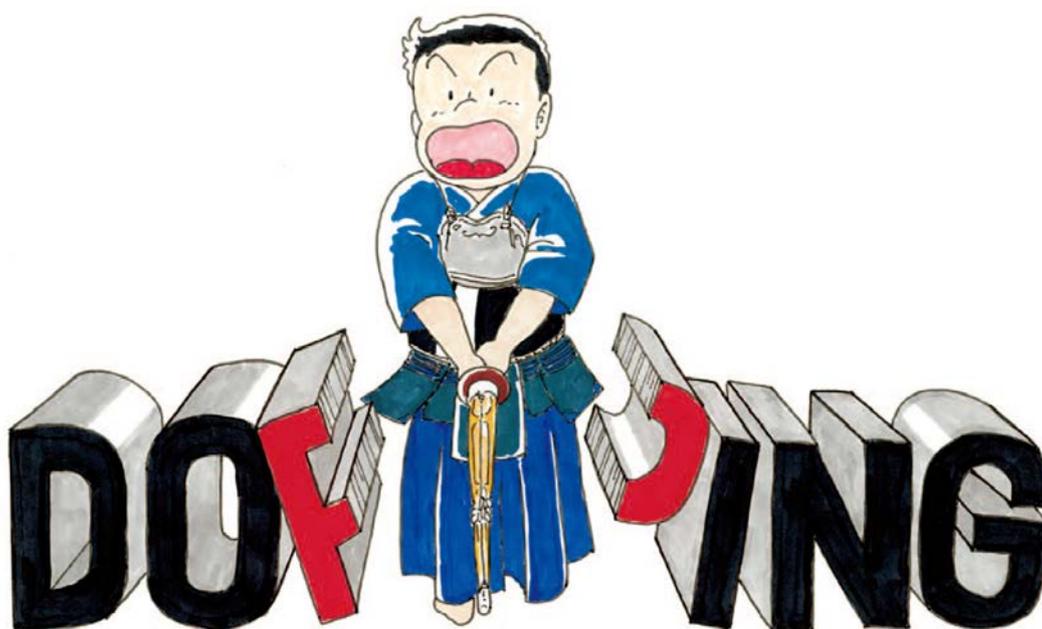


Anti-Doping Manual for *Kenshi*

- 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 drugs and doping to enhance performance is proscribed in all competitive sports around the world. As outlined in the Anti-Doping Rules of the International Kendo Federation (FIK), FIK also explicitly forbids the use of drugs and doping.

In order to prevent doping in kendo, it is important to understand the dangers, as well as recognize ways of deterring it. The FIK Anti-Doping Committee produced this booklet with this problem 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, I strongly urge kendo instructors to become familiar with the content explained in this booklet, and help spread the anti-doping message to younger generations.

Masami Matsunaga
Vice President
International Kendo Federation (FIK)
December, 2013

Table of Contents

I. Prevention of Doping

1. About doping

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

3. Frequently asked questions about doping

- ① What is doping?
- ② Why is doping not acceptable?
- ③ Are doping tests conducted in kendo?
- ④ What substances and practices are prohibited?
- ⑤ What does a doping test entail?
- ⑥ Are doping tests also conducted at different times from tournaments?
- ⑦ What happens if a doping test result is found to be positive?
- ⑧ What is the punishment for doping?
- ⑨ Can I be treated for illness or injury with a banned substance?
- ⑩ How do I apply for Therapeutic Use Exemption (TUE)?
- ⑪ What should I do if emergency medical treatment requires the use of a banned substance or procedure?
- ⑫ What should I be aware of when taking medicines?

*Cold Medicine / *Eye drops, nose drops, ointment / *Hair growth treatment / *Herbal medicines*Doctor prescribed medication / *Antihistamines *Asthma medication & inhalers / *Glucocorticoids
*Intravenous injections, drips, dialysis treatment / * Nutrition

4. Important points to remember!

II. Cultivating Minds and Bodies that will not give in to Doping

1. The importance of conditioning and correct eating habits

- ① Methods of conditioning
- ② About training
 - (1) Physical considerations – Improving physical strength
 - (2) Mental considerations – Training the mind
 - (3) Warming up & cooling down
- ③ Everyday nutrition
 - (1) Eating for training
 - (2) Eating for recovery
 - (3) The trick to rehydration
- ④ Competition nutrition
 - (1) Eating 1 week prior to competition
 - (2) Eating 1 day prior to competition
 - (3) Eating during competition
- ⑤ Nutritional and dietary supplements

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

3. What you need to know!

III. Additional Sources of Information about Anti-Doping

1. A summary of information concerning doping and conditioning

- ① Anti-doping & doping prevention
- ② Medication
- ③ Conditioning
- ④ Other

2. Kendo Condition Log

3. The Principles of Kendo

Afterword



I. The Prevention of Doping

I. The Prevention of Doping

1. About 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 behavior

Detection of any banned substance in a doping test, even if it was consumed inadvertently as a result of carelessness or for health reasons, will be considered a doping violation. Additionally, acquisition or possession of a prohibited substance will also be viewed as a violation. Therefore, the presence of any banned 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 banned substance, permission must be sought by submitting 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 page 11).

- WADA: <http://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 International Kendo Federation (FIK) are based on the spirit of “Principles of Kendo”, and any attempt to gain a competitive edge through doping is not tolerable. For that reason, 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 exceptional procedures in order to enhance performance, and the disguise of these practices. Punishment will be meted out even in cases where prohibited substances have been ingested unintentionally. A list of drugs and procedures that are not permitted is issued every year by the World Anti-Doping Agency (WADA).

Refer to: <http://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 behavior.

③ Are doping tests conducted in kendo?

Yes. The International Kendo Federation (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 Japanese National Sports Meet.

④ What substances and practices 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 practices. The following two categories apply to kendo:

- ◆ Permanently prohibited substances and practices (e.g. anabolic hormone treatment, etc.)
- ◆ Prohibited substances and practices in competition

Detailed information can be found on the World Anti-Doping Agency (WADA) website: <http://www.wada-ama.org/>

The documents downloadable from this website list banned substances according to chemical names and do not provide their commercial names.

Additionally, the Global Drug Reference Online (Global DRO) provides athletes and support personnel with information about the prohibited status of specific substances based on the current WADA Prohibited List. You can enter the name of the drug and see whether it can be used or not. Refer to: <http://www.globaldro.com/default.aspx>

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?

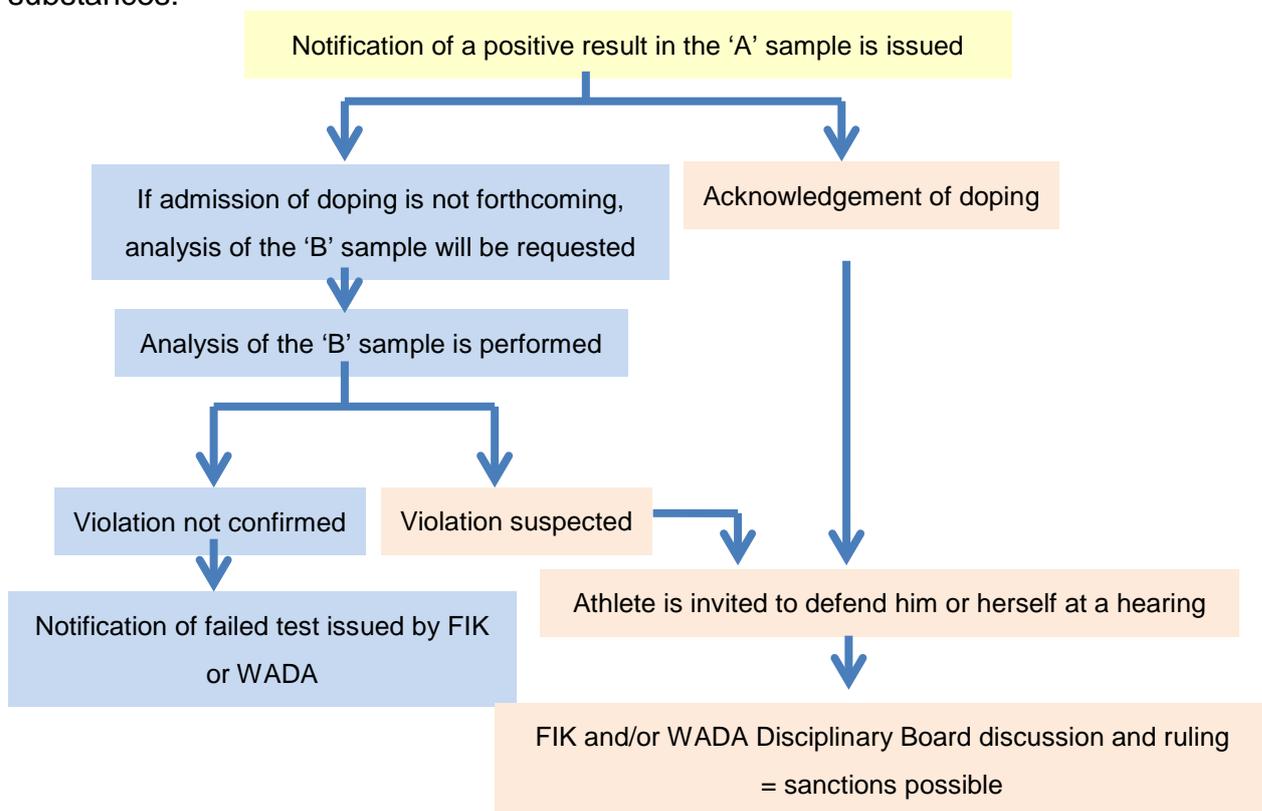
Some doping tests are conducted at the competition arena (in-competition or in-*shiai* testing), and some outside of the competition arena (e.g. at training venues; out-of-competition or out-of-*shiai* testing). In either case, once the athlete has received notification that he or she will be tested, they must report to the designated testing 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 Registered 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?

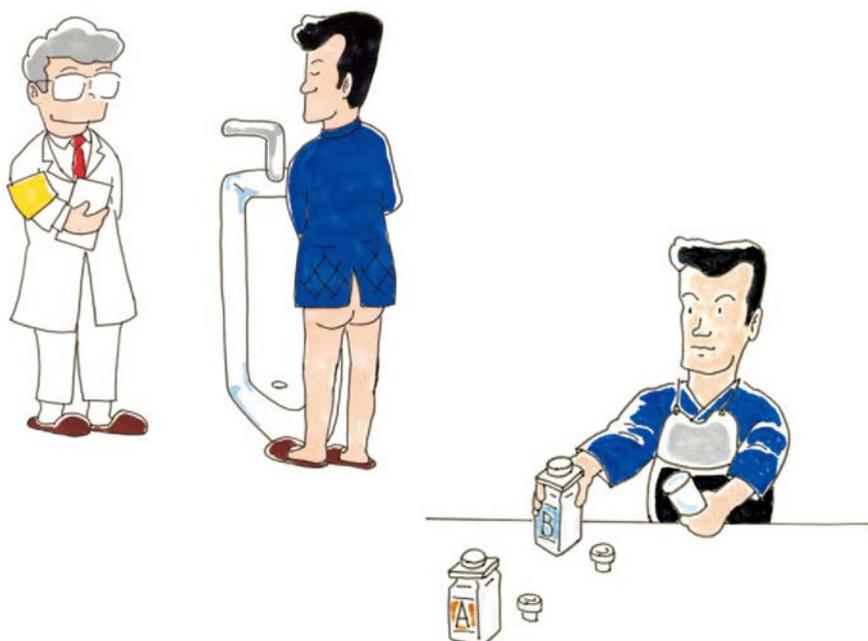
The following procedure will be carried out if a test proves positive for banned substances:



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 explain their circumstances, and 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. In the event that the violation is a first offence, the offender will generally be given a four year ban from competition. Furthermore, any coaching or supporting 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 banned 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 banned substance?

Athletes who use banned substances or procedures for the purpose of medical treatment must apply for 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 therapeutic use of banned substances or procedures may be granted. The criteria for approval are as follows:

- (1) The athlete would experience significant health problems without taking the banned substance or procedure.
- (2) There is no reasonable therapeutic alternative other than the use of a prohibited substance or procedure.
- (3) Therapeutic use of the substance or procedure would not result in significant enhancement in performance.
- (4) The need for treatment is not a result of previous acts of doping.

More detail can be found in the TUE section on the WADA website.

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

Those participating in competitions organized by FIK must submit TUE to the FIK; this is also the case with athletes included in the FIK Registered 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. If TUE is granted, the conditions of approval will be entered in the WADA's Anti-Doping Administration & Management System (ADAMS) – a web-based database management system. This information in ADAMS can be retrieved/checked by the national kendo federation of the athlete.

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

In the event that an athlete requires emergency treatment with a banned substance or procedure, he or she must immediately apply for TUE, and provide documentation that verifies the urgency of the treatment. This is termed “Retroactive Therapeutic Use Exemption”, and will only be granted only in emergencies. The application process for a Retroactive TUE is the same as described above (⑨).

⑫ What should I be aware of when taking medicines?

There is a chance that the medicine you use contains some prohibited substances. Many drugs and medicines share similar names, so it is important to find out exactly what is safe to use rather than leaving it to chance.

Detailed information about medication can be sought from the "Global Drug Reference Online (Global GRO)" (<http://www.globaldro.com/default.aspx>) 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 banned substance ephedrine. Always check the label for ingredients such as methyl ephedrine, ephedrine, ephedra (Maou) etc., as these are all prohibited substances.



◆ Eye drops, nasal drops, and ointments

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

◆ Hair growth treatment

In the past, hair growth treatments that contained finasteride have been prohibited, however, 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 harvest, all play a role in producing slightly different products. Some herbal medicines contain the prohibited substances of ephedra (Maou).

Therefore, if you do choose to take herbal treatments, it is important to seek the advice of a team doctor or pharmacist having an intimate knowledge of anti-doping. Obtaining a TUE for herbal medicine is particularly difficult, and in many cases it is safer to avoid herbal remedies.



◆ 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 Therapeutic Use Exemption (TUE, see page xx) 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) Keep a record of prescriptions used for medical treatments.
- 2) Be sure to inform your doctor/pharmacist that you are an athlete and want to avoid prohibited substances.
- 3) Know the names of the medicine you are required to take. Ask the attending physician to document the details in your medical records.
- 4) Be sure to keep the details of the prescription together with the medicine at all times. This should include the exact name of the medicine, the directions of use, and the dosage. This is particularly important with medicines that are only taken when feeling ill. Details of *when* and *how much* of the medicine was taken should also be recorded.
- 5) Have a sports doctor who is familiar with anti-doping rules and regulations verify the medicine you are taking.
- 6) If you are not certain about the contents of a medication, do not take it.
- 7) If you are required to take a type of prohibited substance or procedure for the purpose of medical treatment, you must apply for a Therapeutic Use Exemption (TUE, see page 12).

◆ 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 and nasal drops. 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

Glucocorticoid is a type of steroid and is used to fight inflammation. Taking glucocorticoids orally, intravenously, intramuscularly, or as suppositories is prohibited. Therefore a TUE is necessary if such treatment is required. However, intra-articular injection (into and around the joints), epidural administration, intradermal administration, and inhalation of glucocorticoids does not require an application for a TUE.

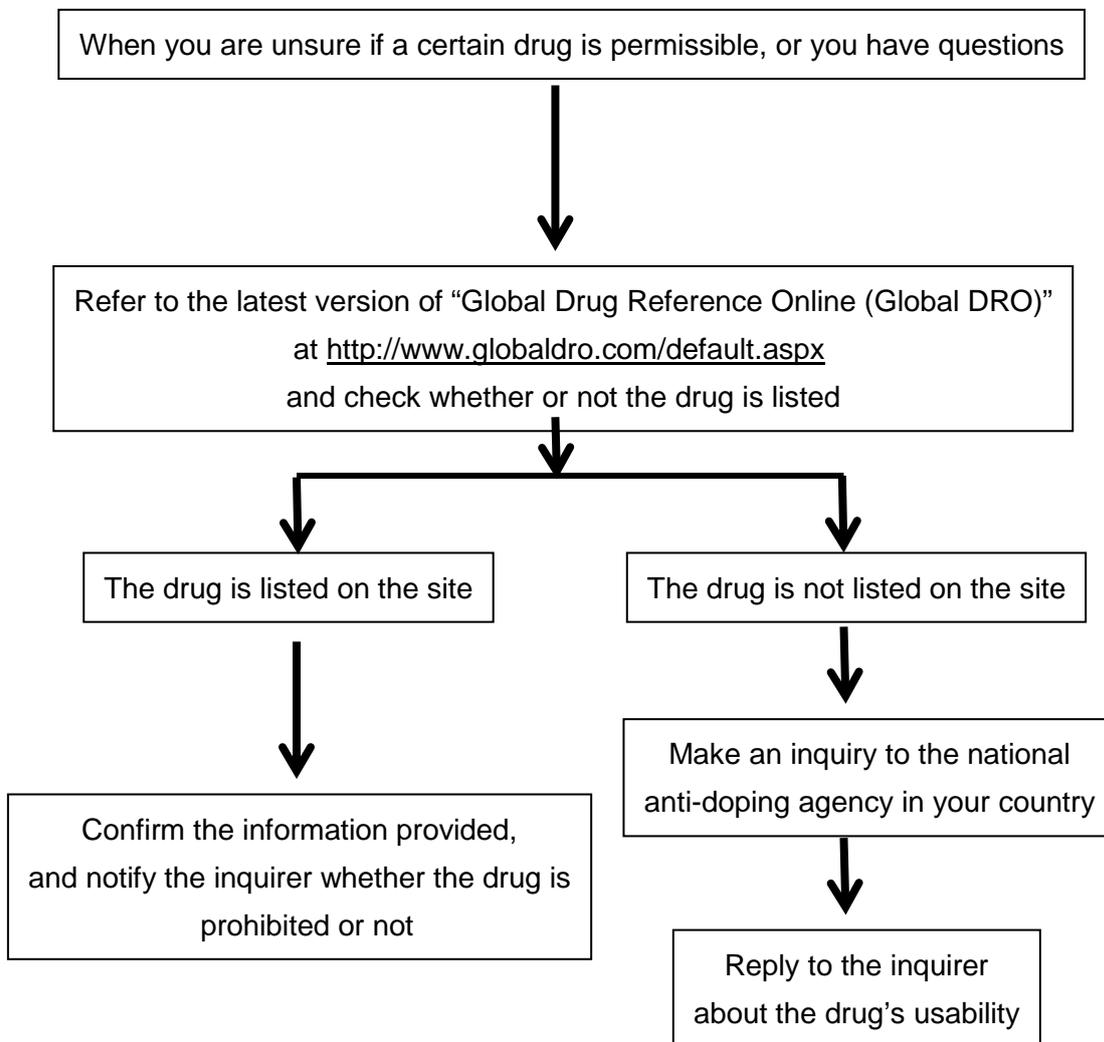
◆ Intravenous injections, drips, and dialysis treatments

Application for a TUE is not required when an intravenous injection or drip is given at a medical facility for appropriate medical reasons. However, a drip used to replenish fluids after a hard training on a hot day is not acceptable in cases where you can rehydrate by drinking fluids yourself. Using a drip in this manner is prohibited and is considered a violation. Furthermore, the use of dialysis for the treatment of kidney disease will require an application for a TUE.

◆ Nutrition

Prohibited substances can even be found in the ingredients of some foods. In particular, the herbal contents of Chinese style medicinal cooking can contain banned substances such as Maou, 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 feed for livestock is still carried out regularly in some countries, so care is required.

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



4. 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. Cultivating Minds and Bodies that will not give in to 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 the techniques of kendo, 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 limited to *keiko*, the kendo instructor must teach correct nutrition and recovery guidelines, thus working towards the development of self-regulating athletes. All three aspects must be addressed properly to become strong in kendo.

Furthermore, conditioning for the purpose of *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 (page 21) – as a means to document the build up necessary 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) Mental considerations – improving mental function

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

Kendo players 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 in the 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 & cooling down

A daily conditioning routine such as *keiko* should be accompanied by both a warming up and a cooling down session. Warming up will increase the suppleness of the muscles and broaden the range of movement in the joints. Furthermore, this will help you 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.



2. Everyday nutrition

(1) Eating for training

Being more aware of correct nutrition does not necessarily mean eating special kinds of food. Rather, it is about eating the right amount of food within your regular daily diet.

A balanced and nutritious diet should include the 5 major nutrients (carbohydrates, protein, fats, vitamins, and minerals). However, as this can be complex, the following passage outlines how to maintain a balanced diet.

- (i) Staple food (rice, bread, noodles/pasta, potatoes, etc.)
- (ii) Side dish (meat, fish, eggs, soy products)
- (iii) Vegetables
- (iv) Fruits
- (v) Milk, dairy products



Athletes who train frequently should eat:

3 servings of (i) ~ (v) each day

Athletes who train an average amount should eat:

3 servings of (i) ~ (iii) per day and,

1-2 servings of (iv) and (v) per day

This approach to nutrition is referred to as “a nutritious full course diet”.

For instance, having toast and a coffee for breakfast is only addressing one part of a full course diet – carbohydrates (i). However, simply adding a slice of cheese and some ham on the toast, and changing the coffee for a glass of 100% orange juice, would add protein (ii), calcium (v), and vitamins (iv) to the meal.

This easy adjustment to the usual toast and coffee style breakfast provides a better

foundation to build a stronger body and maintain a healthier physical condition.



A full course diet can even be achieved when dining out or buying food from a convenience store. Eating a nutritious full course diet is not a matter of changing your diet completely; it is simply altering daily eating habits in order to help build a stronger body.

(2) Eating for recovery

Affording appropriate consideration to recovery on a daily basis can help to avoid the negative effects of physical fatigue, and reduce the chance of injury.

The following are important things to consider for this purpose:

- Are you eating the right amount of nutrients for your training schedule?
- Are you eating the correct types of nutrients that contribute to effective recovery?

With regards to the quantity of food:

- **You should check your body weight regularly.**

Understanding your ideal body weight (for your height, age, ethnicity, etc.) can help you understand how the body reacts to training, and how much food is necessary for you to consume. Drastic changes in body weight may result in undue fatigue or injury. Checking your body weight regularly can tell you whether you are eating too much or not enough for your training regimen.



The nutrients that contribute the most to recovery are vitamins and proteins. Green and yellow vegetables are high in beta-carotene and rich in vitamin A, and can help to keep mucous membranes intact, and protect against viral infections. Also, the high amount of vitamin C in citrus fruits (such as tangerines, oranges, and grapefruits, etc.), strawberries and kiwi fruit, can help to protect the body and mind against stress.

Protein is a building block for the body. It is a crucial component in the hormones and antibodies that regulate body function. In order to increase stamina, athletes should aim to eat foods abundant in protein such as meat, fish, eggs, and soy products every day. An unbalanced diet can result in increased fatigue.

Excessive consumption of sugars from candy and carbonated beverages, as well as overeating fats, not only leads to obesity but also depletes the body's vitamin B levels. Vitamin B is important for recovery, so foods high in sugars and fats should be taken in moderation.

3. The trick to rehydration

Wearing the *men* helmet can make it difficult to hydrate during kendo training. However, heavy amounts of sweating can lead to fatigue and decreased concentration from dehydration, and therefore a less productive training session. Although it can be difficult to hydrate during *keiko*, you can help to maintain fluid levels in the body by drinking regular but small amounts in the hour leading up to the start of training. Hydrating properly *before* and *after* training can aid in recovery and prevent the effects of dehydration from a hard training.

Rather than drinking large amounts at one time, it is important to drink small amounts frequently.

- 1) Drink about 3 large mouthfuls several times during a training/*keiko* of 2-3 hours.
- 2) The salt content of sports drinks can help to replenish the body when larger quantities of fluid are required.
- 3) If a sports drink tastes too sweet it should be diluted with water.
- 4) Cold drinks can help to lower high body temperature.
- 5) Due to the diuretic effects of caffeine in coffee and tea, non-caffeinated drinks such as green tea are better.
- 6) Use your own drink bottle as this is hygienic and more economical.



4. Competition nutrition

(1) Eating 1 week prior to competition

Maintaining peak condition is the most important thing for athletes to consider. While this does not require any special foods and can be achieved with a regular diet, athletes who compete in many full day competitions may find some benefits in trying 'glycogen loading'.

Glycogen Loading, also known as carbohydrate loading or carb-loading, is the process of maximizing the storage of glycogen (sugar stored in the body as a source of energy) in the muscles and liver. Increasing the consumption of foods that are high in sugars prior to competition acts to 'load' the muscles with glycogen. In turn this can help to prepare the body with the energy necessary for competition.

Specifically, the following points are important to remember for correct glycogen loading:

- 1) From 1 week to 3 days prior to competition, compliment the full course diet with an increase in fruit, while cutting down slightly on other foods.
- 2) While maintaining the usual amount of food eaten overall, increase the amount of carbohydrates by half (1 bowl of rice becomes 1.5 bowls), and cut back on side dishes such as meat, fish, etc.
- 3) Carbohydrates should come from foods such as pasta, bread, soup, and other foods high in starch and sugars.

(2) Eating 1 day prior to competition

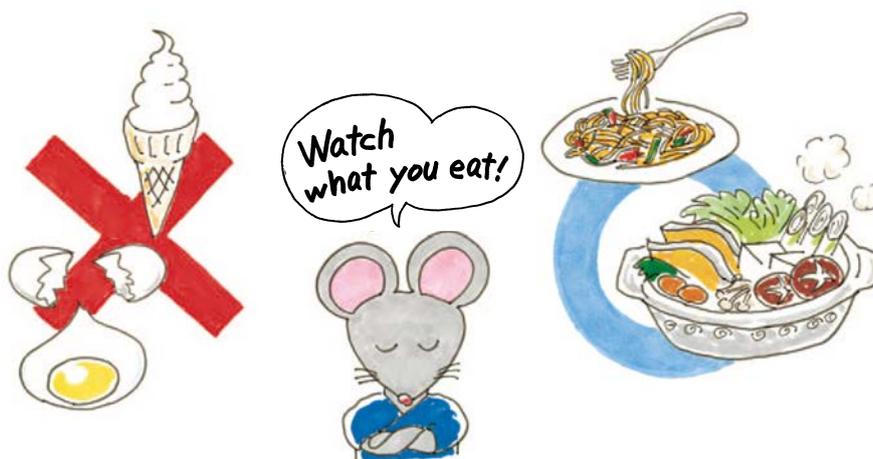
The day before competition, some athletes have a custom to eat their favourite meal for luck. Meals that include a lot of meat or deep fried foods are generally high in fats, and are difficult to digest. Eating a meal like this the day before a competition can leave you feeling heavy and sluggish when it is time to perform. For this reason, it is important to eat well, right up until the end of the competition.

The following points should be considered when choosing meals prior to competition day:

- 1) Casseroles (*nabe*) or spaghetti dishes are ideal.
- 2) It is advisable to avoid foods high in dietary fibre such as sweet potatoes and root vegetables, as these tend to give you gas.
- 3) Athletes with weak stomachs should avoid raw foods (raw eggs, raw fish, etc.), and cold foods like ice-cream and chilled milk.
- 4) Above all, it is important to find the foods that allow you to feel and perform at your best before an important competition.

(3) Eating during competition

Correct nutrition on the day of a competition has two objectives; 1) to fuel the body for the length of the competition, and 2) to help with recovery after the competition. Furthermore, it is important to consider the type of food to eat, and the ideal time for consumption before the competition begins. It can be difficult to move well with a full stomach, and a tightly fastened *hakama* can be very uncomfortable also. For these reasons, a pre-competition meal should be timed with due consideration given to what time the competition will start.



A meal as part of the nutritious full course diet will generally take 3 to 4 hours to digest. If you need to eat within 2 hours prior to the match, it is better to have a light meal that is high in carbohydrates.

The following foods are ideal for a light meal:

- Rice, noodles, pasta
- Sponge cake
- Toast (no butter), jam, honey
- 100% pure fruit juice

The following foods are best within 1 hour prior to competition:

- Bananas, jelly drinks
- 100% pure fruit juice

These foods are easy on the stomach and high in energy. If you are required to compete many times during the day, these light meals can be consumed as snacks between bouts.

When the competition is finished it is important to eat something from the list above as soon as possible. The longer you go without food, the more prolonged the recovery time will be.

(5) Nutritional and dietary supplements

The role of nutritional and dietary supplements is to “supply” the body with the nutrients that are not acquired through your daily diet. If you are able to maintain a good physical condition from your regular diet, and are improving in strength as a result of training, it is not necessary to take supplements. If improvements in nourishment are required, you should consider making changes to the food you eat first.

Supplements can be most useful during away games, training camps, and between bouts at a competition – times when it is difficult to eat properly.

- The fundamental role of supplements is to enhance nutrition. However, manufacture and sale of supplements is not as strict as that of pharmaceutical medicine.
- Care should be taken with supplements, as some have been known to contain banned substances such as anabolic hormones. In some cases banned substances are not listed on the label.
- The choice to use supplements is made at your own peril, as it can be difficult to guarantee their content and safety.
- It is very dangerous to recommend supplements to people if the exact contents are unknown.
- Do not take supplements unless absolutely necessary. Also, always check that the ingredients are safe for athletes.



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; 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 behavior, 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

- World Anti-Doping Agency (WADA)
<http://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 World Anti-Doping Agency (WADA) Prohibited List.
<http://www.globaldro.com/>
- International Kendo Federation (FIK)
Ph: +81-3-3211-5804
Fax: +81-3-3211-5807

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 labeled "Reflection" can be filled out by both athlete and coach.

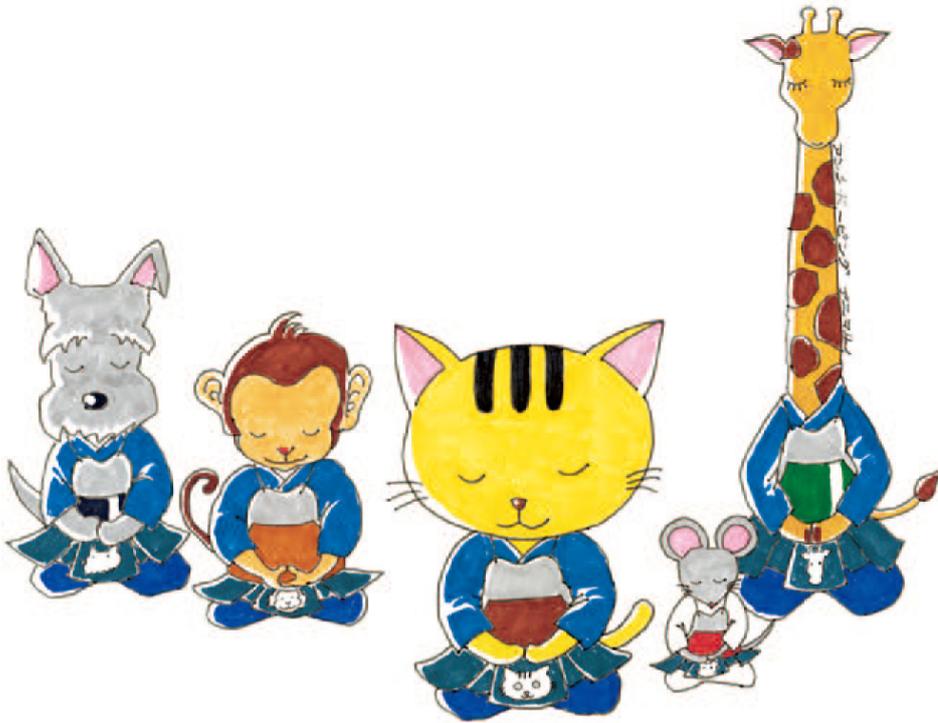
Afterword

This manual was made initially in Japanese by the All Japan Kendo Federation Anti-Doping Committee (Shigeki Asahi, Yoshio Kataoka, Kazuya Kameo, Satoshi Kozawa, Makoto Saito, Yukiko Kadono & committee chairman, Masayuki Miyasaka), with the help of the All Japan Kendo Federation Secretariat, Mr. Mamoru Iwasaka and Mr. Shunaro Niimi, and review from Dr. Takao Akama, vice-Chairman of JADA. Information on correct nutrition was provided by sport nutritionist Ms. Akiko Mori. Illustrations were provided by Mr. Masato Kadono.

The FIK Anti-Doping Committee subsequently decided to produce an English version of the manual and entrusted the task to Dr. Alex Bennett. Alex then completed the translation with the help of his brother Blake.

Rules and regulations concerning doping can change slightly each year, and all efforts will be made to keep information up to date. However, if you are unsure about any information provided in this manual, or would like to suggest improvements, please do not hesitate to contact Masayuki Miyasaka, MD, PhD (mmiyasak@orgctl.med.osaka-u.ac.jp), chair of the FIK Anti-Doping Committee.





International Kendo Federation (FIK)
Yasukuni-Kudan Building 2F,
2-3-14, Kudan-Minami, Chiyoda-ku, Tokyo, 102-0074
Ph: 03-3234-6271
Fax: 03-3234-6007

