



UNITED KINGDOM KYUDO ASSOCIATION

CHAIRMAN: LIAM O'BRIEN SECRETARY: CLAUDE LE GUYADER
TREASURER/MEMBERSHIP SECRETARY: MALCOLM BAGNALL

Unsupervised Makiwara Practice

As a general rule, unsupervised practice on the makiwara (outside of normal practice sessions) is not allowed. Not only because practicing on your own is unsatisfactory, but also because the risk of injury for inexperienced practitioners is higher.

However, it is understood that for some lower graded members (2 –4th dan), there may be some consideration to make exception, but this is to be considered as an exception and must be done with the agreement and supervision of their shidosha. This does not apply to members of 4 dan and above who are either shidosha, or have that potential, but where they are members of a dojo, it is still a courtesy to seek permission of their sempai /teacher. This has been agreed as a practice requirement and we ask members of the association to respect this directive. This directive also applies to matomae practice.

Liam O'Brien, Kyoshi 7 dan

NB.

- only use proper makiwara (those supplied from Japan).
- correct setting up of the makiwara and stand
- the same front face of the makiwara should always used (in time the makiwara gets compressed in the direction of the shots, and reversing a makiwara can result in rebounds)
- rotate the makiwara as a given area becomes compacted (to avoid rebounds)
- use proper stand design to reduce the rebound surface
- establish the correct distance to the makiwara
- set the makiwara to the correct height of the user
- allow sufficient space around the makiwara to avoid rebounds
- use a stop net at the correct distance where there are possibilities of rebound or damage
- only use makiwara arrows (bamboo makiwara arrows are preferred)