

All Japan Kendo Federation

June 8, 2020

## Supplemental Explanations for the Guidelines

On June 4, 2020, the All Japan Kendo Federation (AJKF) published “Guidelines for Preventing the Spread of Infections with the Resumption of Interpersonal Keiko (Taijin-teki-keiko)” (hereafter, AJKF Guidelines). Since then we have had several questions related to it which will be explained below.

### Question 1: Does the Men-mask make breathing difficult?

It is stifling but its main purpose is to prevent clusters of infection forming through droplets being sprayed from practitioners’ mouths during kendo *keiko*. When wearing the Men-mask, there is a small opening between the mask and the mouth which makes it less stuffy. (When viewed from the side you can see it is not flat but three-dimensional.) When wearing the *men*, it is hard for air to escape around the chin/jaw area. Instead it will escape from the top of the Men-mask. Please pay attention to this when wearing the Men-mask.

When it is hot, sweat will make the Men-mask wet. Please be careful as this can make it difficult for air to escape.

Keeping in mind the points covered above, it is recommended that you do not do *keiko* for a long time but do instead for short intervals allowing the *men* to be repeatedly taken off.

The AJKF is planning to review the guidelines again. As part of this process additional tests will be conducted in the near future. We will make public the results when they are ready.

Question 2: Is holding a tournament in violation of the prohibition of *keiko* in the guidelines?

Interactions and *de-geiko* between different groups are prohibited at present with the aim of trying to control people meeting those from outside their group, as well as strangers, to prevent an increased risk of infection. The intention is not to prohibit tournaments organized by prefectural and municipal boards of education and prefectural kendo federations. However, when it comes to holding tournaments, please use the AJKF Guidelines as a reference to try and prevent infections as much as possible.

Question 3: What about iaido and jodo?

In both iaido and jodo *keiko*, please wear a Men-mask and keep an appropriate distance from each other.

Guidelines for iaido and jodo are planned to be published soon.