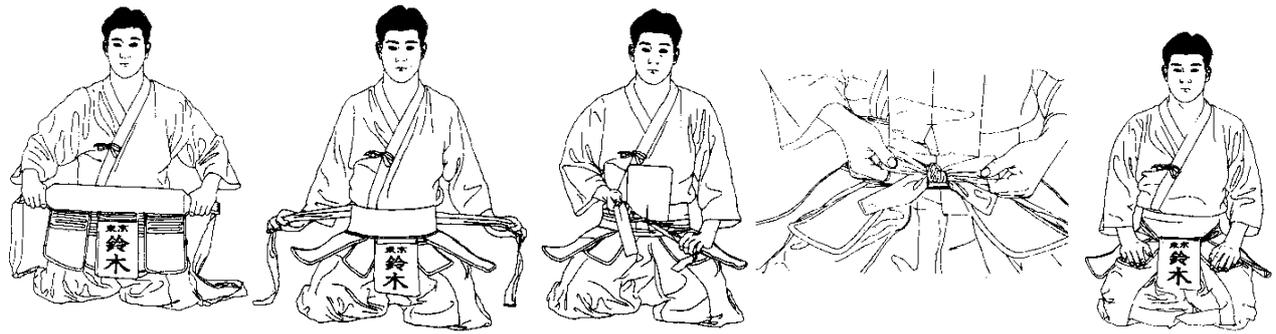
1. 勇 Yuki - valore, coraggio, eroismo
2. 仁 Jin - compassione, benevolenza, carità
3. 儀 Gi - giustizia, rettitudine, integrità
4. 礼 Rei - etichetta, cortesia, obbedienza
5. 誠 Makoto - onestà, sincerità, concretezza
6. 忠 Chugi - lealtà, fedeltà, devozione
7. 名誉 Meiyo - onore, dignità

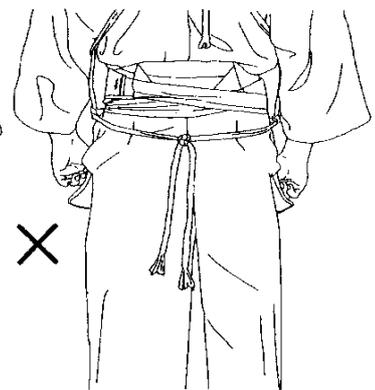
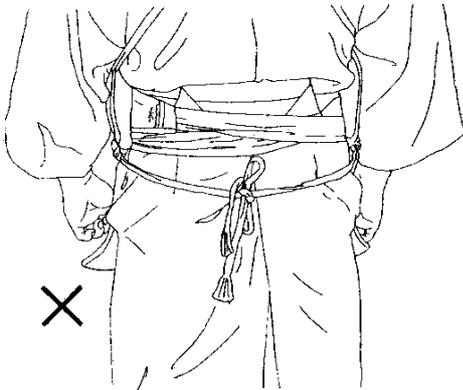
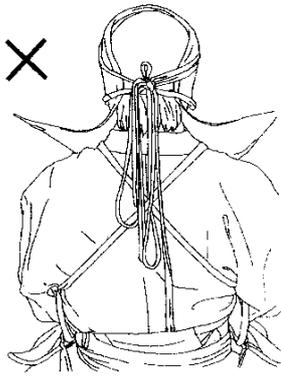
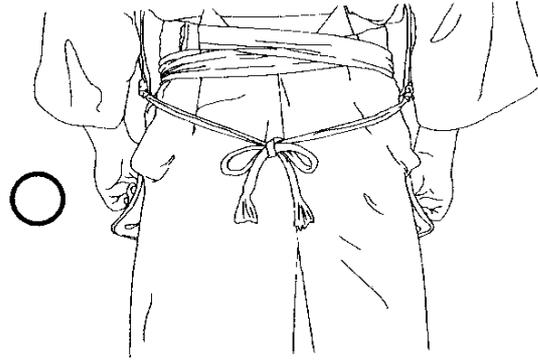
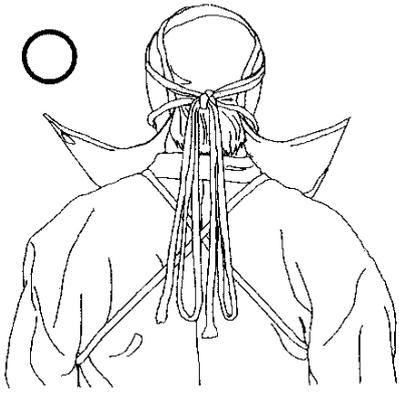
Kendo-gu (bogu)

ELEMENTI CHE LO COMPONGONO E NOME DELLE SINGOLE PARTI

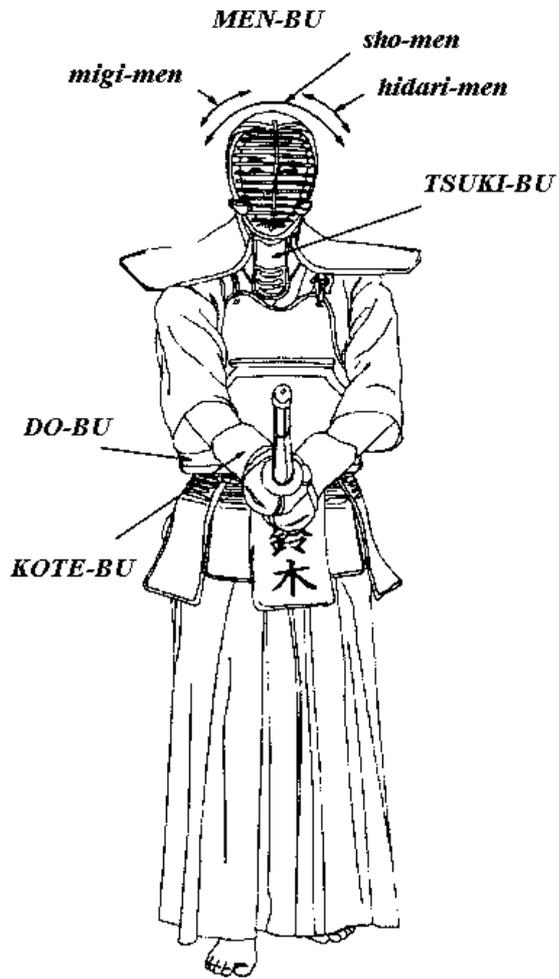


COME INDOSSARLO

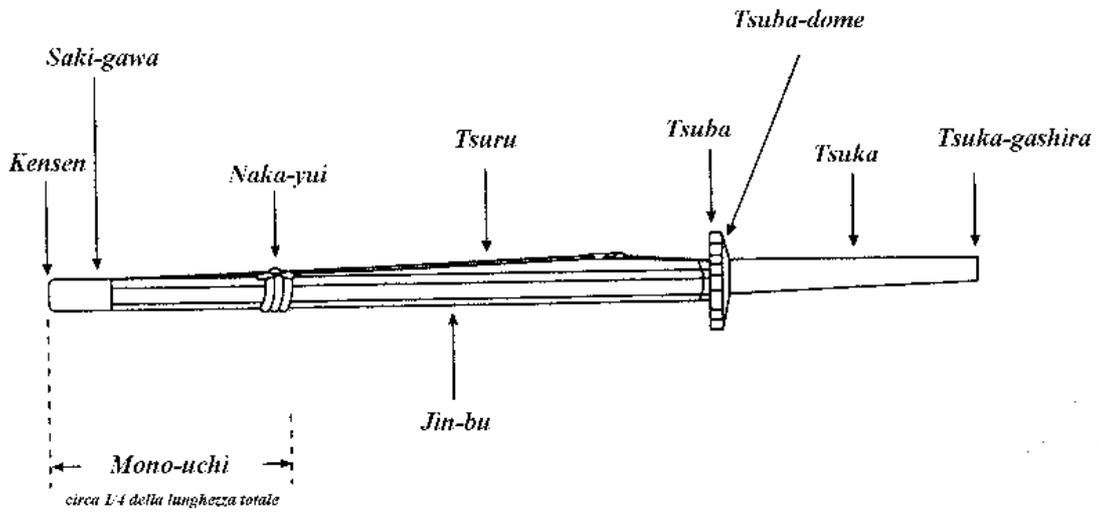




Obiettivi



Shinai

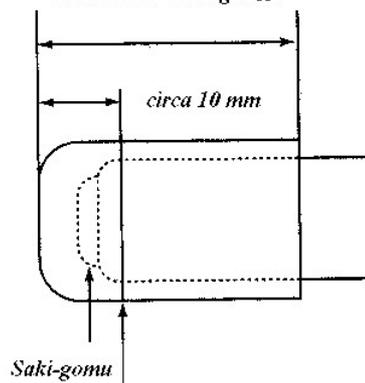


Saki-gawa:

Misure

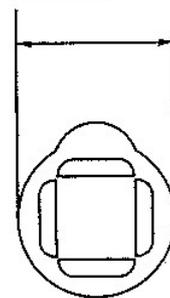
oltre 50 mm di lunghezza

circa 10 mm



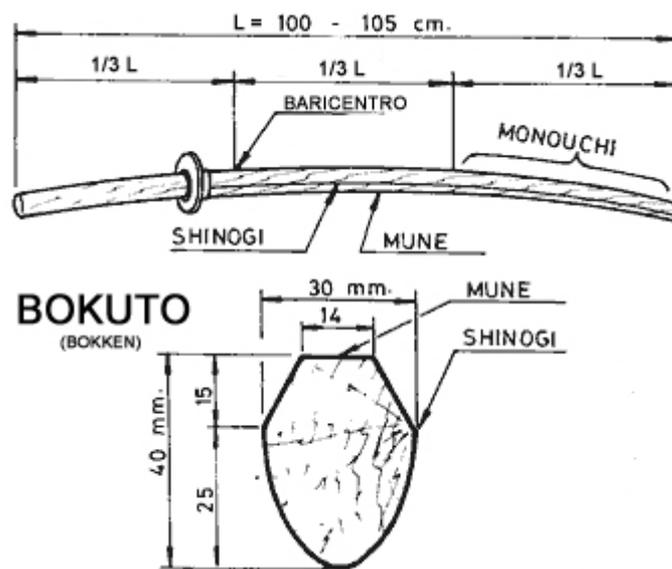
misura del diametro

posizione di misurazione (larghezza)



Bokuto

spada di legno ad imitazione della spada giapponese, generalmente in legno di quercia o nespolo del Giappone. Chiamato anche **bokken** o **kidachi**. Con questo termine ci si riferisce genericamente sia all'**o-dachi** (o **tachi**), lunga oltre 60 cm., che al **ko-dachi** (o **sho-to** termine utilizzato soprattutto per indicare la **shinai** più corta in **ni-to**) la cui lunghezza non supera i 55 cm.



Katana

