

## **Terminology #2**

### **Intermediate 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.

#### **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)*

arigato gozaimashita	thank you very much <i>(said by students during closing rei to teacher)</i>
Counting 11 - 20:	ju-ichi, ju-ni, ju-san, ju-shi, ju-go, ju-roku, ju-shichi, ju-hachi, ju-ku, ni-ju
sonkyo	a crouching posture, sitting on the heels, balanced on the balls of the feet, knees low, with an upright posture
sonkyo nuketo	assume sonkyo, draw the sword and assume kamae to open an engagement with an opponent
sonkyo osameto	assume sonkyo and put away the sword after engaging with an opponent
ma-ai	the distance between opponents
chikama	(near)
uchima	(one step)
toma	(far)
waza	the techniques of Kendo
shizentai	natural standing posture

ashi sabaki	footwork
fumikomi ashi	a stomping step used in making a longer attack
uchi	striking (cutting) with the sword
men uchi	men (helmet) strike
shomen uchi	striking the middle of the opponent's helmet
sayu men uchi	left and right men strike; a men strike slightly to the right or left of center
hidari men uchi	striking the opponent's left men
migi men uchi	striking the opponent's right men
tsuki	trust to the throat or chest
keiko	Kendo practice
uchikomi geiko	striking practice actually hitting a target, first against partner's shinai, then against someone in armor
kakarigeiko	an all out attacking practice
jigeiko	free practice; unprearranged sparring
kirikaeshi	a prearranged striking drill
kata	prearranged sword forms with a bokken (bokuto)
ipponme	the first sword kata in Kendo
nihonme	the second sword kata in Kendo
taikai	tournament
shiai	a match
shimpan	a judge during a match
keikogi (dogi)	kendo jacket
hakama	kendo pants
bogu	Kendo armor
bogu parts:	
men	helmet
do	trunk protector
kote	gloves
tare	waist protector