



How to make a Chi-Ishi, Tan, Kongo Ken, Nigiri Game, Tetsu Sashi and Makiwara for Hojo Undo
Chikara Ishi (strength stone) or Chi-Ishi (short name)

Chikara Ishi (strength stone)

Instructions:

You will need several two and a half litre plastic buckets (plastic paint pots are ideal)

Six inch (15cm) nails

A broom handle, one and a quarter inches (3cm) diameter

The length for each Chi-Ishi should be eighteen to twenty inches (46 to 51cm) as a rule of thumb the top of the handle should be level with the top of your knee.

A bag of ready mixed concrete with 10mm pebbles (optional)

Preparation:

Drill two holes in the base of the broom handle, north to south and east to west, bang the nails in the shape of an X.

Add water to the mix, make sure the consistency is not too watery.

Place the handle in the bucket then add the mix, as you add more tap the side of the bucket this will get rid of any air in the mix.

Leave for about a week, it should then be rock hard.

Carefully take a Stanley knife and cut the bucket all the way down to the side, gently pull out the Chi-Ishi.

Rub the handle with fine sand paper to clear it of all cement residue.

As to the weight, the size of the bucket and depth of concrete poured will determine that.

You can paint the concrete but not the handle as during use the handle will become sweaty and paint or varnish will stop this being absorbed into the wood.



Making a Tan

You will need two plastic buckets, 4 nails, a round garden post 3 inches (7-8cm) diameter by 4 feet (120 cm) and big bag of ready mixed concrete.

Follow the same idea as making a Chi-Ishi but allow one end to dry for a week then do the other end, this way you will have no trouble with the setting.



Kongo Ken (Iron Diamond)

Kongo Ken represents the same structure as a man body. If practised regularly the Kongo Ken will bring added power to your grappling and throwing skills. Its aero dynamics and dead weight make it a formidable training aid.

The measurements of the Kongo Ken

Basically it should be 5 foot (153cm) elongated oval and about 18 inches (46cm) wide with a tube diameter of about one and a half to two inches (4-5cm). It's weight will depend upon the metal used and if the metal is solid or tubular. Weights for Kongo Ken can vary, it would be useful to have two of differing weights maybe one of around 30kg and the other of 50kg. This will allow all dojo members to utilise and benefit from it's use.



Alternative Makiwara

You will need an old car tyre (195 size) a piece of marine ply, the length of the tyre, rim to rim, about 10 cm width and 1.5cm thick. Some rubber and suede to cover the striking area with. The 'give' in the makiwara is subject to the level of steel belting in the tyre. You will find that there will be more give if the wood does not go over the tread area of the tyre but instead ends on the softer area below the tread thus avoiding the 'steel belted area'



Preparation

Place the wood on the tyre and first test that there is enough give in the tyre to prevent injury. When satisfied you will need to drill 4 holes, 2 in the top and 2 in the bottom corners of the wood and through the tyre. Now you will need two coat hangers the wire type, use a pair of pliers to cut and shape the wire and to pull it through the ply and tyre bending it over inside the tyre to secure the wood.

Wall fixing

You will need two bits of softwood offcuts around 20cm high X15cm wide X 2.5cm thick. Fix the first piece of wood to a flat surface using the screws and wallplugs so that the centre is at your shoulder height. Now screw the second bit of wood to the one fixed to the wall but about 6cm higher than it. This creates a lip into which the back rim of the tyre can be slid to hold the makiwara in position.

Nigiri Game (Gripping Jars)

Getting custom made Nigiri Game can be expensive but rewarding if one can find a potter to undertake the work. The dimensions are as follows;

Rim 11cm with a 1.5cm curved lip, this would make the neck around 9cm

Width at it's widest 22cm

Height 30cm

The jars are to be filled with sand to the required weight.

If you are unable to arrange for jars to be made then a good substitute are catering sized jars or sweet jars filled with sand. If you use glass jars bind them with tape to prevent glass going onto the dojo floor should one get broken. A good source of large jars are restaurant kitchens



Tetsu Sashi (Iron Lock) Ishi Sashi (Stone Lock)

To make the Tetsu Sashi you will need the help of an experienced welder.

The handle should be about 3cm in diameter and it's length should be about 10 cm, or just wider than your fist. The length of the base is about 14 cm and the width about 8 cm the depth between 2 - 4 cm depending how heavy you want the finished item. The sides should be arch shaped to prevent accidents occurring, the height of the sides is about 8.5cm and the width is about 6.5cm. To prevent rusting, a coat of Hammerite paint should be applied.

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