

剣道の修行過程における攻防一致から攻応一致への実証的検討

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【要旨】

筆者は、16歳で初めて剣道の手ほどきを受け、その後48年間にわたる剣道の修行を継続している。65歳の境に剣道の楽しさや面白さが漸く分かるようになった。その中で剣道は長期にわたる修行の継続によって熟練度が高まる可能性のあることを自ら体得した。今後、剣道の真髄に迫るべくその追求を継続することとなろう。こうした修行の継続は攻防一致*の剣道から攻応一致**の剣道を構築するに至る過程において見出されると確信する。攻め合における攻防から攻応一致の技法を創出した筆者の実践事例を取りあげ剣道上達の可能性を探ろうとするものである。

* 攻防一致：攻撃と防禦が一致

** 攻応一致：攻撃と応じが一致

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Transition from agreement between the offense and defense in kendo to agreement in attacking the respondent

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Key Words: posture, attack, respond, connection, agreement in attacking the respondent

[Abstract]

The present author started practicing kendo at the age of 16, and has continued kendo training for 48 years. Now, at the age of 65, the author has come to understand what is pleasurable and interesting about kendo. He has finally realized that one's skill in kendo can be improved only by continuing training for a long time. In the future, the author would like to continue to pursue the essence of kendo. He is convinced that continuation of strenuous kendo training results in a change to a higher level of both physical skill and psychological condition, which, in practice, shows in a change from the kendo of agreement between the offense and

defense* to the kendo of agreement in attacking the respondent**.The present paper describes examples from the author's kendo practice, explaining the development of his technique from agreement between the offense and defense to agreement in attacking the respondent, as an aspect of his attempt to find ways to improve his kendo skill further.

* Agreement between the offense and defense: The attack and the defense correspond.

** Agreement in attacking the respondent: The attack and response correspond.