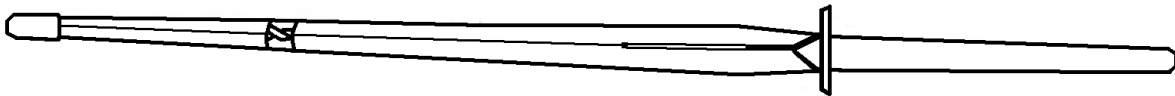


## Beginner Equipment

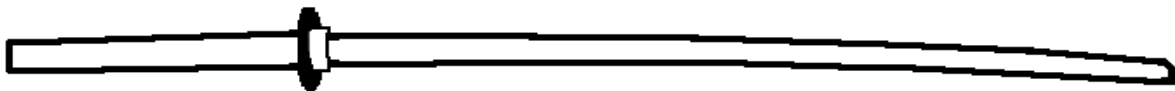
For your first few months, the only required materials are a shinai (for warm-ups and striking practice) and a bokken (for kata). You can practice in loose, flexible clothing until you decide if you want to invest additional money in clothing and armor.

### Weapons

*Shinai* (Bamboo Sword) - A bamboo practice sword with leather portions covering the handle and tip. Women traditionally use a 3-8 shinai, while men use a slightly longer 3-9 (measurements in shaku). The string represents the *back* of the sword (non-cutting edge).

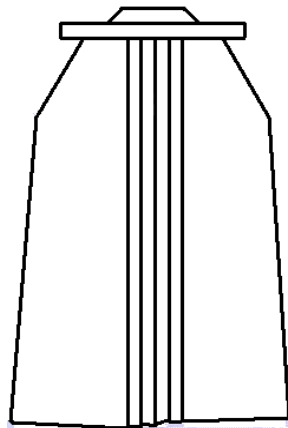


*Bokken* (Wooden Sword) - A wooden practice sword commonly used in kata. It is more closely resembles a katana (traditional Japanese sword) than a shinai does.



### Clothing

After your first three to six months, you may want to consider purchasing hakama and kendogi. You may also be able to use a club set of bogu, if one is available, at this point.



*Hakama* (Pants) - Traditional Japanese pants with one a pleat in the back and five in the front. It is very loose and easy to move around in.

*Kendogi* (Jacket) - Heavy cotton shirt for kendo practice. It is often available in summer and winter weight cotton.

