

# Spokane Kendo Club

## Keiko Terminology

**keiko-ho** - **methods of practice**; types of kendo sparring.

**kirikaeshi** - an important prearranged striking drill.

**yakusoku-geiko** - a cooperative form of keiko in which offensive and defensive roles are predetermined.

**uchikomi-geiko** - a keiko in which one learns basic techniques of striking by responding to striking chances given by the motodachi (receiver).

**kakari-geiko** - a keiko in which the trainee practices striking the motodachi (receiver) with all his/her might and intensity for short periods, without thinking of defending. Motodachi offers various openings.

**ji-geiko** - free style keiko with nothing prearranged.

**shiai-geiko** - a tournament match, or practicing for a tournament match.

**hikitate-geiko** - a method of instructional keiko in which a higher ranked lets a lower ranked player strike (without showing that this was done intentionally) so that the lower ranked player can experience the pleasure of success and can learn to recognize opportunities to strike.

**Waza** (techniques; specific ways of creating openings)

**shikakete ku waza** (offensive techniques)

**harai-waza** - sweeping techniques; sweeping your opponent's shinai away to create an opening.

**nidan-waza** - two step attacks (i.e., kote-men, kote-do, men-men, etc.)

**sandan-waza** - three step attacks (i.e., kote-men-do, etc.)

**debana-waza** - when one strikes just at the moment when the opponent is about to strike.

**renzoku-waza** - continuous attack.

**hiki-waza** - when a player strikes while retreating from tsuba-zeriai (hiki-men, hiki-kote, hiki-do).

**katsugi-waza** - when one swings the shinai on to the left shoulder and then strikes when the opponent's posture (cover) is broken. One of the methods used to lure the opponent out of good posture (kamae).

**maki-waza** - when one breaks the opponent's posture by winding one's own shinai around the opponent's shinai, then strikes (maki-otoshi-men, maki-age-kote, etc.)

**katate-waza** - holding the shinai and striking with it with only one hand.

**ojite iku waza** (defense and counterattack techniques)

**suriage-waza** - deflecting the striking opponent's shinai by swiping it upward with the left or right side of one's shinai, and then counter attacking in the same movement.

**uchiotoshi-waza** - one first strikes down the opponent's strike with one's shinai, then immediately counter attacks.

**nuki-waza** - one avoids the opponent's attack, causing the opponent to strike the air, then counter attacks before the opponent can recover.

**Taikai (tournament) Terms**

**shiai** - a match between individuals or teams.

**shinpan** - a referee

**shushin** - chief referee

**fukushin** - the two assisting referees

**hajime!** - begin! The term used to start a match.

**wakare!** - an announcement by the shushin to separate the contestants.

**yame!** - a command to stop.

**hansoku** - a violation. One warning is announced by the shushin. A second violation gives a point to your opponent.

**encho** - an overtime match, announced by the shushin when time runs out without a score.

**hantei** - a method of deciding the winner of a match when neither contestant has scored. The players' skills are considered first, then their attitudes and conduct during the match.

**Hiki-wake** - when a match ends in a draw.

**shobu** - the act of deciding victory or defeat in a match.

**shobu-ari!** - there is a point.