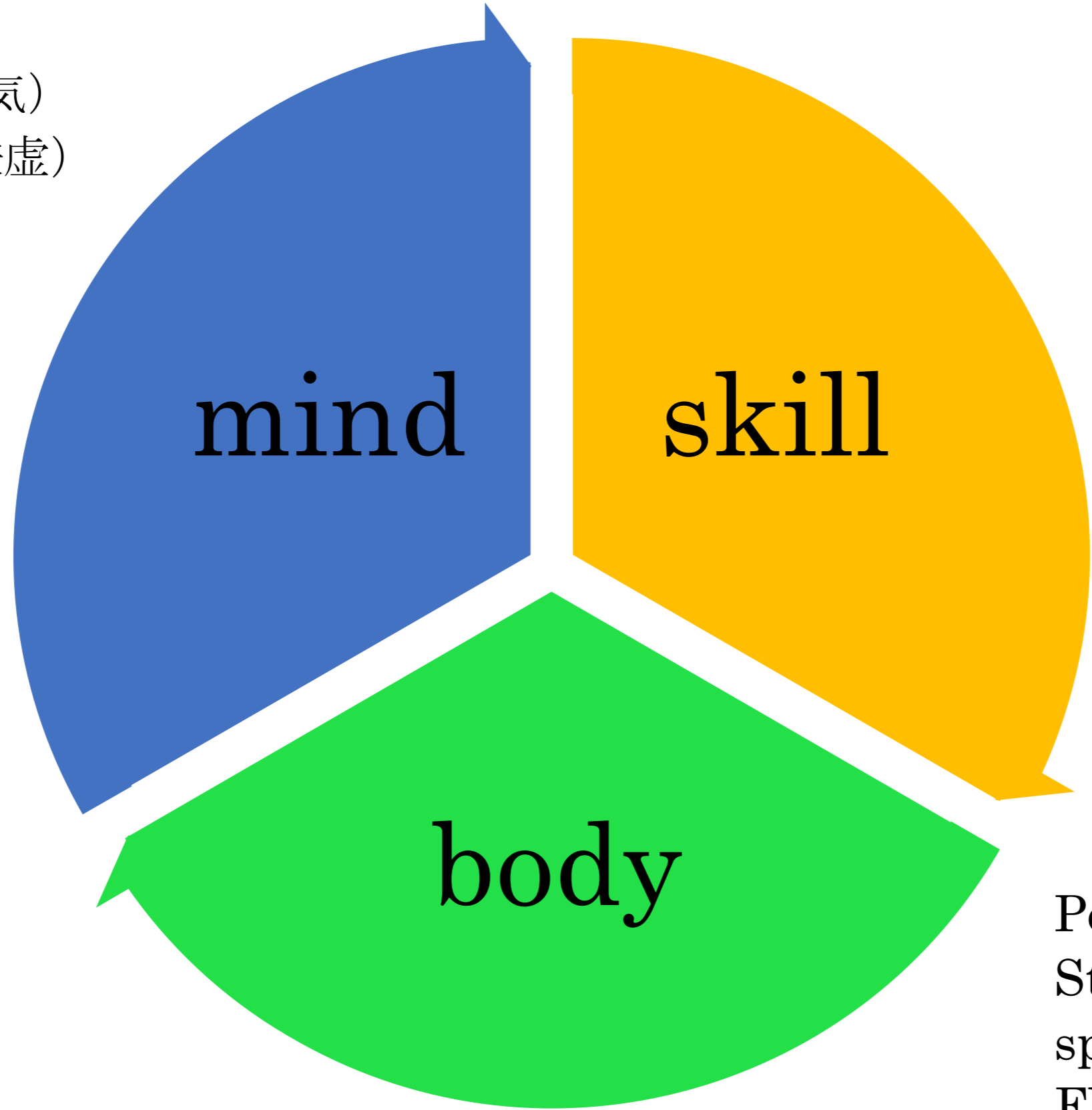


Calm(冷静)  
Bravery (勇氣)  
Modestty (謙虚)



Subiri  
Kirikaeshi  
Uchikomi  
Kakari-keiko  
Waza

Posture  
Strength  
speed  
Flexibilit

A characteristic of Kendo

3 factor of Kendo can not  
divide for improving.

# MORPHOLOGY(Goethe)

Improving

⇒ slow no-self awareness

But.....

心

技

体

SHIN

GI

TAI

Mind

skill

body