

# KYLE NAGINATA



The Naginata weapon first made an appearance in the Heian period (794 to 1185) and was used by a group of warrior monks called the Sohei. It was an ideal weapon for use against mounted Samurai as it has a much greater reach than a sword.

It is believed that the first Naginata were made by fitting the blade from a short sword (Wakizashi) on to a long pole.



Some Samurai of the time adopted the Naginata, but after the introduction of firearms in to Japan, it was dropped as a main weapon.

Interestingly, it was one of the few weapons that female Samurai were allowed to be trained in. It was used by them to defend the home while the men were elsewhere fighting.

The Naginata became a common wedding present to a newly married Samurai couple. It was hung on the inside wall above the main doorway to the house on two pieces of thread. In this way it was unobtrusive, but could be accessed quickly and easily.

Over the years women (and children) continued to practice with the Naginata until, in the 1900s, it was made a national sport in Japan.

As they could not have people practicing with a very sharp blade, the steel blade was replaced with a bamboo one for competitions. Body armour similar to that used in Kendo is also worn.

At the same time a solid wooden (Oak) Naginata was developed for use in Kata (pre-arranged attack and defence situations) practice.



These are the Naginata we use to practice with.

Unfortunately, since Brexit, the price of these have jumped sharply because of customs charges. The Naginata above will now cost you £170 to buy (excluding delivery).

Kyle Naginata is NOT a club and we do not teach Naginata. We are a few people who are interested in the use of the Naginata and decided we wanted to learn more. We are all current black belts in Shotokai karate with Kyle Karate Club (hence the name we picked).

Most of what we learn comes from recommended video clips on the internet and a reference book (Illustrated Naginata) which was a free download from the web as a PDF.

If someone is interested in learning to use this weapon, and is willing to spend the money to purchase one, they would be welcome to join us.