Kendo Terminology

Boston Kendo Kyokai

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ボストン剣道協会

Kendo Terminology

Reiho - *Etiquette*			
Start of group practice		**End of group practice**	
Sei retsu	*Line up*	Sei retsu	*Line up*
Seiza	*Be seated*	Seiza	*Be seated*
Ki o tsuke	*Attention*	Ki o tsuke	*Attention*
Mokuso	*Deep breathing and meditation*	Men o tore	*Remove your men*
Mokuso yame	*End of breathing and meditation*	Mokuso	*Deep breathing and meditation*
Shomen ni rei	*Bow to head of dojo*	Mokuso yame	*End of breathing and meditation*
Sensei ni rei	*Bow to teachers*	Sensei ni rei	*Bow to teachers*
Men o tsuke	*Put on your men*	Shomen ni rei	*Bow to head of dojo*
Start of individual practice		**End of individual practice**	
Rei	*Bow to partner*	Sonkyo	*Crouching "En Garde" position*
"Onegai shimasu"	*Please, let's practice*	Rei	*Bow to partner*
Sonkyo	*Crouching "En Garde" position*	"Domo arigato gozaimashita"	*Thank you very much*
Entering Dojo		**Leaving Dojo**	
Rei	*Bow to head of dojo*	Rei	*Bow to head of dojo*

Keiko - *Practice*			
Ashi sabaki - *Footwork*		**Suburi - *Striking the Air***	
Suri ashi	*"Rubbing Feet"*	Shomen suburi	*Basic striking*
Ayumi ashi	*Alternating stepping*	Nanameburi	*Diagonal striking*
Okuri ashi	*Slide stepping*	Jogeburi	*Large motion striking*
Hiraki ashi	*Diagonal stepping*	Hidari katate suburi	*Left hand only striking*
Fumi komi ashi	*Attack stepping*	Hayasuburi	*Quick striking*
Kihon Waza - *Fundamental Techniques*		**Fundamental Drills**	
Men uchi	*Strike to Men*	Kiri kaeshi	*Repeated diagonal men striking*
Kote uchi	*Strike to Kote*	Kakari geiko	*Attack practice*
Do uchi	*Strike to Do*	Ji geiko	*Free practice*
Tsuki	*Thrust to throat guard*	Shiai geiko	*Tournament practice*
Ni Dan Waza - 2 Step Comination Techniques		**Oji Waza - Advanced Techniques**	
Kote men	*Kote followed by men*	Men debana kote	*Intercept of men with kote*
Kote do	*Kote followed by do*	Men debana men	*Intercept of men with men*
Men men	*Men followed by men*	Kote nuki men	*Evasion of kote with men*
Tsuki men	*Tsuki followed by men*	Men nuki do	*Evasion of men with do*
San Dan Waza - 3 Step Combination Techniques		Kote suriage men	*Deflection of kote, followed by men*
Kote men do	*Kote men followed by do*	Men suiage men	*Delection of men, followed by men*
Kote men men	*Kote men followed by men*	Kote kaeshi men	*Block & counter kote with men*
Tsuki men do	*Tsuki men followed by do*	Men kaeshi do	*Block & counter men with do*
Hiki waza - Backward Techniques		Men kaeshi men	*Block & counter men with men*
Hiki men	*Men retreating from tsubazeriai*	**Other Techniques**	
Hiki do	*Do retreating from tsubazeriai*	Katate yokomen	*One hand diagonal men*
Hiki kote	*Kote retreating from tsubazeriai*	Katate tsuki	*One hand thrust to throat guard*

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Important Concepts			
Ki ken tai i-chi	*Spirit sword body as one*	Ken zen i-chi	*Kendo and Zen are the same*
Zanshin	*Resolute Will*	Ken tai i-chi	*Attack and Defense are the same*
Kokoro gamae	*Readiness of Spirit*	Tamashii	*Fighting Spirit*
Hei jo shin	*Calmness of Mind*	Mizu no yo-ni	*Be like water*
Fudo shin	*Immoveable Mind*	Nami no yo-ni	*Be like a wave*

Bogu - *Equipment*			
Men	*Face mask*	Keiko gi	*Jacket*
Do	*Chest protector*	Hakama	*Trousers*
Tare	*Hip protector*	Obi	*Belt*
Kote	*Padded gloves*	Tenugui	*towel*
Shinai	*Bamboo sword*	Tsuba	*Sword guard*
Bokken	*Wooden sword*	Iaito	*Metal practice sword*

Counting in Japanese									
Ichi	**Ni**	**San**	**Shi**	**Go**	**Roku**	**Shichi**	**Hachi**	**Kyu**	**Ju**
One	*Two*	*Three*	*Four*	*Five*	*Six*	*Seven*	*Eight*	*Nine*	*Ten*
Ju-ichi	**Ju-ni**	**Ju-san**	**Ju-shi**	**Ju-go**	**Ju-roku**	**Ju-shichi**	**Ju-hachi**	**Ju-kyu**	**Ni-ju**
Eleven	*Twelve*	*Thirteen*	*Fourteen*	*Fifteen*	*Sixteen*	*Seventeen*	*Eighteen*	*Nineteen*	*Twenty*
Ju	**Ni-ju**	**San-ju**	**Yon-ju**	**Go-ju**	**Roku-ju**	**Shichi-ju**	**Hachi-ju**	**Kyu-ju**	**Hyaku**
Ten	*Twenty*	*Thirty*	*Forty*	*Fifty*	*Sixty*	*Seventy*	*Eighty*	*Ninety*	*Hundred*

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