

# Mississauga Kendo Club

## Bogu (Armor) Safety Guidelines

Proper inspection and care of your bogu is the responsibility of every student. The following guidelines should help you ensure your safety and the safety of others:

- To protect you effectively your bogu MUST fit you properly (see below)
- Check your bogu carefully before each practice to ensure it is safe to wear
- Put on your bogu carefully and correctly to ensure that it does not come off or come loose during practice
- Check your bogu regularly during breaks in the practice to ensure it is still fastened securely
- Observe the bogu of others and be alert for unsafe conditions

**Stop practice immediately** if you see or are informed of any of the following problems with your bogu:

- Untied, broken, badly damaged or missing men, dō or tare himo (cords)
- Improperly fastened equipment which has twisted or moved out of position
- Hakama which has slipped down and may pose a tripping hazard
- Tenugui (men towel) which has slipped and is obstructing vision
- Kote which are not fastened securely to the forearm due to loose, missing or damaged cords
- Fingers protruding through holes in the palm of the kote
- Tears or holes in any part of the bogu which may permit a shinai to penetrate
- Holes in the men or kote allowing protective stuffing to protrude or escape
- Bent or broken mengane (face mask bars)
- Unsafe repairs made using adhesive tape or other inappropriate materials
- Any other condition that might compromise the ability of the bogu to protect the wearer or cause a tripping hazard for you or another person

Once you have observed or have been informed of an unsafe condition with your bogu, **you must stop practice immediately**, bow out properly, move to the side of the dojo and correct the situation. **If repairs are required which cannot be completed on the spot, you must withdraw from the practice.**

Badly broken bogu parts must be replaced or professionally repaired. Ask your instructors for information or check the e-bogu website for repair service information.

Here are some guidelines regarding proper fit:

- Your face must rest snugly inside the padded ring inside the front of your men, with your forehead and chin resting snugly against the pads at top and bottom
- The widest gap in the mengane (face mask bars) is called the monomi - it should be at the level of your eyes

- The back of your head must not protrude beyond the back of your men
- The shoulder flaps of your men should be long enough to cover your shoulders
- The throat protector on the bottom of your men should overlap slightly with the top of your dō - a large overlap is not necessary and can restrict movement
- There should be space between the inside of your dō and your sides, so that the dō floats freely up and down over the top section of your tare as you move
- There must NEVER be a gap exposing the abdomen between the top section of the tare and the dō
- The bottom of the dō should rest at the same level as the tops of the tare flaps when standing - the top section of the tare should not be exposed

Your equipment is your own responsibility; however **the Mississauga Kendo Club's instructors reserve the right to bar from practice any person wearing unsafe equipment.**

**NOTE: It is important that you understand and abide by these guidelines. Failure to do so could result in serious injury or even death. If you have questions regarding any of the above, ask an instructor.**