

## **Terminology #1**

### **Beginner's Terminology**

Kendo is a traditional Japanese martial art. Therefore, we use Japanese terms for most of the techniques and to express the ideas of Kendo, in the same way that French terms are used in ballet or European fencing. The following are the terms you will hear in beginners' class and that you should learn as soon as possible.

kendo	the way of the sword ( <b>ken</b> = sword, <b>do</b> = way)
kenshi	a Kendoist
dojo	training hall; a place for learning Kendo techniques and patterns of discipline
rei	to bow ; also means showing courtesy, politeness and respect in any form
ritsurei	bow from a standing position
zarei	bow from sitting position (seiza)
hai	yes!; answer emphatically with spirit when spoken to
sensei	teacher
sempai	a senior (more experienced) student
kohai	a junior (less experienced) student

### **Commands for opening class:**

seiza	correct sitting posture; sitting on the heels in a natural, centered, strong posture
mokuso	quietude; eyes closed, quiet your mind, prepare for training or consider the training just completed
mokuso yame	end quietude period; open your eyes
shomen ni rei	bow to the front of the training hall; remember you are in a special place for self development
sensei ni rei	bow to the teachers
kiritsu	stand up from seiza

## Commands for closing class:

(same as opening except that "shomen ni rei" and "sensei ni rei" are reversed)

Counting 1 - 10:	ichi, ni, san, shi, go, roku, shichi, hachi, ku, ju
ashi sabaki	footwork
okuri ashi	gather step; for fast, short range movements in any direction; snap the trailing foot into a good stance
renzoku ashi	smooth, continuous stepping without pauses
suburi	sword swinging techniques
jogeburi	full sword swing; used for warming up, stretching and strengthening exercise jo - high area ge - low area
hayasuburi	fast paced sword swing; used as warm up, endurance, and strengthening exercise
men uchi	men (helmet) strike
shomen uchi	striking the middle of the opponent's helmet
sayumen uchi	left and right men strike; a men strike slightly to the right or left of center
kote	forearm strike
do uchi	ribcage strike
shizentai	natural standing posture
hajime	begin!
yame	stop!
sageto	standing with the sword in the left hand, at arms' length
taito	standing with the sword held at the left hip, left thumb on the sword guard
nuketo	drawing the sword from a taito position
kamae	on guard position; your spirit and mental attentiveness should be fully on your opponent.
yasume	disengage the sword and your pressure on your opponent by relaxing your sword tip down to knee height and slightly to the right side, cutting edge facing slightly to the left.
osameto	return the sword to taito from a kamae position, keep both hands on the sword.

kiai	shout; a way of building up and extending / expressing your spirit
uchikomi geiko	striking practice actually hitting a target, first against partner's shinai, then against someone in armor
kata	prearranged formal patterns with a bokuto that teach footwork, distancing, concentration, sword handling, etc.
shinai	bamboo sword
shinai parts:	
tsuka	(leather handle)
tsuba	(hilt)
tsuru	(string)
nakayui	(middle leather)
sakigawa	(leather cap)
kensen	(tip of the sword)
bokken (bokuto)	hardwood sword used for Kendo kata
bokken parts:	
tsuka	(handle)
tsuba	(hilt)
kensen	(tip of the sword)
keikogi	Kendo jacket
hakama	Kendo pants
bogu	Kendo armor
bogu parts:	
men	helmet
do	trunk protector
kote	gloves
tare	waist protector