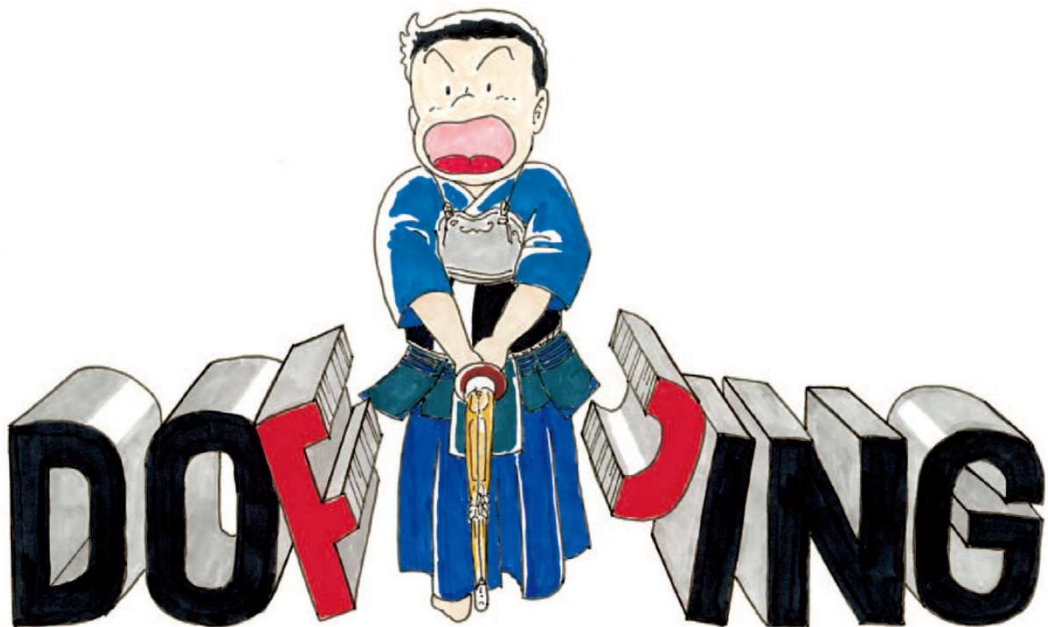


Anti-Doping Manual for *Kenshi*

- Cultivating minds and bodies that will not give in to doping



International Kendo Federation (FIK)

Introduction

Through practicing the principles of the sword, kendo serves as a vehicle for character development. Using illicit drugs and methods to enhance performance, known as doping, is banned in all competitive sports around the world. As outlined in the Anti-Doping Rules of the International Kendo Federation (FIK), the FIK also explicitly forbids the use of illicit drugs and doping.

In order to prevent doping in kendo, it is important to understand its dangers, as well as recognize ways of deterring it. The FIK Anti-Doping Committee produced this booklet with these problems in mind. Questions such as “What is doping?”, “Why is doping bad?”, “What does a doping test entail?”, “What are the penalties for doping?”, “How do I know that the medication I use is not in breach of doping regulations?” and so on, will be answered in simple terms, and will provide kendo practitioners with important information about doping. In particular, we strongly urge kendo instructors to become familiar with the content explained in this booklet and help spread the anti-doping message to younger generations.

Anti-Doping Committee
International Kendo Federation
September 9, 2023

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I. Preventing Doping

1. What is doping?

Doping is the practice of using drugs and/or exceptional procedures in order to enhance performance, and the disguise of these practices. Doping is prohibited for the following reasons:

- ◆ It is harmful to the athlete's health.
- ◆ It is damaging to the value of competition and sport.
- ◆ It goes against the spirit of fair play.
- ◆ It is anti-social behaviour.

Detection of any prohibited substance in a doping test, even if it was consumed inadvertently as a result of carelessness or for therapeutic purposes, will be considered a doping violation. Additionally, the acquisition or possession of a prohibited substance will also be viewed as a violation. Therefore, the presence of any prohibited substance must be checked if an athlete requires medication for health reasons. If the athlete has no choice but to use medication that contains a prohibited substance, permission must be sought by submitting the appropriate documentation. A revised list of prohibited substances is issued by the World Anti-Doping Agency (WADA) each year. This list can be downloaded from the WADA website. Doping violations can result in disqualification or suspension from competition (see p. 9).

- WADA <https://www.wada-ama.org/>

2. Why is the anti-doping message important for youth?

Adolescence is a time when youth experience significant mental and physical growth. It is a vulnerable period for the adolescent who is filled with a sense of adventure and ambition, and his or her experiences, emotion, and social interaction encountered at this time are crucial in ethical and moral development. As such, it is extremely important to teach to young kendo practitioners the anti-doping message of “Play True”. The “Anti-Doping Rules” issued by the FIK are based on the spirit of “Principles of Kendo”, and any attempt to gain a competitive edge through doping is not tolerated. For that reason, the encouragement of the anti-doping message should be a consideration for all kendo instructors.



3. Frequently asked questions about doping

This section will provide answers to frequently asked questions about doping in sport.

① What is doping?

Doping is the practice of using drugs or special methods in order to enhance performance, as well as the disguising of these practices. Punishment will be meted out even in cases where prohibited substances have been ingested unintentionally. A list of drugs and methods that are not permitted is issued every year by WADA.

Refer to: <https://www.wada-ama.org/>

② Why is doping not acceptable?

In addition to being detrimental to health (a possible cause of kidney disease, liver disease, and even sudden death) and contrary to the spirit of fair play, doping has a negative social effect. In particular, doping by respected athletes and coaches can influence young athletes, and result in them imitating such behaviour.

③ Are doping tests conducted in kendo?

Yes. FIK has adopted the official World Anti-Doping Code issued by WADA. For this reason, doping is prohibited in all national kendo federations affiliated to the FIK, and doping tests are therefore obligatory. Currently, doping tests are conducted at prestigious tournaments such as the World Kendo Championships, the All Japan Kendo Championships, and the European Kendo Championships.

④ What substances and methods are prohibited?

Prohibited substances are stipulated in the list issued by WADA. The list is revised and reissued on January 1 each year. It covers both prohibited substances and methods. The following two categories apply to kendo:

- ◆ Prohibited substances and methods at all times (e.g. anabolic hormone treatment, etc.).
- ◆ Prohibited substances and methods in competition.

For more information, visit the WADA website.

- World Anti-Doping Agency (WADA)
<https://www.wada-ama.org/>

Global DRO also allows you to search by product name. Please use this search function as well.

- Global DRO

<https://www.globaldro.com/home/>

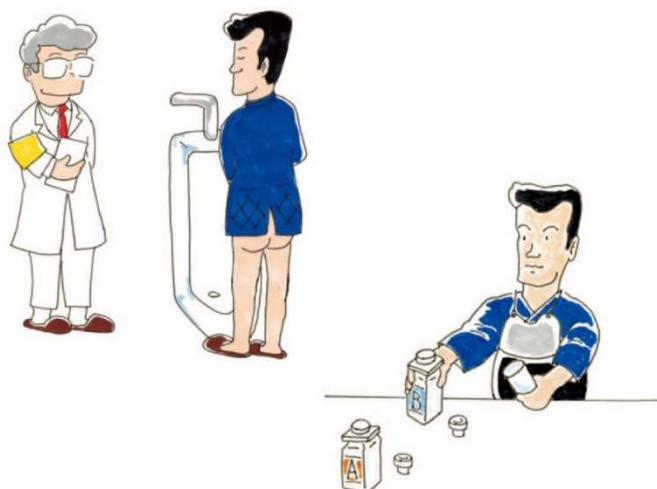
If you are unsure about any medication you are required to take, you can make an inquiry to the anti-doping association or pharmaceutical association in your area. Alternatively, you may refer to Global DRO (see above).

⑤ What does a doping test entail?

Some doping tests are conducted at the competition arena (in-competition or in-*shiai* test), and some outside of the competition arena (e.g. at training venues; out-of-competition or out-of-*shiai* test). In either case, once the athlete has received notification that he or she will be tested, they must report to the designated test station immediately. In the presence of a Doping Control Officer, the athlete will be required to provide normally a urine sample of no less than 90 ml, and then dispense the sample into two vessels labelled 'A' and 'B'. These vessels are then sent to a WADA-accredited laboratory for analysis.

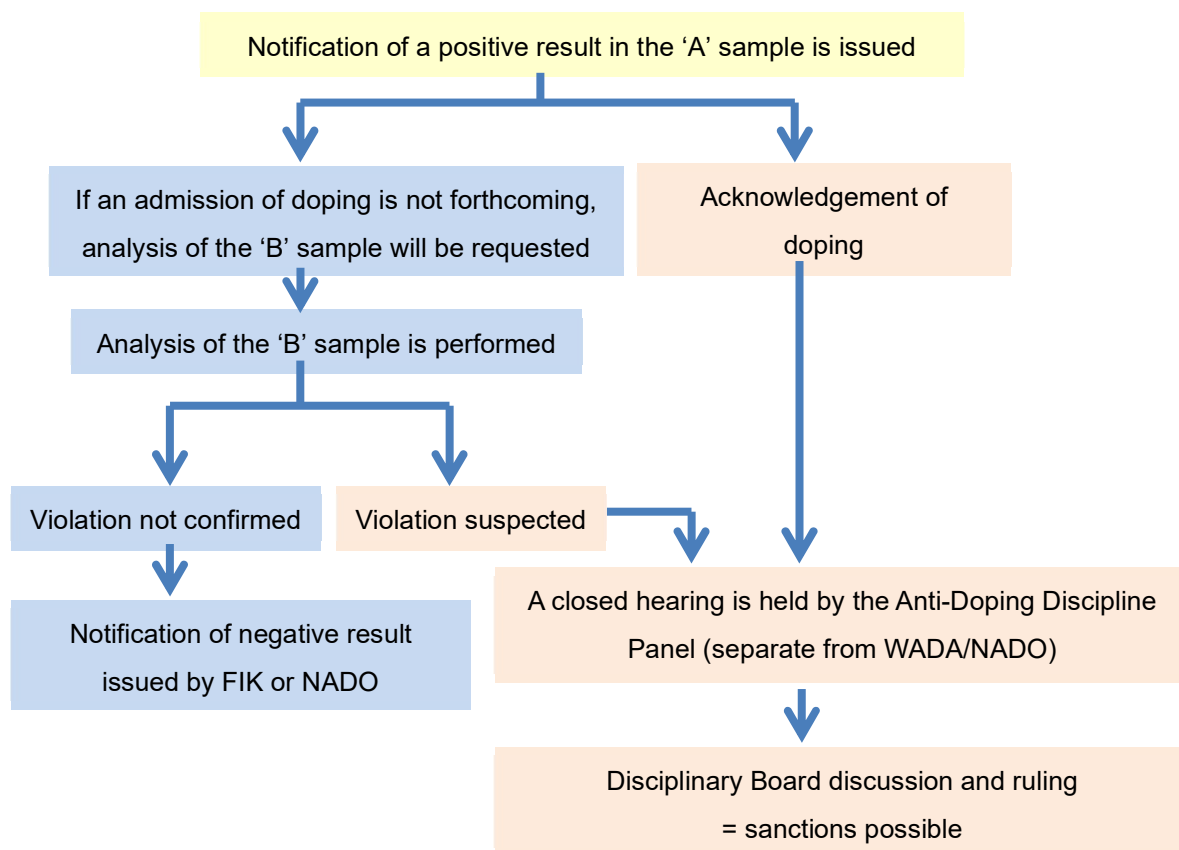
⑥ Are doping tests also conducted at different times from tournaments?

Yes. If you are included in the FIK Testing Pool (i.e., you are selected for out-of-competition tests by the FIK), the Doping Control Officer of the national anti-doping organization of your country may visit your home or practice venue without notice to conduct the test. You will then be required to follow the procedures outlined in ⑤.



⑦ What happens if a doping test result is found to be positive?

The following procedure will be carried out if a test proves positive for prohibited substances:



If a prohibited substance is detected in the 'A' sample and the athlete admits to doping, the test is confirmed as a fail, and sanctions will be imposed. However, if the athlete denies any wrongdoing, an additional analysis using the 'B' sample will be conducted for verification. If the 'B' sample is also found to contain prohibited substances, the athlete will be offered an opportunity to give an explanation, after which a review will be carried out.

⑧ What is the punishment for doping?

In the event that a doping violation is detected during a competition, the match results of the offender will automatically be invalidated. If the violation is a first offence, the offender will generally be given a four-year ban from competition. Furthermore, any coaching or support staff deemed to be involved in the violation will also be subject to sanctions. Even 'inadvertent doping', where it is claimed that nobody knew a prohibited substance was present in a medicine or supplement, is considered a violation and will be punished. An appeal can be

made through the Court of Arbitration for Sport (CAS) against Disciplinary Board verdicts in the case of international competitions, or national sports arbitration agency for domestic competitions.

⑨ Can I be treated for illness or injury with a prohibited substance?

Athletes who use prohibited substances or procedures for the purpose of medical treatment must apply for a “Therapeutic Use Exemption” (TUE). Applications for exemptions at national level competitions should be made to the TUE committee of your national anti-doping organization, and applications for international events must be made to the TUE committee of the FIK. The TUE committee will assess the application, and permission for the therapeutic use of prohibited substances or procedures may be granted. The criteria for approval are as follows:

- (1) The diagnosis must be based on appropriate clinical evidence.
- (2) Use should not produce an effect that improves athletic performance beyond restoring health.
- (3) The prohibited substance/method is an indicated treatment for the relevant disease and there is no other alternative treatment method.
- (4) It is not a treatment for the side effects of doping.

⑩ How do I apply for a Therapeutic Use Exemption (TUE)?

Those participating in competitions organized by the FIK must submit a TUE to the FIK; this is also the case with athletes included in the FIK Testing Pool. All others should apply directly to their national anti-doping organization through their national kendo federation. The TUE application form can be obtained from the WADA or FIK website, or the national anti-doping organization website. The athlete must fill out the required forms. All questions regarding the application process can be directed to the FIK or national kendo federation. The TUE decision will be sent directly to the athlete.

⑪ What should I do if emergency medical treatment requires the use of a prohibited substance or procedure?

In such cases, please apply for a TUE promptly after using the prohibited substance or method as a treatment, attaching medical information to prove the urgency of the situation. This is called a retroactive TUE application. The conditions for approval of a retroactive TUE are the same as those for an application made prior to use (⑨).

⑫ What should I pay attention to when I have to use medication?

The medications you use may contain prohibited substances. Many medications have very similar names, so research them carefully before use and do not make assumptions about them.

Detailed information can be obtained at the "Global Drug Reference Online (Global GRO)" (<https://www.globaldro.com/home/index>) and also from your national anti-doping organization.

It is highly recommended that coaches and athletes who have questions about prohibited substances contained in their medication make inquiries directly to their national anti-doping organization.

◆ Cold medicine

It is important to take extra care with cold medicines as many contain the prohibited substance ephedrine. Always check the label for ingredients such as methyl ephedrine, ephedrine, ephedra, etc., as these are all prohibited substances.



◆ Eye drops, nasal sprays, and ointments

Some eye drops and nasal sprays contain prohibited substances such as stimulants and glucocorticoids. However, taking medicine in this way is not prohibited. For this reason, an application for a TUE is not required. It is also possible to use ointments that contain glucocorticoids for the treatment of eczema and hemorrhoids.

◆ Hair growth treatment

In the past, hair growth treatments that contained finasteride have been prohibited but this is no longer the case. Nevertheless, treatments for facial and body hair can contain the male hormone testosterone and should not be used.

◆ Herbal medicine

As there are many complex combinations of ingredients contained in herbal medicines, the exact content of each remedy is not always clear. Furthermore, even though some natural remedies used in herbal medicines are similar in name, factors such as the manufacturer, the origin of the raw materials, and the duration of their harvest, all play a role in producing slightly different products. Some herbal medicines contain prohibited substances, such as ephedra.

Therefore, if you do choose to take herbal treatments, it is important to seek the advice of a team doctor or pharmacist who has an intimate knowledge of anti-doping. It is generally advisable to avoid the use of herbal medicine, and obtaining a TUE for such medicines can be difficult.



◆ Doctor prescribed medication

There are some prescription medicines that can also violate doping regulations. If you are using a prohibited substance for medical purposes, the necessary medical documents to support an application for a TUE (see p.10) must be submitted and approved in advance. Failure to do this may result in you being cited for a doping violation. The following are some important points for athletes taking prescription medicine to remember:

- (1) Make sure you know the names of the medications used when you received treatment. Ask your doctor to write down the names of the medicines used in your “Regular Medication Notes” or “Medication Notebook”.
- (2) When you visit a medical institution, tell them that you are an athlete and that you do not want them to prescribe any substances that prohibited by anti-doping regulations.
- (3) Always have a note of the exact name, dosage, and administration of

any medications that you usually take, and if there are instructions for them, keep them with you. For medicines that you take only when you have particular symptoms (i.e., for occasional use), write down the date and dosage when you take them.

- (4) Medications should be checked by a sports doctor who is familiar with anti-doping rules.
- (5) Never use medicines whose contents are unknown.
- (6) If you must use a prohibited substance or method for treatment, please apply for a TUE (see p.10).

◆ Antihistamines

Oral ingestion of medicines for allergies and itching is not prohibited. However, you should exercise care as some of these medications do contain stimulants. Irritation of the eyes and nose can also be treated with glucocorticoids by means of eye drops and nasal sprays. In either case, it is important to consult with your doctor or a pharmacist who has a good knowledge of anti-doping, or contact the regional anti-doping hotline in your area.

◆ Asthma medication & inhalers

In the past there were many types of asthma medications that required a TUE. However recently, there are an increasing number that do not require special permission for use. That said, there are restrictions on the number of times a person can use an inhaler. For more information contact your doctor or the regional anti-doping hotline in your area.

◆ Glucocorticoids

This is a type of steroid that is sometimes used to stop inflammation. Injection of glucocorticoids is now prohibited in all areas (intravenous, intramuscular, periarticular, intra-articular, peritendinous, intratendinous, epidural, intrathecal, intrathecal, intrathecal synovial sac, intralesional (such as keloids), intradermal and subcutaneous). However, if use is absolutely necessary, a TUE must be submitted.

◆ Intravenous injections, drips, and dialysis treatments

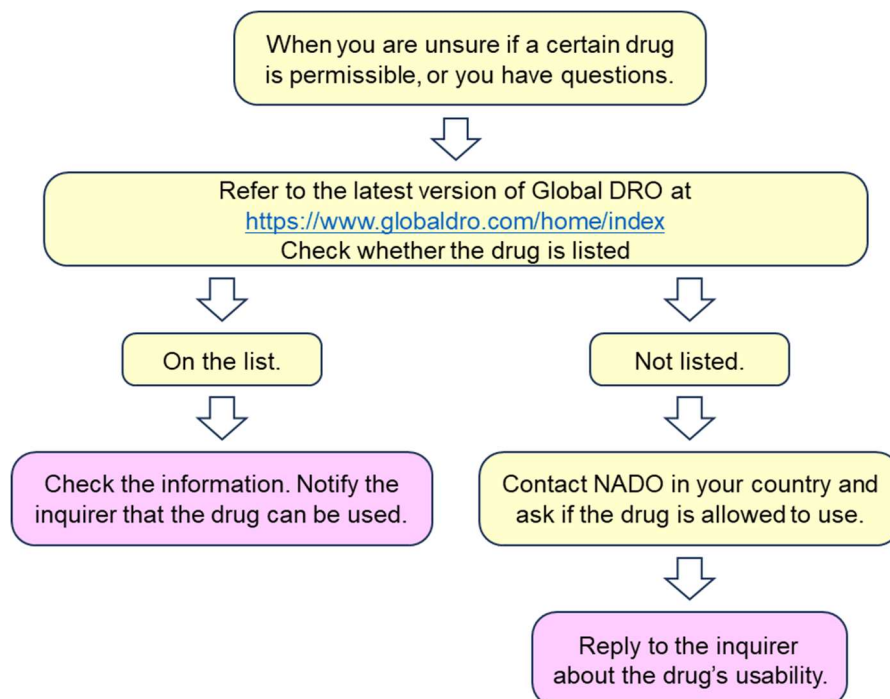
Intravenous injections and infusions are allowed **only if they are deemed medically necessary** when you visit a medical facility. In such a circumstance, you do not need to apply for a TUE after the fact. However, for example, after a

hard practice on a hot day, everyone will be dehydrated to some extent, but **if you can drink water by yourself, an IV infusion is not allowed. Please drink water by yourself.** In this context, intravenous infusion or intravenous injection means more than 100 mL per 12 hours in total; **according to the WADA 2023 Prohibited List, an intravenous infusion or intravenous injection exceeding 100 mL per 12 hours is prohibited, except in the course of treatment at a medical institution with inpatient facilities and in the course of a medical examination, surgical procedure, or clinical examination.** If you are undergoing dialysis therapy for kidney disease, a TUE application is required.

◆ Nutrition

Prohibited substances can unexpectedly be found in food ingredients. In particular, the medicinal herbs in Chinese style medicinal cooking can contain prohibited substances such as ephedra, and some ingredients mixed into cattle feed as a fattening agent for cows has been reported to contain the prohibited substance clenbuterol. This procedure of adding certain hormones to livestock feed is still carried out regularly in some countries, so please be cautious.

For more information on how to find out what medicines are safe or unsafe to use, please refer to the following flow chart.



Important points to remember!

- ◆ Anti-doping is an issue that transcends the world of sport and is now a global concern.
- ◆ Intentional doping is “a dishonest and dangerous act”.
- ◆ Even unintentional use of prohibited substances and procedures may be deemed as a doping violation and punished.
- ◆ It is important to seek professional advice when unsure about the ingredients of a medicine.



II. Building Minds and Bodies That Will Resist Doping

1. The importance of conditioning and correct eating habits

In order to avoid doping, it is crucial for you as an athlete to complement your physical training (conditioning) by establishing correct eating habits. Rather than simply learning kendo's techniques, developing the ability to undergo conditioning processes is vital for the promotion of anti-doping. Increasing awareness of the importance of conditioning, and the ways in which it can be conducted, is an essential part of kendo instruction.

① Methods of conditioning

A conditioning regimen is generally comprised of the following three elements:

- *Keiko* (training)
- Nutrition
- Recovery



Not only limited to *keiko*, the kendo instructor must also teach correct nutrition and recovery methods and endeavour to cultivate independent athletes. All three of these aspects must be addressed properly to become strong in kendo.

Furthermore, conditioning for *shiai* must include mental preparation, technique (strategy/tactics), physical training, and environment (management). As such, a conditioning log sheet can be used – like the one included in this booklet (see p.28 – as a means to document the necessary build-up for competition preparation.

② About training

(1) Physical considerations – improving physical strength

Fast acquisition of peak physical performance is the goal of many athletes who succumb to the temptation of doping. While doping can aid in building muscle and improving endurance, it can also result in serious and permanent side effects, or even death. Therefore, it is important for instructors and coaches to encourage young practitioners to build up their physical ability through effort, and not be tempted to take the easy path.

While strong bodies can be developed through kendo training, there are

many other methods, such as resistance training and running, that are also effective to this end.

(2) Psychological considerations – improving mental toughness

Doping can also have an effect on an athlete's mental toughness, including an enhanced sense of fighting spirit, the reduction of tension, and a decrease in fatigue. However, this can lead to a dependence on drugs in addition to other side effects.

Kendo athletes should be reminded that *keiko* is the best way in which to build mental strength, and this is especially true of training camps held in the winter and summer. Young kendo athletes should be made aware of the significance of *keiko* and its link to forging a stronger spirit. Kendo has many spiritual teachings such as *shikai* (the four weakness of the mind - surprise, fear, doubt, and confusion), *kigurai* (commanding presence) and *shishin* (mental block). The importance of these concepts should be taught alongside the technical and physical side of training.

(3) Warming up and cooling down

As a daily conditioning routine, warming up and a cooling down should be done before and after *keiko*. Warming up increases the suppleness of the muscles and broadens the range of movement in the joints. Furthermore, this will help you to prepare mentally, enabling you to obtain the ideal level of tension and focus. Furthermore, circulatory function is also improved, meaning that not only is performance in *keiko* enhanced, but fatigue can also be reduced. This will lead to better *keiko* and the prevention of injuries.

Cooling down allows the muscles to relax and rejuvenate while helping to reduce the after-effects of fatigue.



③ A mindset for nutrition

It is very important to eat well and enjoy your food. What we want to be even more aware of for kendo is that nutrition and diet are linked to physical and mental health. Although it is tempting to eat what you like, when you like, and as much as you like, one of the major causes of lifestyle-related diseases today is unbalanced nutrition and diet. Please wholeheartedly enjoy your meals, but also remember that nutrition greatly contributes to kendo and your health.

(1) Eating habits for *kenshi*

A regular daily rhythm is important for children's healthy growth and the prevention of lifestyle-related diseases, fatigue, and aging. A key aspect of a proper daily rhythm is eating three times a day, with breakfast being the most important meal. Neglecting breakfast can make it difficult to engage in activities in the morning, cause nutritional deficiencies for the day, and lead to obesity. Even if you have morning training, have breakfast before or after training at a time when it is convenient to eat.

What is even more important in a *kenshi's* diet is to eat a variety of foods without being picky. Each type of practice in kendo has its own meaning. You will not get stronger by avoiding the training you dislike and practicing only the training you like. The same goes for nutrition. If you continue to eat only the foods you like, leaving out the foods you dislike, you will become unbalanced. Get a variety of nutrition from a variety of foods.

Furthermore, adult *kenshi* should be aware that smoking and drinking too much can lead to health problems. Consider refreshing yourself in ways other than smoking, such as chewing gum, taking a relaxing drink, or engaging in light physical activity. You can reduce the strain on your body by abstaining from drinking a few days a week, or setting a limit on the amount of alcohol you can drink in one sitting as well as avoiding heavy drinking. If drinking after practice, rehydrate with water or a sports drink immediately after and eat some snacks before drinking to slow down the absorption of alcohol. Find a healthy way to consume alcohol.

(2) Nutrition and diet for a strong mind and body

A nutritionally balanced diet is one that provides a good balance of the five macronutrients (carbohydrates, proteins, fats, vitamins, and minerals). Here is a “five-ingredient diet” that is easier to achieve nutritional balance than thinking only in terms of nutrients.

1. Staple food (rice, bread, noodles, potatoes, etc.)
2. Side dishes (meat, fish, eggs, soy products, etc.)
3. Vegetables
4. Milk and dairy products
5. Fruit

People who practice a lot should take 1 to 5 three times a day. People who do not practice so much should take 1 to 3 three times a day, and 4 and 5 once or twice a day.

For example, if you have a breakfast of toast and coffee, you will only have staple food (1). To further improve the nutritional balance, you can add a side dish (2) and milk and dairy products (4) by adding ham and sliced cheese to the toast. If you substitute 100% orange juice for coffee, you can also get fruit (5). This alone will increase your intake of protein, calcium, and vitamins, build a strong body and bones, and help you maintain good physical condition, compared to a breakfast of just toast and coffee. If it is difficult to get all five of these things together right away, so start by trying to get as close to that shape as possible.



(3) Tips to prevent dehydration

Since kendo players wear a *men*, they cannot easily drink water during practice. However, if you sweat a lot, dehydration can cause fatigue and loss of concentration, leading to heat stroke. Depending on the intensity, time, and environment of your practice, you should take breaks and rehydrate yourself at appropriate times.

The key to hydration between training sessions is to drink frequently rather than a lot at once.

1. The guideline for water content is to lose no more than 2% of your body weight during practice (if you weigh 60 kg before practice, you should not weigh less than 58.8 kg after). Weigh yourself before and after practice to determine the amount of water lost.
2. Hydrate with water or caffeine-free tea (e.g. barley tea) when not sweating much.
3. If you sweat a lot, use a sports drink to take in sugar and salt (0.1-0.2% is recommended).
4. In hot weather, cold beverages (around 5-15°C) are good to drink, are quickly absorbed by the body, and quickly lower an elevated body temperature. Use a water bottle.
5. Make it a habit to weigh yourself every morning after waking up. If your weight remains down the morning after practice, hydrate before and after practice and at meals and snack times (juices are also water) to ensure that you regain your weight the next morning. This will prevent you from becoming ill due to dehydration.

If it is difficult to rehydrate during practice, take in a little water frequently starting in the morning of the day of practice. By doing so, you will be able retain a certain amount of water in your body.



④ **Food and nutrition for important occasions, such as *shiai* and *shinsa***

The most important thing to keep in mind when eating and getting nourishment for important occasions, such as competitions and examinations, is to maintain the best possible physical condition up to the day of the event so that you can perform at your maximum potential on the day of the competition or examination.

(1) How to eat one and two days before the event

We recommend a refreshing home-cooked meal, the same as a regular meal with the aforementioned “5 ingredient diet”. Please also refer to the following points:

- Because of the physical and mental tension during this period, the following foods should be avoided: rich side dishes (pork cutlets, grilled meat, steak, and other high-fat foods), expensive nutritional drinks and other foods not normally consumed, high-fiber foods (burdock, sweet potatoes, hijiki, seaweed, dietary supplements with added fiber, etc.), raw foods (raw eggs, sashimi, etc.).
- If possible, refrain from drinking alcohol for several days prior to the event. This will help you recover from fatigue smoothly, and you will be in perfect condition for the competition or examination.

(2) How to eat on the day of the event

When exercising, it is easier to move if there is no food left in the stomach. Keep in mind the digestion and absorption time of food and the start time of the event, and consider what, when, and how much to eat.

A normal meal such as the “five-ingredient meal” generally takes three to four hours to digest, so it is best to finish it at least four hours before the start of the event.

If you are going to eat something about two hours before the main event, we recommend the following high-sugar, low-fat foods: rice balls, *udon* noodles, rice cakes, toast, sponge cake, etc.

If you have less than one hour before the event, a jelly drink, sports drink, or 100% fruit juice is recommended.

If you are in a tournament-style competition and keep winning and progressing or have several league-style matches in a day, take a few beverages or snacks between matches.

A light meal as soon as possible after the event is over will help you recover quickly.

Digestion and absorption times vary from person to person. Please consider what is the best food for you at competitions and gradings and try simulating it several times before the real event.

⑤ **Use of supplements**

There are two types of supplements: (dietary) supplements and ergogenic aids. First of all, supplements are intended to provide nutrients that cannot be obtained through one's diet. If you are eating a normal diet, do not feel sick, and are maintaining and improving your muscle strength commensurate with your *keiko* and training, then there is no need to take supplements. If you want to improve your nutritional status, your first priority should be to review your basic diet.

Ergogenic aids are non-nutrient supplements that are taken to improve athletic performance. Ergogenic aids may seem like a magic potion that will make you less tired or increase your muscle strength, but you need to be very careful when using them. First, consider whether you really need to take it. Then, it is important to check that the action of the ingredients in the product you want to use is based on scientific evidence, and that the studies that provide evidence for the action of the ingredients are valid.

These are some situations in which nutritional intake may not be sufficient from food:

- Increased physical activity and not getting enough nutrition from the intake of food.
- Insufficient time for meals and post-meal breaks (during training camps, competitions, etc.).
- Dietary restrictions due to food allergies.
- Unable to provide a good environment for meals due to training camps, training trips, etc.
- Difficulty eating due to stress, fatigue, or other digestive or absorption difficulties.
- Nutritional deficiencies caused by weight loss or poor health.
- Nutrition needing to be increased depending on weight gain and training conditions.

In the above situations, the use of supplements can be effective. However, professional knowledge is required to analyze the nutritional status of the meal and to judge the effectiveness and safety of ergogenic aids. We recommend that you consult with a professional nutritionist or dietitian before using them.

In selecting a supplement, please review the following points:

- Check the ingredients included in the supplement and refrain from using

it if there are any uncertainties.

- Check the product's packaging and the manufacturer's website for safety-related information.
- If the product carries a certification mark, check the reliability and expiration date of it.

Contamination of dietary supplements is also a possibility. Contamination refers to the inclusion of prohibited substances that should not be present in the raw materials. To reduce the risk of contamination, choose supplements that are manufactured in Japan or by companies that have a proven track record of never causing contamination in the past.

Finally, there is no guarantee that supplements are safe. It is not safe to use a supplement because someone recommends it, and it is also dangerous to recommend a supplement to others if you do not know its ingredients. You are solely responsible for your own use of these supplements. Please do not casually approach the topic of taking supplements, but rather carefully consider your own situation and the product you wish to use before deciding to do so.



2. Famous *kenshi* talk about anti-doping and conditioning

Naoki Eiga

Japanese representative at the 9th, 10th, 11th and 12th World Kendo Championships (WKC); Winner of the men's Individual competition at the 11th WKC; Coach of Japanese Men's Kendo Team at the 15th WKC, All Japan Kendo Champion at the 48th All Japan Kendo Championships.

My first experience with the doping test procedure was in 1994, at the 9th World Kendo Championships held in France. Immediately following the prize giving ceremony, all members of the winning Japanese team were required to take part in the assessment. I remember feeling frustrated at the thought that this was deemed necessary in kendo.

However, it is not uncommon to hear of athletes in other sports being too eager to win, and stripped of their medals as a result of doping infringements. I believe that the mentality "doing anything to win" is not the way forward. So, in order to prove the justness and wholesomeness of kendo to the rest of the world, I realized the importance of doping tests in kendo competition.

From the point of view of "lifelong kendo", failure to ensure that sense of justness throughout my kendo career could render all my achievements as worthless. As such, I am always careful to follow the guidance of the WADA, the Japan Anti-Doping Agency and the All Japan Kendo Federation Anti-Doping Committee, even when taking everyday cold medicine.

To promote the healthy development of youth kendo, enhance the credibility of kendo competition, and also to continue to contribute to the idea of lifelong kendo, I am determined to follow the anti-doping rules.



Shoji Teramoto

Japanese representative at the 12th, 13th, and 14th World Kendo Championships;
Coach of Japanese Men's Kendo Team at the 16th, 17th and 19th WKC, All Japan
Kendo Champion at the 55th All Japan Kendo Championships

I participated in three World Kendo Championship campaigns. As a representative for the Japanese team, I felt that I was being watched closely by *kenshi* from other countries. Not limited to my performance in matches, my behaviours, etiquette, and demeanour were also scrutinized – from the beginning of my pre-*shiai* warm up, to the time I returned to my hotel room. I believe that being a member of the Japanese kendo team requires me to be a role model for the wider kendo community. Therefore I came to realize that if I were found to be in violation of doping regulations, I would not only be hurting myself but also kendo overall.

Seminars for anti-doping awareness became a part of the Japanese national kendo squad training camp menu from the 12th World Kendo Championship campaign. At that time, we were able to consult with team doctors and trainers with confidence about the types of medicines that were safe to use. Now, even when I am not in preparation for competition, I am still cautious about any medicines that I need to take. I have participated in a number of doping tests, and I consider them an important chance to prove that I am a clean athlete.

I personally live by the motto "*kihaku* (indomitable spirit)". I believe that one's *kihaku* can be cultivated through *keiko*, not by doping.

In line with the philosophy of kendo, I totally endorse the "Play True" message.



Chinatsu Murayama

Japanese representative at the 12th and 14th World Kendo Championships; All Japan Kendo Champion at the 44th, 45th, 46th, 48th, and 50th All Japan Women's Kendo Championships

I have participated in doping tests several times in my career. When selected for a test, the Doping Control Officer asks you to accompany him or her immediately after the competition. Refusal to go with the officer is considered to be a doping violation. Whether I win or lose a competition, I like to take some time to reflect on my performance, and catch up with the people who supported me throughout the day. In some cases, I am just eager to get home quickly. So I remember being frustrated at the lengthy assessment process in the beginning. However, after attending the anti-doping seminars held during the AJKF training camps and learning more about the anti-doping message, I came to appreciate the need for tests and my responsibility to participate in them. Athletes showing support for the concept of fair play in this way is an important part of holistic education for youth. It is an unfortunate truth that even young people are now doping and abusing drugs. For these reasons, support for the anti-doping movement is not only a way for me to prove myself as a drug-free athlete, but it is also one way I can contribute to our society through kendo.



III. Additional Sources of Information about Anti-Doping

1. Sources of Information about Anti-Doping

- World Anti-Doping Agency (WADA)
<https://www.wada-ama.org/>
- Global Drug Reference Online (Global DRO): this site provides athletes and support personnel with information about the prohibited status of specific substances based on the current WADA Prohibited List.
<https://www.globaldro.com/>
- International Kendo Federation (FIK)
Ph: +81-3-3234-6271
Fax: +81-3-3234-6007

2. Kendo Condition Log sheet

Date - / / Day - Weather/Temperature - Weight - kg

Today's Goals							
Keiko/training details							
Today's Condition							
Body Condition	Good	5	4	3	2	1	Poor
Technical Condition	Good	5	4	3	2	1	Poor
Mental Condition	Good	5	4	3	2	1	Poor
Daily Evaluation							
		Yes	No	Notes			
1. I slept well		<input type="checkbox"/>	<input type="checkbox"/>				
2. I had a good day at school		<input type="checkbox"/>	<input type="checkbox"/>				
3. I was able to concentrate during training		<input type="checkbox"/>	<input type="checkbox"/>				
4. I felt properly hydrated		<input type="checkbox"/>	<input type="checkbox"/>				
5. I had enough to eat		<input type="checkbox"/>	<input type="checkbox"/>				
6. I was aware of my condition		<input type="checkbox"/>	<input type="checkbox"/>				
Reflection							

Use this condition log sheet before and after *keiko* to understand and monitor your condition. The final box labelled "Reflection" can be filled out by both athlete and coach.

3. The Concept of Kendo

The Concept of Kendo

The concept of kendo is to discipline the human character through the application of the principles of the *katana* (sword).

The Purpose of Practicing Kendo

The purpose of practicing kendo is:
To mold the mind and body,
To cultivate a vigorous spirit,
And through correct and rigid training,
To strive for improvement in the art of kendo,
To hold in esteem human courtesy and honour,
To associate with others with sincerity,
And to forever pursue the cultivation of oneself.

This will make one be able:
To love his/her country and society,
To contribute to the development of culture,
And to promote peace and prosperity among all peoples.
(Established on March 20, 1975)

The Mindset of Kendo Instruction” and its Explanation

The Significance of the *Shinai*

For the correct transmission and development of kendo, efforts should be made to teach the correct way of handling the *shinai* in accordance with the principles of the sword.

Kendo is a way where the individual cultivates one’s mind (the self) by aiming for *shin-ki-ryoku-itchi* (unification of mind, spirit and technique) utilizing the *shinai*. The “*shinai*-sword” should be not only directed at one’s opponent but also at the self. Thus, the primary aim of instruction is to encourage the unification of mind, body and *shinai* through training in this discipline.

Reiho - Etiquette

When instructing, emphasis should be placed on etiquette to encourage respect for partners, and nurture people with a dignified and humane character.

Even in competitive matches, importance is placed on upholding etiquette in kendo. The primary emphasis should thus be placed on instruction in the spirit and forms of *reihō* (etiquette) so that the practitioner can develop a modest attitude to life, and realize the ideal of *koken-chiai* (the desire to achieve mutual understanding and betterment of humanity through kendo).

Lifelong Kendo

While providing instruction, students should be encouraged to apply the full measure of care to issues of safety and health, and to devote themselves to the development of their character throughout their lives.

Kendo is a “way of life” that successive generations can learn together. The prime objective of instructing kendo is to encourage the practitioner to discover and define their way in life through training in the techniques of kendo. Thus, the practitioner will be able to develop a rich outlook on life and be able to put the culture of kendo into use, thereby benefitting from its value in their daily lives through increased social vigour.

March 14, 2007
All Japan Kendo Federation

Conclusion

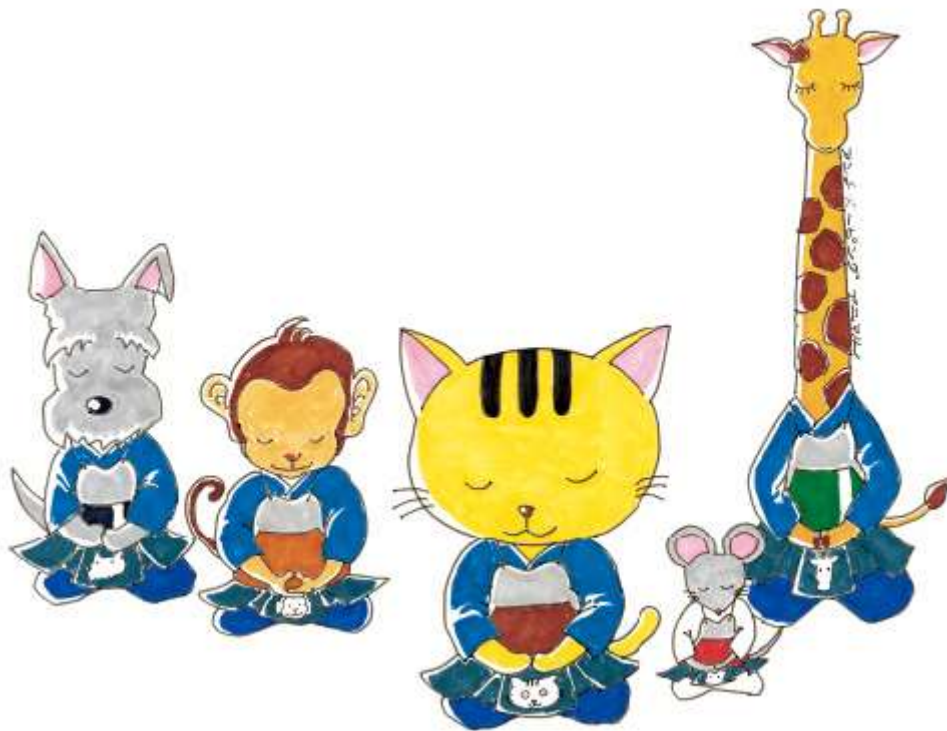
This revised manual was prepared by the members of the All Japan Kendo Federation Anti-Doping Committee (Kazuya Kameo, Satoshi Kozawa, Koichiro Sueyoshi, Yukiko Kadono, Ayano Hamai, and Masayuki Miyasaka), with the cooperation of Ms. Mako Yoshida of the All Japan Kendo Federation Secretariat. For the second section, “Building Minds and Bodies That Will Resist Doping”, we asked Ms. Satoko Yamada, a certified sports nutritionist from Green Hospitality Food Service Co. The illustrations are by Masato Kadono.

The FIK Anti-Doping Committee subsequently decided to produce an English version of the manual and entrusted the task to the Bunkasha International Inc. .

If you find anything in the text that is ambiguous, incorrect, or missing, please feel free to notify the International Kendo Federation Secretariat, (Tel. +81-3-3234-6271 Fax. +81-3-3234-6007).

Thank you for your cooperation.





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2F Yasukuni Kudan Bldg, 2-3-14 Kudan-Minami, Chiyoda-ku, Tokyo

Phone: +81-3-3234-6271

fax +81-3-3234-6007