**CHOOSING THE PERFECT IAITO SWORD FOR BEGINNERS**

**BLADE LENGTH**

The more fine-tuned the sword is to your body, the easier it will be to handle. The three most crucial points for customization are length, weight, and design. When selecting a Iaito sword, first be careful to choose a length that suits your body. While we generally recommend selecting blade length according to height, beginners will find that establishing proper posture is easier with a slightly shorter Iaito. Therefore, as a rule of thumb, it is better to choose a Iaito 0.05 shaku shorter than you are. In general, female practitioners are recommended to choose a blade length 0.05 Shaku shorter than men. Check the chart for details.

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| **Recommended Blade Lengths for General Iaido Practice** | | | | |
| **Height** | **Recommended Blade Length** | | **Recommended Tsuka Length** | |
| 150 cm | 2.20 Shaku | 66.6 cm | 7.5 Sun | 22.7 cm |
| 155 cm | 2.25 Shaku | 68.2 cm | 7.5 Sun | 22.7 cm |
| 160 cm | 2.30 Shaku | 69.6 cm | 8.0 Sun | 24.2 cm |
| 165 cm | 2.35 Shaku | 71.2 cm | 8.0 Sun | 24.2 cm |
| 170 cm | 2.40 Shaku | 72.7 cm | 8.5 Sun | 25.8 cm |
| 175 cm | 2.45 Shaku | 74.2 cm | 8.5 Sun | 25.8 cm |
| 180 cm | 2.50 Shaku | 75.7 cm | 9.0 Sun | 27.3 cm |
| * This chart only lists the 'recommended sizes'. Please ask for further advice if needed. * The proper way to measure the blade lendth is to measure from the end of the Habaki to the tip of the blade. The measurements in the chart are measured accordingly. | | | | |

**SWORD WEIGHT**

After length, weight is another important factor. Since a heavier sword is obviously more difficult to use, we suggest that beginners choose a slightly lighter Iaito to help them become accustomed to it.

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| **Approximate Weight of Genral Iaido Practice** | | | |
| **Blade Length** | | **Blade Type** | **Approximate Weight (without Saya)** |
| 2.20 Shaku | 66.6 cm | Standard | 770 gram |
| 2.25 Shaku | 68.2 cm | Standard | 780 gram |
| 2.30 Shaku | 69.6 cm | Standard | 790 gram |
| 2.35 Shaku | 71.2 cm | Standard | 800 gram |
| 2.40 Shaku | 72.7 cm | Standard | 810 gram |
| 2.45 Shaku | 74.2 cm | Standard | 820 gram |
| 2.50 Shaku | 75.7 cm | Standard | 830 gram |
| Extra Wide | 980 gram |

Finally, as there is an element of risk when using Iaito, please keep safety in mind as you practice.