

A0ASM 2026

Martial Arts: Kendo and Capoeira

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Financial Disclosures

- No disclosures

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Learning Objectives

- At the end of this session, participants will be able to demonstrate:
 - Basic knowledge of Kendo and Capoeira including common injuries, cultural considerations and better understanding of treatments

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Kendo History


- Developed by Japanese Samurai centuries ago
- Modernized with 1952 formation of All Japan Kendo Federation
- Japan → International
 - More than 62 countries
 - 6 million participants
- Compulsory PE in Japan

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Kendo Popular Exposure




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Kendo Philosophy

- Deeply rooted in Japanese tradition
 - Language
 - Artistry
 - Protocols
- Kendo: way of the sword
- More about technique than sheer force

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Kendo Benefits

- Spiritual
- Decrease Stress
- Exercise
- Community
- Improving one's self



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Kendo

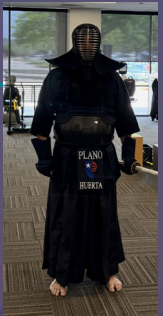


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Kendo Uniform

- Must earn the uniform in stages
- Kendo-gi and hakama
- Bogu / Kendōgu
 - Men
 - Kote
 - Dō
 - Tare
- Tenugui



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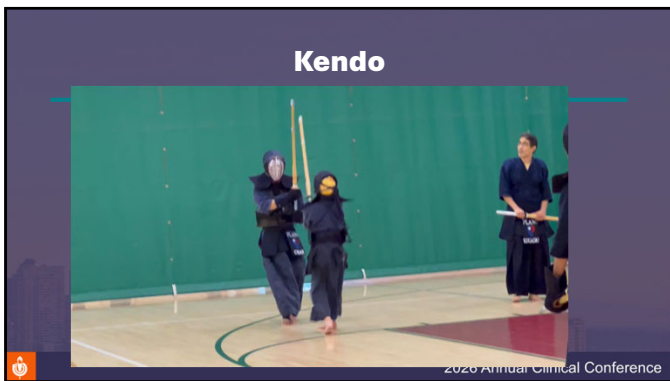
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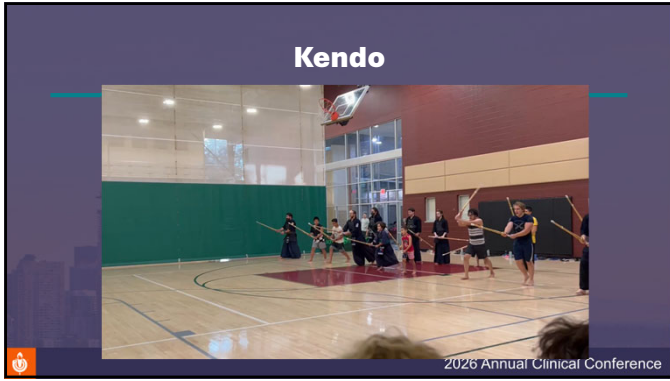
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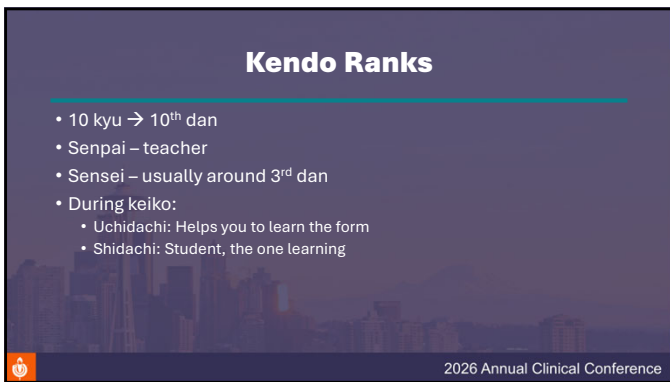
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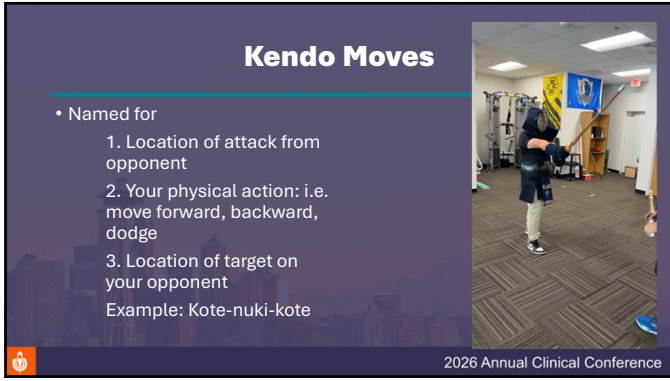
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Kendo Injuries

- Most Common:
 - Lower extremity
 - Ankle/Foot
 - Achilles
 - Upper extremity
 - Wrist/hand
 - Elbow/forearm
 - Soft tissue
 - Bruising
 - Strains, sprains, abrasions
- Oral: mucosal soft tissue
 - TMJ – clenching with offensive move



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Kendo Injuries

- Contact sport
- Risk for injuries:
 - BMI > 25
 - 3.7x more likely to report injury
 - Female
 - 4.9x more likely to report injury than men




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Kendo Injuries

- Helmet
 - Proper fit and size
 - Subconcussive striking force for kyu or dan
 - Helmet stitching: 9mm better than 2mm
 - Helmet padding: polyurethane padding best
 - Not regulated by the Kendo Federation
- Must keep the helmet in good shape
 - Must clean each time
 - Sweat, salt buildup
 - Material fatigue and helmet degradation
 - Older helmets may increase injury risk



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Kendo Practice

- Keiko – practice training with partners
 - Development of whole self
- Haya-Suburi / Suburi – individual practice
 - Commonly part of warm ups and cool downs
- Kiai – yell – projection of fighting spirit
 - Call out the body part for attack
- Kirikaeshi
- Waza – techniques
- Kata - forms



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Kendo Matches

- National and International Competitions
- Individual or Team
- 9-11 meter: square or rectangle
- Approved equipment including bracing
- 1 point – 3 point scoring rules
 - Scoring includes technique, attitude, calling the attack
- 5 minutes (possible 3 minute extension)
- Referees: 3 Shinpan
 - 1 Chief and 2 sub refs



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KENDO AND CAPOEIRA



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Capoeira History

- Afro-Brazilian culture
 - Portuguese Language
 - Slavery
 - Outlawed 1892 in Brazil
 - Hide in plain sight
 - Bahia vs Rio De Janeiro
 - Expanded past Brazil in the 1960s-1970s
 - Limited competition form
- 3 forms of capoeira
 - Contemporary
 - Regional
 - Angola




Photo by Andre Calder

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Capoeira Popular Exposure

Only The Strong



Tekken



The Protector

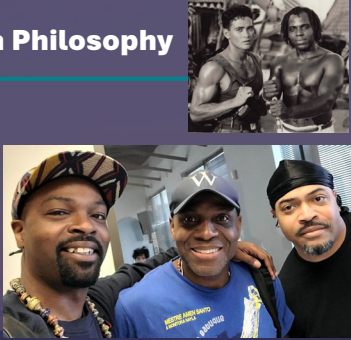


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Capoeira Philosophy

- Axé
- Malícia
- O Jogo
 - The Conversation
 - Offensive vs defensive
 - Different styles and preferences



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Capoeira Components

- Uniform – cords signify rank
- Batizado
- Singing
 - Meanings in the song
- Instruments in the Bateria
 - Berimbau
 - Atabaque
 - Pandeiro
 - Agogo
- Roda
- Movements
 - Ginga
 - Dodges
 - Moves
 - Hallmark move – Meia Lua De Compasso
 - Individual or Sequencias
 - Takedowns



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Capoeira



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Capoeira - Samba

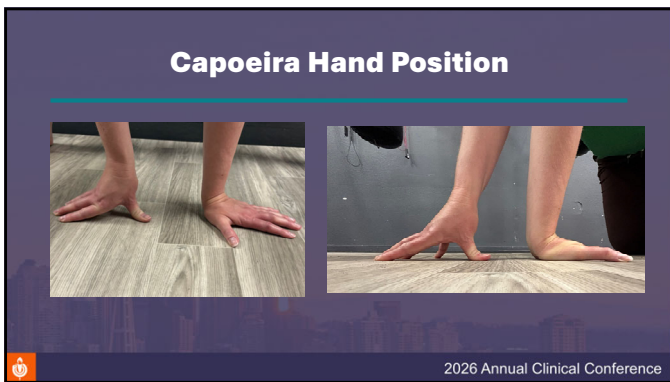


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Capoeira Injuries

- Noncontact but high impact
- Most Common Injury
 - Soft tissue
 - Extremities
- Frictional, rotational, repetitive, pressure points, overload and displacement, cumulative overload and fatigue
- Most Common type of move for injury
 - Acrobatics
- Most Common move for injury
 - Armada
- Increased incidence of injury if practice more than 3x per week



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Capoeira



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Final Thoughts

- Like most martial arts, Kendo and Capoeira are deeply rooted in tradition
- Understanding the sport can help enhance treatment and return to play
- Injuries reported in both: 40-45% of respondents
- Osteopathic medicine is an asset for the majority of the injuries

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References

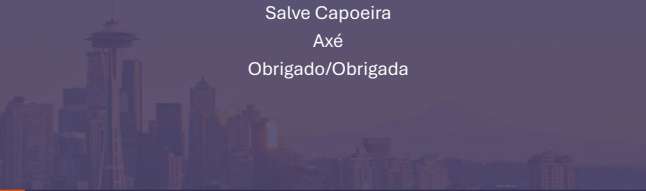
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Ending

Salve Capoeira
Axé
Obrigado/Obrigada



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