

Some necessary kendo terms

- **Kenjukai:** Ken (sword)-Yu (friend)-Kai (group), so 'Kendo friend group'
 - Dojo: (kendo) club
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- **Numbers**

- 1: Ichi
 2. Ni
 3. San
 4. Shi
 5. Go
 6. Roku
 7. Shichi (Nana)
 8. Hachi
 9. Kyu
 10. Ju
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- **Equipment**

- Shinai: bamboo sword
 - Bokken (bokuto): wooden sword
 - Kensen: blade line
 - Kensaki: tip of blade
 - Monouchi: blade part of sword (datotsubu in shinai: between kensaki and nakayui)
 - Omote: the left side of sword
 - Ura: the right side of sword
 - Tenouchi: grip/grap a sword.
 - Tsuba: sword quard
 - Tsubadome: tsuba stopper
 - Tsuru: a sting to mark back of shinai
 - Tsuka: sword grip
 - Kendo uniform: kendogi + hakama
 - Kendogu(Bogu) - kendo armour (4pcs)
 - Men: face mask
 - Kote: padded gloves (gauntlets)
 - Do: Toruso protector
 - Tare:Hip protector
 - * Tenugui: towel
 - * Himo: strap
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- **REIGI (Etiquette)**

- Seiretsu: line up
- Seiza: sit down (kneeling).

- Ki-o-tsuke: attention
 - Shisei-o-tadashite: correct your posture
 - Mokuso: meditation
 - Rei: respect .so 'bow' in action
 - Shomen: head wall
 - Sensei: teacher
 - Otegai: each other
 - Shomen ni Rei: Bow to the head wall
 - Sensei ni rei: Bow to the teacher saying "Onegaishimasu: Please train with me."
 - Otegai ni rei: Bow to each other. Normally to the front
 - Men-tsuke: put on your men
 - Men-tore: take off your men
 - Kiritsu: stand-up
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●Kamae: Posture / Stance

1. Chudan no Kamae: this is basic kamae in kendo. Middle ready position with sword pointed straight toward opponent's throat
 2. Jodan no kamae: High ready position with sword held overhead angled 45 degrees to the rear
 3. Gedan no kamae: Low ready position with sword pointed downward with tip at knee level
 4. Hasso no kamae; High ready position with sword held vertical and angled 45 degrees to the rear
 5. Waki no kamae: Low ready position with sword held pointed backwards at right side
 6. Sei-Gegan: Low ready position with sword pointed toward opponent's knee opposite of where your hands are
 7. Seigan: Middle ready position with sword pointed at opponent's opposite shoulder
 8. Kasumi: High ready position with sword held to right of body pointed at opponent's left hand when in Jodan
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●Ashi-Sabaki: Footwork practice

* Suri-ashi: the way we perform all the other kendo footwork. It is a sliding movement. In kendo, we, most of the time, slide/glide

- Okuri-ashi: the back foot never passes the front foot
- Hiraki-ashi: footwork to turn the body diagonally. Right foot front when moving to right and left foot front when moving to left.
- Tsugi-ashi: the back foot moves first and it stops before it passes the front foot.
- Ayumi-ashi: we can actually cross our feet like we are walking, but in suri-ashi (sliding).

* Fumikomi-(ashi): stamping

* Direction:

- Forward: Mae

- Back: Ato

- Right: Migi
 - Left: Hidari
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● Maai (Distance)

1. Issoku itto no maai (Issoku itto no ma): This distance is a distance where you can reach your opponent with one step forwards and you can avoid your opponent's cut with one step backwards.
 2. Chikai maai (Chika-ma): Close distance. When you get in further from issoku itto no ma, you are in chika-ma. You can easily reach your opponent but your opponent also can reach you easily (Definition by All Japan Kendo Federation).
 3. Toi maai (Toh-ma): You are not even in issoku itto no ma. You cannot reach your opponent and your opponent cannot reach you either (Definition by All Japan Kendo Federation). Basically your shinai and your opponent's shinai are not touching.
 4. Uchi-ma: The distance for you to strike. This is the distance you MUST strike.
 5. Yokote maai (Yokote no maai): There is a part called "yokote" around the kensaki (kissaki) of a sword. There is a line called yokote-suji a bit lower than the kensaki. If you are in a distance where the yokote of your sword and your opponent's sword meet, you are in the yokote no maai.
 6. Koujin no maai: Koujin means "crossing blades". So if your sword and your opponent sword start crossing, you are in koujin no maai. Your kensaki can pass the kensaki of your opponent's sword about 10cm (about 4 inches).
 7. shokujin no maai: Shokujin means "touching blades". The kensaki of your sword and your opponent are touching. Once one of the kensaki passes the shokujin no maai to get closer, you are in koujin no maai.
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● Waza: Technique

- **Shikake-waza:** Shikake-"challenge". Offensive technique.
 - **Debana:** Intercept. A waza that one strikes just at the moment when the opponent is about to strike or attack
 - **Hiki waza:** Backward Techniques. A waza that the player strikes while retreating, in situations such as tsuba-zeriai(hand guard fight)
 - **Harai:** deflection (hit to push out). A waza used when the opponent is ready in kamae stance or in a defensive stance and there is no opportunity to attack. It consists of striking after deflecting the opponent's shinai, and breaking the opponent's stance.
- **Oji-waza:** Oji-"respond". Counter-attach technique
 - **Nuki:** Evasion. Waza in which one avoids the opponent's attack, causing the opponent to swing through the air, then counter-attacks. e.g. kote-nuki-men, men-nuki-do.
 - **Suriage:** Deflection (sliding out). A waza in which one deflects the striking opponent's shinai by swiping it upward with the right or left side of one's shinai, then strikes when the

direction of the opponent's shinai or his balance has been upset. e.g. men-suriage-men, kote-suriage-men.

- Kaeshi: parry and counter. Waza where in response to the opponents' strike one parries the opponent's shinai with one's own shinai and counter-attacks a zone on the side opposite that of the parry. e.g. men-kaeshi-men, men-kaeshi-do, kote-kaeshi-men
- Uchiotoshi: hit to drop and counter. e.g. do-uchiotoshi-men

● **Keiko: practice**

- Kakarite: attacker
- Motodachi: receiver
- Uchidachi: the person (teacher) who initiates the move in order to teach the student (shidachi) the principles of waza in Kata.
- Shidachi: the person (student) in the position of learning the waza.
- Kirikaeshi: Repeated diagonal men striking
- Uchikomi: A practice in which kakarite learns basic techniques of striking by responding to striking chances provided by the motodachi.
- Kakari-geiko: the all-out Attack practice where the kakarite practices striking the motodachi with all the waza he/she learned without thinking of being struck or dodged.
- Oikomi: is a training method in order to increase your speed, balance and strength.
- Ji-geiko: Free practice
- De-geiko: an important training method in kendo. It means we go to other dojo and train with others.

● **Ippon** : The act of successfully scoring a waza in kendo. The act of striking with ki-ken-tai-no-itchi.

● **Yuko-datotsu** is defined as the accurate and intentional striking or thrusting made onto Datotsu-bui of the opponent's Kendo-gu with Shinai at its Datotsu-bu with Kiai (in high spirits and positive voice) and correct posture, being followed by Zanshin (mental and physical alertness and a positive follow through of attack and strike).

In order for Yuko Datotsu to be achieved, five elements need to be included in the execution of a definitive cut. These five elements are:

1. **Kamaeru** (Posture): to be prepared to attack or defend, and continues on through the strike and into the completion of the waza.
2. **Semeru** (Controlling Centre): to apply pressure and break your opponent's kamae, leading to #3.
3. **Toraeru** (Opportunity): to recognize and determine where the opportunity to strike is after breaking an opponent's kamae or defeating their waza.
4. **Utsu (Datotsu)**: Making an intentional and effective cut or strike to the correct target utilizing the correct part of the shinai.
5. **Zanshin** (Remaining Heart): to maintain spirit and connection after striking your opponent and coming back to a fighting posture (chudan) so that you are ready to cut again.

key aspects from Utsu(Datotsu):

- a) **Datotsu-bu** - You must use the correct part of the sword: the top one third, between the kensen (tip) and the nakayui.
- b) **Datotsu-bui** - You must hit the correct part of your opponent's armour.
- c) **Hasuji** - You must use correct angle of the blade, so you must cut only with the side of the shinai opposite the tsuru or string.
- d) **Ki** - You must have full spirit (kiai) and correct posture throughout the waza.
- e) ***Ki-ken-tai-no-ichi** – You must create a strike where the spirit, sword, and body are one, including proper fumi-komi-ashi.

● **Ki –Ken-Tai-Icchi**

ki: energy(spirit), Ken(sword), tai(body) icchi: synchronize

You have to declare where you intend to strike and synchronize ki with your shinai and body

● **SEME**: this is "to attack". Even when you are not physically striking your opponent but mentally you are putting pressure on your opponent it is also called "seme"

● **San Sappo**: 3 kills

1. Kill your opponent's sword
2. Kill your opponent's techniques
3. Kill your opponent's ki.

● **SHIKAI**: 4 prohibitions in kendo

- Kyo: surprise
- Ku: Fear
- Gi: Doubt
- Waku: confusion

→ **Heijoshin**: the presence of mind. So it means you have to keep the state of your mind as it is normally.

● **Bushido** is the way of the samurai. It is a set of values and virtues. It is a way of life. The virtues of Bushido are reflected in the 7 pleats of the hakama. These **7 virtues** are:

1. Gi: rectitude, justice, righteousness, integrity
2. Yuki: courage, valour, bravery
3. Jin: humanity, charity, benevolence
4. Rei: respect, courtesy, etiquette, civility
5. Makoto: honesty, sincerity
6. Meiyo: honour, dignity
- 7/ Chugi: loyalty