

Kendo Terms & Etiquette For Beginners



Etiquette/Reishiki – 礼式 (れいしき)

Rei – 礼 (れい): To bow, expression of gratitude.

Onegai shimasu – おねがい (します): Please teach me.

Doumo arigatou gozaimashita – どうも ありがとう ございました: Thank you (Formal).

Quick note on etiquette,

When in doubt it doesn't hurt to show deference or bow, you can never be too polite. But times you should be aware of are:

- ❖ *Bow when entering/exiting the dojo;*
- ❖ *Bow when first meeting a partner in keiko and when finishing keiko with a partner;*
- ❖ *When matching with a partner begin with saying **onegai shimasu** and when finished **doumo arigatou gozaimashita**;*
- ❖ *Other times you will be instructed, e.g. by the command **rei** (for example **otagani-rei**).*

Numbers – 数

1 = <i>ichi</i> (一/いち)	2 = <i>ni</i> (二/に)	3 = <i>san</i> (三/さん)	4 = <i>shi/yon</i> (四/し)	5 = <i>go</i> (五/ご)
6 = <i>roku</i> (六/ろく)	7 = <i>shichi/nana</i> (七/しち)	8 = <i>hachi</i> (八/はち)	9 = <i>kyu</i> (九/きゅう)	10 = <i>ju</i> (十/じゅう)

People/Roles/Yakuwari – 役割

Sensei – 先生: Teacher.

Sempai – 先輩 (せんぱい): Senior students of the *Dojo*.

Motodachi – 元立ち: The person facilitating a drill in *keiko*, providing the scenario or target for *kakarite* to practice.

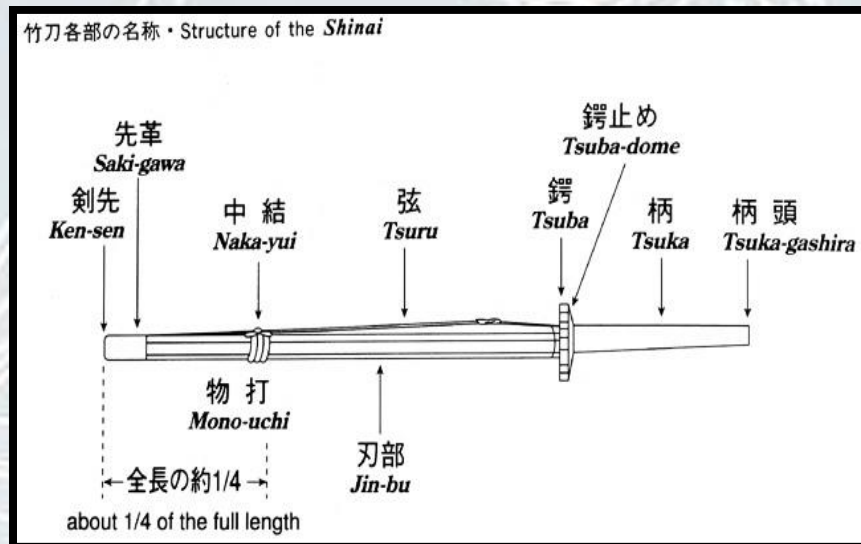
Kakarite – 掛かり手: The trainee during *keiko*, opposite of *motodachi*.

Uchidachi – 打太刀: Striking sword, the leading or teaching role in *kata*.

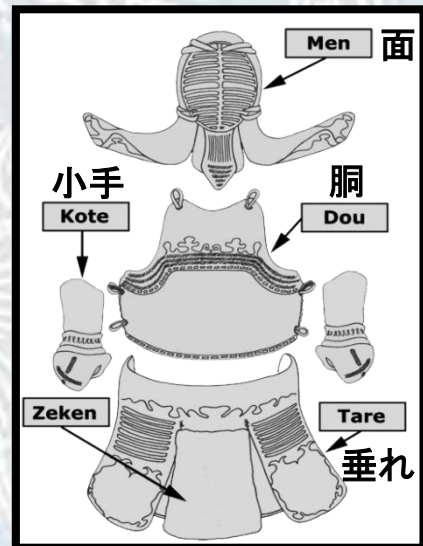
Shidachi – 仕太刀: Responding sword, following or learning role in *kata*.

Equipment – 装置

Shinai – 竹刀



Bogu – 防具



Bokuto/Bokken – 木刀/木剣: Solid wood sword reserved for kata.

Iaito – 居合刀: Unsharpened (dead) blade used in iaido, a complimentary martial art to kendo.

Daito – 大刀/**Tachi** 太刀: The long blade, total length, approx. 102 cm; tsuka (handle) approx. 24 cm.

Shoto Kodachi – 小太刀: Short blade, total length, approx. 55 cm; tsuka (handle) approx. 14 cm.

Tenugi – 手拭い: Small towel wrapped around the head under the *men*.

Keikogi – 稽古着: The *gi*/shirt and pants combination worn for kendo.

Hakama – 袴: Pleated bellowing pants worn in kendo.

Commands – 命令

Hajime – はじめ: Begin/start.

Yame – 辞め: Stop.

Shinai-motte: Take your *shinai*.

Osame-tô: Sheath the *shinai*.

Mokuso – 黙想: Meditation.

Men wo tsuke – 面を着け: Put on your *men*, the command to don your *tenugui*, *men* and *kote*.

Men wo tore – 面を取れ: Remove your *men*.

Seiza – 静坐: Sit/kneel.






Seiretsu – 整列: Line up.

Terms

Ito-ryu: Single sword style, *kendoka* uses a single *shinai*.

Nito-ryu: Two sword style, *kendoka* uses two *shinai*, a *daito* and *kodachi*.

Kamae – 構え: Posture/stance/guard.

<p>Chudan no-kamae 中段の構え Middle guard position (usual guard).</p> 	<p>Jodan no-kamae 上段の構え High guard position.</p> 	<p>Gedan-no-kamae 下段の構え Low guard position.</p> 
<p>Waki-gamae 脇構 Concealing blade.</p> 	<p>Hassō-no-kamae 八相（八双）の構 All (eight) directions.</p> 	

Sonkyo: Formal crouching position.

Footwork/Ashi-sabaki

Suri-ashi: Sliding footwork; the general designation for the footwork used in kendo.

Okuri-ashi: Most used footwork, advancing while retaining right in front, left in back.

Tsugi-ashi: Partial step, foot moves up to meet the other side by side.

Ayumi-ashi: Crossing over feet in long, gliding strides.

Hiraki-ashi: Side to side arcing footwork.

Maai: Distance or space that is created between two individual fencers.

Too-maai: Far, outside of striking reach.

Issoku ittō-no-maai: One foot one sword length, middle distance, striking distance.

Chika maai: Near, past *issoku*.

Kata: Basic forms.

Kiai: A yell used when attacking and defending (spirit).

Zanshin: Mental attitude and physical awareness, illustrates presence and attentiveness.

Tsubazeriai: Clinching, when two *kendoka* are close with *tsubas* overlapped vying for center control.

Drills/techniques

Suburi: Exercise, large exaggerated swings.

Keiko: Practice.

Ji-keiko: Free combat.

Kakari-keiko: Striking motodachi in an all out attack, using all of the waza learned, without thought of being counter cut or blocked (the motodachi will receive without hindrance).

Uchikomi-keiko: Method to learn basic techniques of striking by responding to opportunities (openings) given by the motodachi.

Kiri-kaeshi: Striking men continuously with *fumikomi*, *taiatari* and *sayu-men*.

Taiatari – 体当たり: Body strike/body check.

Techniques/Waza

Shikake waza: Offensive techniques.

Men/kote/do/tsuki Uchi – Standard strike to designated target.

Katate waza – Single handed strike.

Katsugi waza – Over the shoulder strike.

Sayu: Side to side strikes, consists of *migi* (right) and *hidari* (left).

Fomikomi: Stomping footwork used concertedly with striking.

Debana waza: Striking after an opponent initiates a strike and landing before they do.
Harai waza: Knocking the opponent's *shinai* to create an opening to strike.
Hiki waza: A strike made from *tsubazeriai*, performed while retreating.
Renzoku/Ni-san-dan waza: Consecutive strikes of two or more, forces openings often.
Maki waza: Disarming with a circular motion.

Oji waza: Defensive techniques or counter attacks.

Nuki waza: Side-stepping an opponent's strike to cut in the opening.
Uchiotoshi waza: Cutting the opponents *shinai* mid-strike to create an opening to strike.
Suriage waza: Diverting a strike to the right or left with upward motion, following the movement with a cut to the same side.
Kaeshi waza: Diverting a strike to the right or left and with an upward motion and coming around the opponent's *shinai* to strike the opposite side.
Ura: Crossing hands, left under right to angle the *shinai* to the left for diverting strikes.
Omote: Opening the hands so the *shinai* angles to the right to divert strikes.

Ippon – 一本: One point, also refers to the valid targets, see below.

