



Common commands in the Dojon

General greeting phrases

(good to memorize)

Domo Arigato gozaimashita	Thank you
Onegi Sihmasu	Thank you for allowing me to practice with you (said before each exercise)
Gomen na sai	Sorry
Hai	Yes (an answer to command from the teacher)

Before and after the practice

Taiso	Warming up
Nuke...To	Draw the sword
Osame...To	Holster the sword
Toke Kamae	Sword in resting position
Seiretsu	Form a line
Seiza	Sit down
Mokuso	Mediations
Mokuso yame	End of mediation
Shomen Ni	Salute the holy object
Otaga Ni	Salute all how practice
Rei	Bow
Men Wo Tsuke	Put on the amour
Men Wo Tore	Take of the amour

During the practice

Hajime	Start
Yame	End
Kamae	Start position (usually Chodan no Kamae)
Ippon Migi	One step to the right
Rotte	Rotate
Moikai	Same as before
Nuke...To	Draw the sword
Osame...To	Holster the sword



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1 to 10 in Japanese

Ichi	One
Ni	Two
San	Three
Shi	Four
Go	Five
Roku	Six
Shichi	Seven
Hachi	Eight
Kyu	Nine
Ju	Ten

Warming up chants

The words before the backslash is spoken by the leader and the following words by everyone how is practicing.

During the warning up run:

ICHI, ICHI, ICHI-NI	/ KORE
ICHI, ICHI, ICHI-NI	/ KORE
CHO, CHO, CHO	/ KORE
ICHI	/ KORE
NI	/ KORE
SAN	/ KORE
SHI	/ KORE
ICHI	/HAI
NI	/HAI
SAN	/HAI
SHI	/HAI
ICHI-NI-SAN-SHI	/ ICHI-NI-SAN-SHI
ICHI-NI-SAN-SHI	/ ICHI-NI-SAN-SHI

During the stretching:

ICHI, NI	/ SAN, SHI
GO, ROKU	/ SHICHI, HACHI

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