Shinai & care

Parts of the shinai

Shinai maintenance

Your shinai should be maintained regularly to ensure it is fit for use and to prevent damage and possible injury to your opponent. You should check the shinai for any splinters or cracks and ensure that the string on your shinai is tight and that the nakayui is held in the correct position. Particularly on a new shinai, care should be taken to round the edges of the bamboo staves as shown below, before coating them with oil. You should occasionally disassemble the shinai and smooth off any rough edges or splinters that have developed and re-oil to keep your shinai in peak condition.

Tying the saki gawa

1. Thread the string as shown to avoid tearing the saki gawa. 2. Tie a knot so that it ends up just below the first joint of the bamboo staves and thread the string through the nakayui.
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**Tying the tsuru**

1. The saki gomu fits between the bamboo staves before fitting the saki gawa over the top.
2. Tie the string as shown.
3. Make a loop in the string about 10cm from the loop in the handle, about 1cm long.
4. Thread the string through the handle loop, then back through itself.
5. Thread it back through the bottom of the leather loop and pull tight.
6. Secure the string with a knot at the base.
7. Cinch by winding around the leather loop repeatedly and threading through the last loop.

**Tying the nakayui**

Tie the nakayui as shown and trim any extra length.