

The image features two kendo practitioners in silhouette, sparring against a background of red and white curved stripes. They are holding bamboo swords (shinai) in a dynamic, crossed position. The practitioners are wearing traditional kendo armor (bogu).

Beginners course
Terminology guide

**Reading
Shoshinkai
Kendo Club**

Start and end of the session

Sei retsu	Line up
Chakuza	Sit down
Seiza	Sit down
Ki o tsuke	Pay attention
Shisei wo tadashite	Straighten your posture
Mokuso	Start meditation
Mokuso yame	End meditation
Shomen ni rei	Bow to head of dojo
Shinzen ni rei	If the dojo has a shrine you may hear this command instead of shomen ni rei
Sensei ni rei	Bow to teacher
Sensei gata ni rei	Bow to teachers
Otagai ni rei	Bow to each other (both teachers and students)
Men (wo) tsuke	Put your armour on
Men (wo) tore	Take your armour off

Commands during the session

Sonkyo	Draw your sword into the chuden position and squat down
Hajime	Start
Yame	Stop
Rei	Bow
Kotae	Rotation during the session
Osame to	Return your sword to the sheathed position by your left hip

Counting

Ichi	One
Ni	Two
San	Three
Shi	Four
Go	Five
Roku	Six
Shichi	Seven
Hachi	Eight
Ku	Nine
Ju	Ten
Ni-ju	Twenty
Hyaku	One hundred

Suburi

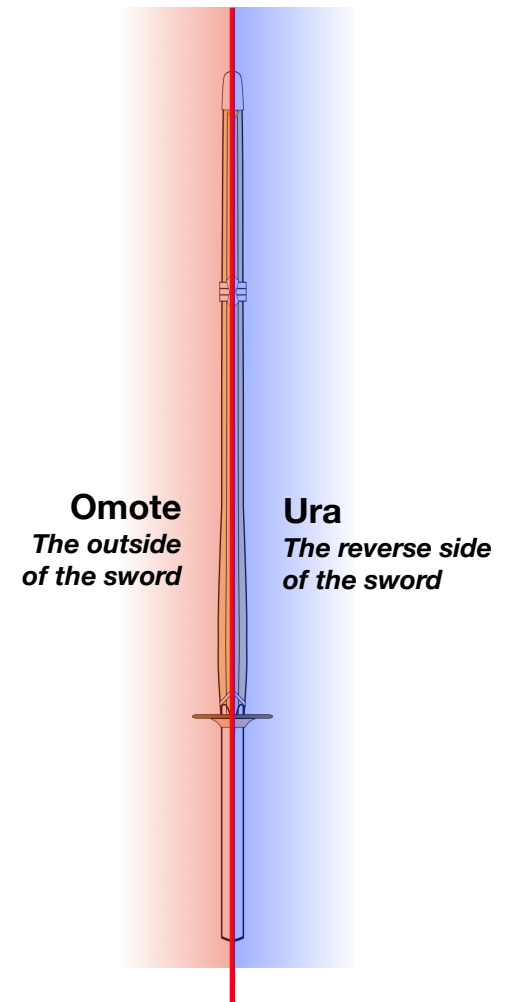
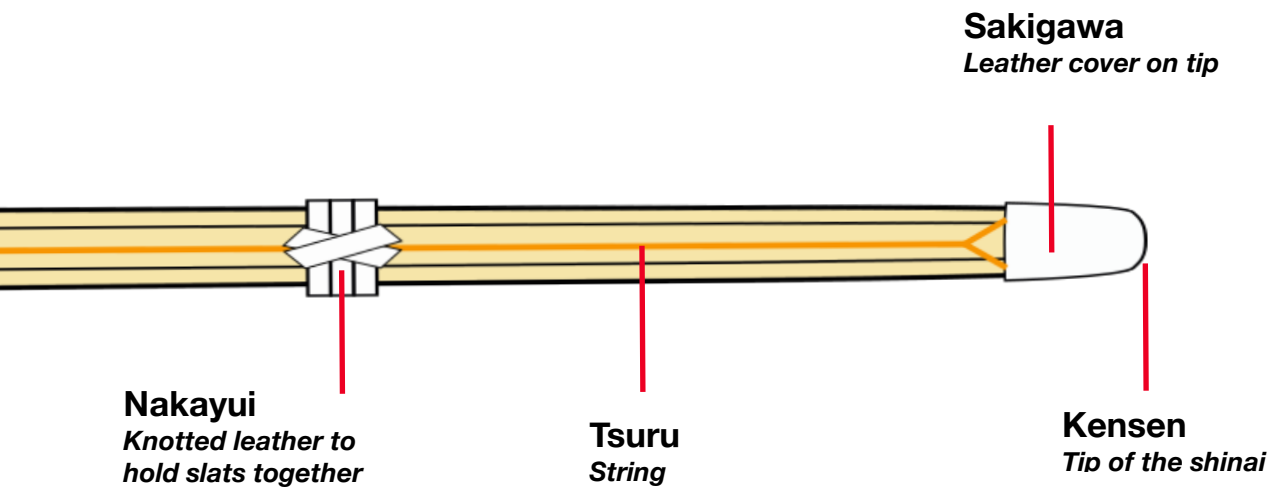
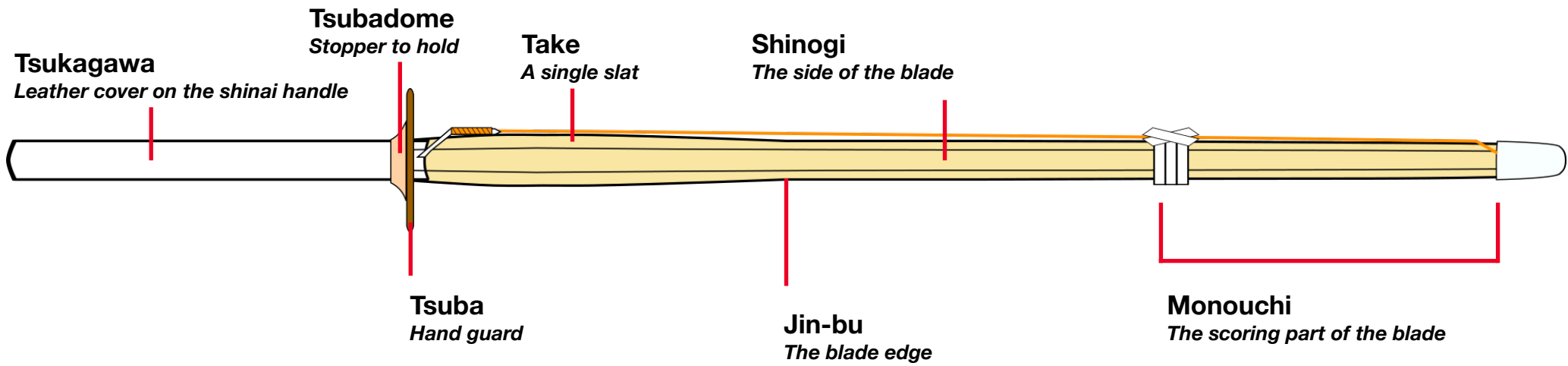
Joge-buri	Big straight vertical cuts ending with kensen low
Shomen-suburi	Basic men suburi
Naname-buri	Diagonal suburi
Zenshin koutai shoumen	Forward and backwards men cuts
Zenshin koutai sayu-men	Forward and backwards diagonal men cuts
Sayu-men with Hiraki-ashi	Diagonal men cuts with diagonal stepping
Haya-suburi	Fast men cutting from jodan
Shin-kokyu	Deep breathing exercise
Matabari suburi	Suburi in 'horse riding' stance

Equipment

Men	Head protector
Dō	Torso protector
Kote	Padded gauntlet
Tare	Hip protector
Shinai	Bamboo sword
Bokuto	Wooden sword
Keiko gi	Jacket
Hakama	Trousers
Obi	Sword belt
Himo	Strings
Tenugui	Towel

Shinai terminology

Take	Bamboo staves
Fushi	Node (bump) on bamboo staves
Tsuka	Handle
Tsukagawa	Leather handle
Tsukagashira	End of handle
Nakayui	Leather binding
Sakigawa	Leather tip
Kensen	Tip of sword
Tsuru	String
Sakigomu	Rubber tip inside sakigawa
Chigiri	Metal square in handle
Tsuba	Handguard
Tsubadome	rubber stopper for handguard
Shinogi	Side of the shinai
Datosubu	valid strike area
Monouchi	part of the blade of the sword that cuts the best
Mae	Front side
Ura	Back side



Ashi sabaki - footwork

Suri ashi	Sliding footwork
Ayumi ashi	Alternating feet
Okuri ashi	No alternating
Hiraki ashi	Diagonal stepping
Hikisuke	Snapping of back foot
Fumikomi ashi	Lunge step
Tsugi ashi	Left foot level with right foot

Maai (distance)

Toi maai (Toma)	Long distance
Issoku ito no maai (Issokuma)	One step, one cut
Chikai maai (Cikama)	Close distance
Uchima	Your own distance

Kamae positions

Chudan-kamae	Middle stance
Jodan-kamae	High stance
Gedan-kamae	Low stance
Hasso-kamae	Similar to jodan-kamae but lower
Waki-kamae	Sword behind so as to not be seen by opponent

Keiko - practice

Kihon keiko	Basic practice
Ji-geiko	Free practice/sparring
Mawarigekio	Rotation sparring
Waza keiko	Technique practice
Uchikomi keiko	Striking practice at openings
Kakari keiko	Continuous attacking practice
Butsukari keiko	Taitari practice

Kihon Waza - fundamental techniques

Men	Strike to Men
Kote	Strike to Kote
Do	Strike to Do
Tsuki	Thrust to the throat

Oji waza - counter techniques

Nuki waza	Avoiding techniques
Kaeshi waza	Catch the attack and return the attack to the other side
Suriage waza	Sliding up technique as one deflects the attack
Uchiotoshi waza	Knock your opponent's shinai down as he attacks
Kiriotoshi waza	Cut downward deflecting the attack

Shikake waza - initiating techniques

Tokui waza	Your personal favourite or strongest technique
Renzoku waza	Continuous attacking technique
Hiki waza	Backwards techniques
Harai waza	Sweeping Shinai to the side techniques
Osae waza	Pushing the shinai down or the side techniques
Maki waza	Disarming your opponent
Debana waza	Attacking at the point your opponent is about to attack
Hikibana waza	Forcing your opponent to retreat and striking while off-guard

Concepts

Yūko-datotsu	Valid strike
Ki shu bu shin	Devil hands, Buddha heart
Ki ken tai ichi	Mind, spirit, sword and body as one
Zanshin	After striking still alert and ready
Ichi-byōshi	Cutting with timing of one
Shikai	Four sicknesses (surprise, fear, doubt and hesitation)
Ichigan-nisoku-santan-shiriki	Eyes-feet-body-power
San sappo	Three ways of making an opening
Sutemi	Sacrifice - giving all into an attack