

Kendo Club at the University of Washington Basic Vocabulary

Beginning of Class

Ki o tsuke (attention)
Mokuso {meditation- set goal for practice}
Yame (stop)
Shoman ni. .rei {to the place of honor...bow}
Sensei ni.. .rei (to the teachers...bow)

End of Class

Ki o tsuke
Mokuso (meditation evaluate practice)
Yame (stop)
Sensei ni...rei
Shomen ni....rei

During a rei to sensei or partner before a practice session it is customary to express your appreciation for the opportunity to practice saying please teach me or practice with me: “**onagai shimasu**” and to say thank you at the end of a practice session “**domo arigato gozaimashita**”

Foremost Principle: Ki Ken Tai ichi (Spirit Sword Body One)

Body Positions

Seiza - formal kneeling position
Sageto - standing position with sword held at arms length
Taito - (Sword-to-body) the sword is held as if worn
Sonkyo - squatted position with upright body
Nuketo - command to draw sword and go into Sonkyo
Osameto - command to go into Sonkyo and put away the sword.
Kamae or Kamaete - command to go to Chudan no Kamae

Kamae (Sword Positions)

Gedan no Kamae - lower sword position, point of sword at roughly knee level
Chudan no Kamae - middle sword position, sword in front at level of throat
Jodan no Kamae - upper sword position, sword held above head back at 45 degrees.

Uchi (strikes)

Kote -a strike to the wrist
Men -a strike to the head
Shomen -a strike to the center of the forehead
Sayu men -a strike to the either side of the top of the forehead
Do -a strike to the body

Counting

1) Ichi 2) Ni 3) San 4) Shi 5) Go 6) Roku 7) Shichi 8) Hachi 9) Ku 10) Ju

Additional Terms

Kiai - Spirited yell
Renzoku - continuous
Waza - techniques
Bokken or bokuto - wooden sword
Shinai - bamboo sword
Tsuba - the hand-guard on the sword
Tsuka - the sword handle
Kissaki - the sword tip

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