



# Kendo

## THE CONCEPT OF KENDO

The concept of Kendo is to discipline the human character through the application of the principles of the Katana.

## THE PURPOSE OF PRACTICING KENDO

The purpose of practicing Kendo is:

To mold the mind and body,  
To cultivate a vigorous spirit,  
And through correct and rigid training,  
To strive for improvement in the art of Kendo,  
To hold in esteem human courtesy and honor,  
To associate with others with sincerity,  
And to forever pursue the cultivation of oneself.  
This will make one be able:  
To love his/her country and society,  
To contribute to the development of culture  
And to promote peace and prosperity among all peoples.

(The Concept of Kendo was established by All Japan Kendo Federation in 1975.)

## “THE MINDSET OF KENDO INSTRUCTION” AND ITS EXPLANATION

### (THE SIGNIFICANCE OF THE SHINAI [BOKUTO])

For the correct transmission and development of Kendo, efforts should be made to teach the correct way of handling the shinai in accordance with the principles of the sword.

Kendo is a way where the individual cultivates one's mind (the self) by aiming for shin-ki-ryoku-itchi (unification of mind, spirit and technique) utilizing the shinai. The “shinai-sword” should be not only directed at one's opponent but also at the self. Thus, the primary aim of instruction is to encourage the unification of mind, body and shinai through training in this discipline.

## (REIHO - ETIQUETTE)

When instructing, emphasis should be placed on etiquette to encourage respect for partners, and nurture people with a dignified and humane character.

Even in competitive matches, importance is placed on upholding etiquette in Kendo. The primary emphasis should thus be placed on instruction in the spirit and forms of reiho (etiquette) so that the practitioner can develop a modest attitude to life, and realize the ideal of koken-chiai (the desire to achieve mutual understanding and betterment of humanity through Kendo.)

## (LIFELONG KENDO)

While providing instruction, students should be encouraged to apply the full measure of care to issues of safety and health, and to devote themselves to the development of their character throughout their lives.

Kendo is a “way of life” that successive generations can learn together. The prime objective of instructing Kendo is to encourage the practitioner to discover and define their way in life through training in the techniques of Kendo. Thus, the practitioner will be able to develop a rich outlook on life and be able to put the culture of Kendo into use, thereby benefitting from its value in their daily lives through increased social vigour.

March 14, 2007

All Japan Kendo Federation

## NUMBERS

1	ichi	一	いち
2	ni	二	に
3	san	三	さん
4	shi / yon	四	し / よん
5	go	五	ご
6	roku	六	ろく
7	sichi / nana	七	しち なな
8	hachi	八	はち
9	kyuu	九	きゅう
10	jyuu	十	じゅう

## WORDS TO KNOW

Hajime: start

Yame: stop

Rei: bow

Bokuto: wooden sword

Kamae: stance

Onegai shimasu: polite  
request [to train, etc.]

Arigato gozaimasu: Thank you

Kata: forms

Mae: forward

Hidari: left

Migi: right

Ushiro: back

Uchidachi: "attacker" in kata

Shitachi: "receiver" in kata

### WHEN STARTING TO PLAY WITH A NEW OPPONENT, YOU SHOULD START WITH THE FOLLOWING PHRASE:

Onegai shimasu - general translation "Please let me train with you"

### WHEN YOU FINISH PLAYING AN OPPONENT, YOU SHOULD THANK THEM:

Arigato gozaimashita - when bowing to a sensei (teacher), you should add "Domo" to the front as an honorific.

**BOKUTO:** Sword made from very hard wood, usually 1.05-m length, with the real shape of a Katana (see Katana). Its use is identical to that one of a metal sword.

**BUDO:** Literally "the way of the combat", this term was adopted in the 20th Century to applied to Martial Arts in general, emphasizing its pacific aspects. In addition to the physical discipline and the different techniques, it implies an attitude of mind, spirit and of certain ethics. The Budo term differs from the Bujutsu, in which the latter is related more to real battle, whereas Budo emphasizes not only the physical development, but also the mental control and spiritual depth.

**CHUDAN:** "Mid-level", at the level of the chest. Chudan-no-Kamae: usual guard position, with the end of the Shinai directed towards the throat of the opponent.

**HAJIME:** Command that is told by the instructor at the beginning of an exercise or fight.

**ISSOKU-ITTO-NO-MAAI:** "One step, one blow"

**KAMAE:** Guard or posture. The three basic Kamae in Kendo are the following: Jodan (high), Chudan (mid), Gedan (low).

**KATA:** Kendo forms or sequences, which involve an Uchitachi (the one who attacks - the pupil) and a Shitachi (who counterattacks- the teacher).

**KEIKO:** Training designed to perfect oneself in the art and technique of Kendo, exceeding (Kei) what has been achieved before (Ko).

**KIAI:** A kind of explosive sound, some type of controlled and customized shout that seeks to inspire courage and determination in the one who emits it and to frighten the opponent, interrupting at the same time the concentration of the latter.

**KIHON:** Basic Kendo movements and techniques. Kihon is repeated until the movement becomes almost instinctive, obtaining a perfect action.

**KIKENTAI NO ICHI:** Literally it means "soul, sword and body are one". It represents the inseparable nature of these three elements in Kendo. If these are not combined, a blow in a combat cannot be delivered correctly.

**MA-AI:** It means the distance / time that separates two things. In Kendo, it means the precise distance to carry out a movement or technique. There are three basic distances in Kendo: Chika-ma - short distance; To-ma - long distance; and Issoku-Itto-No-Maai - between these two. The latter means, literally, "distance of one step - one blow".

**MOKUSO:** Moment of silence and meditation that is made generally when starting and finishing Kendo training. It seeks to free the mind, calm the spirit and prepare the student for training.

**REI:** "Respect, veneration". Part of each Dojo's etiquette, it consists of a bow (with the inclination of the superior part of the body) to the opponent, before and after each training. It can be done standing or during Seiza.

**SEME:** Threatening attitude, adopted just before lifting the Shinai to make a cut. Seme implies showing spiritual force to the opponent.

**SHITACHI:** When Kata is made, this is the name given to the one who counterattacks.

**SUBURI:** Exercises with the Shinai or sword, which consist of a repetition of the basic cuts. A lot of emphasis is made in these exercises, one has to perform thousands of Suburi before reaching perfection in the different techniques.

**UCHIDACHI:** When Kata is made, this is the name given to the one who attacks and initiates the sequence of movements.

**YAME:** Command used to finish and exercise or a match.