

Samurai fighting arts (bujutsu)

Which length sword do I need?

There are some charts available online that offer a static indication of sword length versus body length. While they sometimes may work for modern ZNKR laido schools such as Muso Shinden Ryu or Muso Jikiden Eishin Ryu, they are too generic and don't count numerous relevant factors.

In ancient Japanese martial arts the correct length of one's sword is determined by:

- the person's length
- the length of the arms & legs
- the ratio between lower and upper body
- the flexibility of the wrist
- the width of the hand
- the Japanese sword school (ryu-ha) that is practised

The best way is to consult your sensei and get advice of which type of sword and sword length suits you best.

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