

Glossary

Japanese

Dogi

Keikogi / Kendogi / Uwagi

Hakama

Obi

Tabi

Bo-gu / Do-gu / Kendo-gu

Men

Men-gane

Nodowa / Tsuki-dare

Kote

Do

Mune

Tare

Zekken

Himo

English

Training clothing

Practise Top

Divided Skirt

Belt

Socks

Armour / Equipment

Face Mask

Face grill

Throat protector

Wrist protector

Chest protector

Chest

Hip / waist protector

Name tag

String e.g. Men Himo, Kote-Himo, etc

Ashi Sabaki

Ashi	Footwork
Fumikomi-ashi	Foot / feet / legs
Suri-ashi Ayumi-ashi	Stamping step
Okuri-ashi	Sliding step Walking step
Hiraki-ashi	Normal kendo step
Tsugi-ashi	Sideways step
	When the left foot comes up slightly before going forward on the right

Ken / To

Katana / Dai-to	Sword
Sho-to	Long sword
Boku-to / Bokken	Short sword
Kodachi / Sho-to	Wooden practise [Long] sword
Shinai	Wooden practise short sword
Tsuba	Bamboo sword
Tsuka	Hand guard
Ken-sen / Kissaki	Handle
Monouchi	Sword tip
Ha	The top 1/3 portion of the sword
Mune	Blade edge
Omote	Back of the blade
Ura	The left side of one's own shinai
	The right side of one's own shinai

Kamae

Posture

Gedan-no-kamae	Low-level posture
Chudan-no-kamae	Mid-level posture
[Hidari / Migi] Jodan-no-kamae	[Left / Right] High-level posture
Hasso-no-kamae	Mid-high posture where Tsuba is at chest height
Wakigamae	Low-level posture where Sword is almost behind body
Sonkyo	Squatting posture used while drawing shinai
Taito	Sword at hip level at side, thumb on tsuba
Sageto	Sword relaxed at side
Shizen-tai	Natural standing posture
Ma-ai / Ma	Interval / Distance
Chika-ma-ai	Near distance
Issoku-Itto-no-ma-ai	One Step one sword/cut distance
To-ma-ai	Far distance

Keiko

Kiri-kaeshi

Uchikomi-geiko

Kakari-geiko

Mawari-geiko

Ji-geiko

Shiai-geiko

Kata-geiko

Mitori-geiko

Ai-te

Motodachi

Kakari-te

Practise

A fundamental kendo exercise

Motodachi opens area for attack

All out attack practise

Rotating practise

Free Practise

Competition practise

Kata practise

Watching practise

Partner

Receiver

Attacker

Reiho

Seiretsu

Seiza

Kiotsuke

Mokuso

Mokuso-yame

Sensei-ni-rei

Otagai-ni-rei

Men-o-tsuke

Men-o-tore

Etiquette

Line up

Sit down

Attention

Meditate

Stop meditating

Bow to the instructor(s)

Bow to each other

Put on your men (and kote)

Remove your men (and kote)

Kamae-to	Take kamae (draw sword)
Osame-to	Sheath sword
Jo-seki	Where the higher ranked kendoka sit
Shimo-za	Where the lower ranked kendoka sit
Kendoka	Kendo Practitioner(s)
Shoshinsha	Beginner
Mudansha	Not graded, or below shodan
Yudansha	Dan graded kendoka
Sensei	Instructor
Sempai	Senior in relation
Kohai	Junior in relation
Renshi	Instructor
Kyoshi	Advanced instructor
Hanshi	Senior instructor
Kenshi / Kenkyaku	Swordsperson
Waza	Techniques
Kihon-waza	Basic techniques
Renzoku-waza	Sequence of techniques
Oji-waza	Counter techniques
Nuki-waza	Evasion techniques
Amashi-waza	Evade by withdrawing technique
Kaeshi-waza	Returning technique
Suriage-waza	Sliding-upward technique

Uchiotoshi-waza	Striking down technique
Maki-waza	Coiling technique
Osae-waza	Pressing technique
Shikake-waza	Offensive techniques
Harai-waza	Slapping techniques
Katsugi-waza	Shouldering technique
Debana-waza	Attack at the start technique
Katate-waza	One-handed technique
Jodan-waza	Shinai above techniques
Taiatari-waza	Body-crush techniques
Hiki-waza	Retreating techniques
Shiai / Taikai	Competition
Dantai-shiai	Team competition
Kojin-shiai	Individual competition
Kendo no Kata	Forms
Uchidachi	The attacker (and loser) in kata-geiko
Shidachi geiko	The receiver (and winner) in kata-
Ippon-me	Number 1
Nihon-me	Number 2
Sambon-me	Number 3
Yohon-me	Number 4
Gohon-me	Number 5

Roppon-me Number 6

Nanahon-me Number 7

Concepts

Ki-ken-tai-no-ichi Spirit (Ki), Sword (Ken), Body (Tai) as One (Ichi)

Zanshin Awareness

Chushin The center line

Enzan-no-me-tsuke To gaze at a far mountain

Fudoshin Immovable mind

Heijoshin Calm / normal mind

Ichi-gan-ni-soku-san-tan-shi-riki 1-eyes-2-footwork-3-mind-4-technique with strength

Ken-chu-tai / Ken-tai hyori Attack and defense as one

Mu-shin / Munen-muso Empty mind

Nihongo Japanese

Sumimasen Excuse me

Onegaishimasu Thank-you / please [for what you are about to do]

Arigato [Gozaimashita] Thank-you [for what you did]

Hajime Start

Yame Stop

Hai Yes

Kotai Change

Shinsa Grading

Ichi-ni-san-shi-go-roku-shichi-hachi-ku-ju
1-2-3-4-5-6-7-8-9-10

General

Kake-goe / Ki-ai	Shout
Datotsu-bu	Correct striking area
Yuko-datotsu	Correct strike
Ha-suji	Angle
Ai-uchi	Simultaneous yuko datotsu
Chakuso	Appearance
Me-tsuke	Sight
Kokyu	Breathing
Tai-atari	Body attack
Te-no-uchi	Overall use of the hands with the shinai