

Kendo Terminology

Boston Kendo Kyokai

December 2018



Kendo Terminology

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

| Keiko - Practice | | | |
|--|-------------------------------|---------------------------------------|---------------------------------------|
| Ashi sabaki - Footwork | | Suburi - Striking the Air | |
| Suri ashi | <i>"Rubbing Feet"</i> | Shomen suburi | <i>Basic striking</i> |
| Ayumi ashi | <i>Alternating stepping</i> | Nanameburi | <i>Diagonal striking</i> |
| Okuri ashi | <i>Slide stepping</i> | Jogeburi | <i>Large motion striking</i> |
| Hiraki ashi | <i>Diagonal stepping</i> | Hidari katate suburi | <i>Left hand only striking</i> |
| Fumi komi ashi | <i>Attack stepping</i> | Hayasuburi | <i>Quick striking</i> |
| Kihon Waza - Fundamental Techniques | | Fundamental Drills | |
| Men uchi | <i>Strike to Men</i> | Kiri kaeshi | <i>Repeated diagonal men striking</i> |
| Kote uchi | <i>Strike to Kote</i> | Kakari geiko | <i>Attack practice</i> |
| Do uchi | <i>Strike to Do</i> | Ji geiko | <i>Free practice</i> |
| Tsuki | <i>Thrust to throat guard</i> | Shiai geiko | <i>Tournament practice</i> |
| Ni Dan Waza - 2 Step Combination Techniques | | Oji Waza - Advanced Techniques | |
| Kote men | <i>Kote followed by men</i> | Men debana kote | <i>Intercept of men with kote</i> |
| Kote do | <i>Kote followed by do</i> | Men debana men | <i>Intercept of men with men</i> |

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| Men men | <i>Men followed by men</i> | Kote nuki men | <i>Evasion of kote with men</i> |
| Tsuki men | <i>Tsuki followed by men</i> | Men nuki do | <i>Evasion of men with do</i> |
| San Dan Waza - 3 Step Combination Techniques | | Kote suriage men | <i>Deflection of kote, followed by men</i> |
| Kote men do | <i>Kote men followed by do</i> | Men suiage men | <i>Delection of men, followed by men</i> |
| Kote men men | <i>Kote men followed by men</i> | Kote kaeshi men | <i>Block & counter kote with men</i> |
| Tsuki men do | <i>Tsuki men followed by do</i> | Men kaeshi do | <i>Block & counter men with do</i> |
| Hiki waza - Backward Techniques | | Men kaeshi men | <i>Block & counter men with men</i> |
| Hiki men | <i>Men retreating from tsubazeriai</i> | Other Techniques | |
| Hiki do | <i>Do retreating from tsubazeriai</i> | Katate yokomen | <i>One hand diagonal men</i> |
| Hiki kote | <i>Kote retreating from tsubazeriai</i> | Katate tsuki | <i>One hand thrust to throat guard</i> |

Kendo Terminology

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

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

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