

COMMUNICATION APPARATUS AND COMMUNICATION METHOD

ABSTRACT

Provided is a communication apparatus and a communication method that avoid mutual interference between networks.

The communication apparatus includes a communication section and a control section. The communication section sends and receives wireless frames. The control section controls transmission and reception of frames. The control section controls transmission, to one or more target stations and with a transmission parameter (transmission power) specified for each target station, of a trigger frame that induces transmission of a transmission refrainment frame. The communication apparatus functions as a base station, and the control section selects, as target stations, one or more subordinate terminals to which a downlink signal is to be sent and controls the transmission of the trigger frame ahead of the transmission of the downlink signal.

Figure 2