



Kendo Terminology

Boston Kendo Kyokai

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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>
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>Deflection 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>

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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>