

# 銃 劍 道

## JŪKENDŌ



### ABOUT JŪKENDŌ

Jukendo is based on fighting with bayonets. Practitioners wear armour and compete with wooden rubber-capped replica-rifles by thrusting to the opponent's chest, side, throat, hand and shoulder. Jukendo is a relatively modern martial way, but its origins in Japan can be traced back to traditional spear fighting techniques. It has also been greatly influenced by kendo.

Jukendo is an aggressive discipline in which attacking and withdrawing motions form the majority of movements. The thrusting attacks in jukendo are called *tsuki-waza*, and must connect with a valid target with a veracious spirit and correct posture. After withdrawing from the attack, the practitioner must demonstrate *zanshin*, or a state of mental and physical readiness. To make an attack in which spirit, weapon and body become one is called *ki-ken-tai-itchi*. Learning how to perform the attacking motion

is simple enough, but the timing and intricacies of making a successful thrust with *ki-ken-tai-itchi* is quite complex.

The main focus of jukendo is to foster the warrior virtues of honesty, politeness, courage, self-control, and strength. Like the other budo, it aims to nurture steadfast individuals capable of contributing to society.

