

June 4, 2020

Lifting of Request for Self-restraint of Interpersonal Keiko (Taijin-teki-keiko)

The All Japan Kendo Federation (AJKF) asked for self-restraint in interpersonal *keiko* (*taijin-teki-keiko*) to prevent the spread of COVID-19 infections. However, as the Japanese government has now lifted the emergency declaration nationwide and we have checked the suitability of equipment that can be used to prevent droplets spraying from practitioners mouths, the AJKF will lift its request for self-restraint of interpersonal *keiko* on June 10 in Japan. In addition, in order to mitigate the spread of the COVID-19 infection, we have established “Guidelines for Preventing the Spread of Infections with the Resumption of Interpersonal Keiko (Taijin-teki-keiko)”.

Please resume *keiko* in accordance with these guidelines, while taking into account the fact that kendo *keiko* falls under the “three Cs” (closed spaces, crowded places, close-contact settings) and spray from practitioners’ mouths can be the source of infection.

The request for self-restraint is expected to be lifted on June 10. The physical condition of kendo practitioners will have decreased in the past two months of little activity. There is also the possibility of a second wave of COVID-19 infections. Therefore, it is prudent to resume with caution for the time being. For example, when *keiko* first resumes, it is important to focus on physical training and *suburi*. After that gradually increase the training load, and then proceed with a plan that will allow full training from the beginning of July.

These guidelines have been prepared with the cooperation of experts, but there is not enough scientific knowledge to totally prevent infections of COVID-19. Understand that these guidelines have been created on findings obtained thus far, and that the guidelines will be reviewed one by one as new data comes to hand, and the status of infections in each region.

*This guidance relates specifically to Japan. Overseas practitioners should follow the rules in their country.