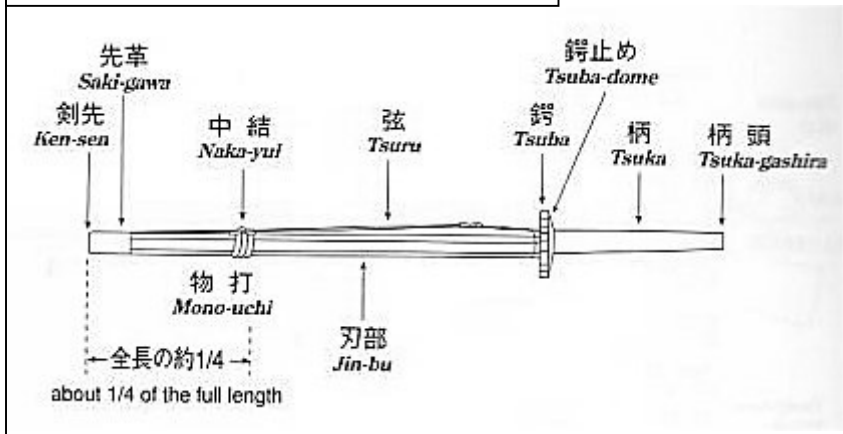
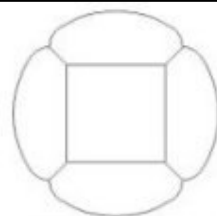


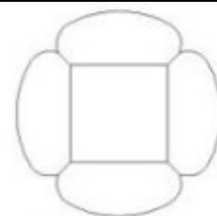
Parts of the Shinai



Take (bamboo staves)



Before Sanding

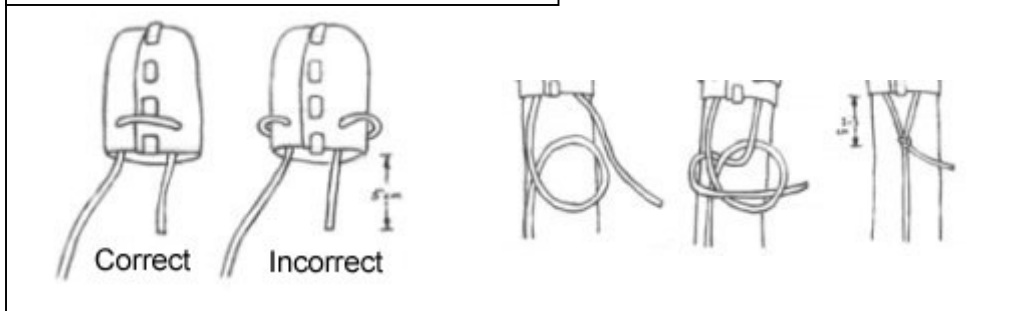


After Sanding

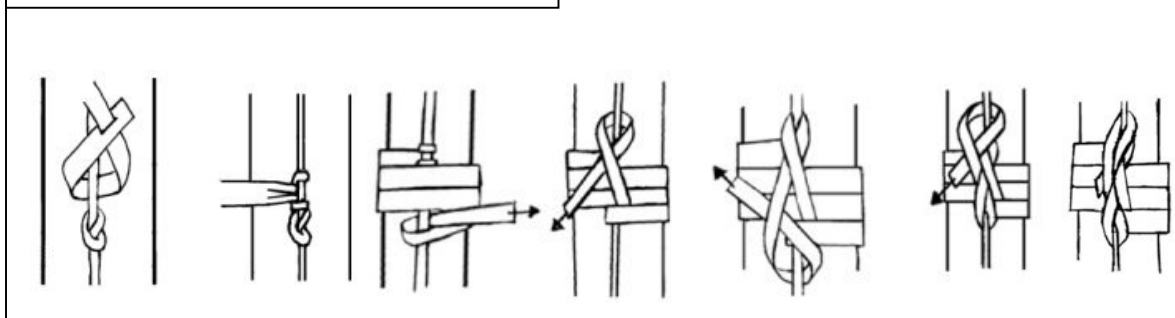


Remove The Shaded Sections

Sakigawa



Nakayui



These illustrations are extracted from the Edinburgh Kendo Club Manual at:
<http://www.kendo.org.uk/clubs/edinburghkendo/manual.html>

Tsuru and Tsukagawa

