



BASIC KENDO TERMINOLOGY

The following is a glossary of frequently used terms and phrases at San Kawa Kendo Dojo to help you get started on your kendo journey.

BASIC COURTESIES AND COMMANDS

Onegaishimasu - Please teach me / Please practice with me

Domo arigato gozaimashita - Thank you

Hajime - Begin

Yame - Stop

Rei - Bow

Kamae-to - Draw your sword

Osamae-to - Sheath your sword

COUNTING

Ichi - One

Ni - Two

San - Three

Shi - Four

Go - Five

Roku - Six

Shichi - Seven

Hachi - Eight

Ku - Nine

Juu - Ten

Ni-ju - Twenty

BEGINNING AND END OF TRAINING

Seiritsu - Line up

Chakuza - Sit down (in seiza)

Seiza - Way of sitting with the knees in line and the shins and tops of the feet on the floor

Mokuso - Compose one's posture, breath, mind and spirit

Shomen-ni-rei - Bow (to the shomen at the front of the dojo)

Otagai-ni-rei - Bow (to each other)

Rei - Bow

Men-tsuke - Put on men

Men-o-tore - Remove men

FOOTWORK

Ayumi-ashi - Sliding step with alternating feet (like normal walking)

Okuri-ashi - Sliding step with right foot leading (conventional kendo footwork)

Hiraki-ashi - Sideways step used to turn the body diagonally

Tsugi-ashi - Left foot is pulled in close to the right foot before advancing forward with the right foot

Fumikomi - 'foot stamp'

Hidari - Left

Migi - Right

Mae - Front

Ushiro - Back

TRAINING TERMS

Chudan no Kamae - middle stance

Joge-buri - Big straight vertical cuts ending with kensen at knee level

Men-uchi - Striking the middle of the men

Kote-uchi - Striking the kote

Do-uchi - Striking the do (right hand side)

Haya-suburi - Big straight vertical cuts to head level while jumping forward and back

Kirikaeshi - Practice technique combining striking the men straight on centre and on both the left and right sides continuously

Uchikomi - A method of practice in which one learns basic techniques of striking by responding to striking chances provided by the motodachi

Ki-ken-tai-ichi - Ki refers to spirit, ken refers to the shinai, tai refers to the body. These three elements must be co-ordinated together for a valid strike.

Sonkyo - Traditional crouch like stance/position for starting and finishing

Zanshin - The body posture and state of mind in which, even after striking, one is alert and ready to respond instantly to any counterattack by the opponent.

OTHER KENDO TERMINOLOGY

Sensei - teacher

Senpai - senior student

Kohai - junior student

Kiai - Vocalisation of spirit

Motodachi - The one who takes the role of instructor for the purpose of training

Kakarite - The opposite to motodachi, one who is in the learning role

Shinai - Bamboo sword

Bokuto/Bokken - Wooden sword

Hakama - Traditional Japanese loose pleated trousers

Keiko-gi/Kendo-gi - Kimono style top worn during kendo

Shiai - a match between individuals or teams

Bogu - Equipment used in Kendo, consisting of the men (head protector), kote (gloves), do (breastplate) and tare (waist protector)