



Industry Sheriff's Kendo Dojo (ISKD)

For Martial Art of Japanese Fencing (SAMURAI)

Member of

Southern California Kendo Federation (SCKF)

All United State Kendo Federation (AUSKF)



Page 1 of 5

Kendo.term

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KENDO TERMS with ILLUSTRATION

1. GENERAL TERMS:

- Keiko** (-Geiko 稽古): Studying/practicing of martial art stressing the mental attitude toward the arts, the way of life.
- Ashi-Sabaki** (足さばき): Footwork. There are Ayumi-Ashi, Okuri-Ashi (often referred to as Suri-Ashi), Hiraki-Ashi & Tsugi-Ashi.
- Datotsu** (打突): To strike or thrust the protected area (Datotsu-Bu) of opponent body with Shinai.
- Kenshi** (剣士): Person(s) participating kendo practice who is usually a member of local dojo and Federation.
- Kamae** (構え): Kendo Stance. When simply said "Kamae" it is referred to "Chūdan." See 4.
- Migi / Hidari** (右/左): Right / Left
- Ura / Omote** (裏/表): Right side / Left side of opponent's Shinai when facing an opponent. Ura is the far side of you.
- Ki-Ai** (気合い): State of mind with or without voice challenging with utmost caution on opponent moves.
- Ma-Ai** (間合い): A distance between you and your opponent.
- Rei** (礼): Bow to pay respect or maintain social order.
- Suburi** (素振り): Act of swinging Shinai or Bokutō up and down vertically or diagonally in free air for basic kendo training.
- Waza** (技): A Datotsu movement technically formatted and recognized by kendoist for many years.
- Zanshin** (残心): State of alertness with eye contact and good posture after striking or thrusting
- Okori** (起こり): A rise in one's mind about to attack, the moment thinking about to attack, or when physically started.
- Seme** (攻め): To pressure opponent using Ki (spirit), KenSen (Shinai tip) and Tai (body & foot work) to induce opponent's mind a surprise, fear, doubt & perplexity for your advantage to succeed in Yukō Datotsu. See 5.

2. EQUIPMENT TERMS:

- Keikogi & Hakama:** Keikogi is worn on top first and then Hakama, pleated clothing, on the bottom side waist down.
- Tare and Zekken:** Tare is worn on the hip area (See **Fig 1d**). Zekken (ID wear) is slipped into the middle Tare.
- Dō and Dō-Himo:** Dō is worn using Dō-Himo (string) to protect chest and abdomen area (See **Fig 1b**).
- Tenugui:** Tenugui (a towel) is used to cover head above ears including forehead.
- Men & Men-Himo:** Men is worn using Men-Himo to protect the head, face, and shoulders (See **Fig 1a**).
- Kote & Kote-Himo:** Kotes (gloves) are worn using Kote-Himo to protect hands, wrist, and forearms (**Fig 1c**).
- Migi & Hidari-Kote:** Right & Left side gloves. Put on left side first and then right side. The right side first when removing.
- Bokutō (Bokken):** Bokken (blended Bokuken) is substitution for sword used for Kendo Kata (See **Fig 2b**)
- Kensen (Kensaki):** Tip of Katana (sword) or Shinai (See **Fig 2a** and **Fig 2c**).
- Shinai:** (See **Fig. 2c**) Substitute for the sword. It is about 4 ft long made of four carefully pre-formed bamboo slats bound together with a leather tie wrap (called "Nakayui") and a string of the length of Shinai to form a hollow cylinder. The opposite side of the string corresponds to the cutting edge of the sword. There are different sizes based on the length: #39 is 3.9 ft, #38 is 3.8ft, #37 is 3.7ft and #36 is 3.6ft.

3. MANNER RELATED TERMS:

- Reihō** (礼法): Formal Reihō practiced in kendo match includes 1) Ritsu-Rei, 2) Three steps, 3) Sonkyō, etc.
- Ritsu-Rei** (立礼): A courtesy bow performed while standing. Used before & after kendo match and kendo practice.
- Za-Rei** (座礼): A courtesy bow performed while sitting. Used before & after kendo practice.
- Seiza** (正座): A way of sitting with knees together but separated comfortably, shins and toes on the floor.
- Mokusō** (黙想): Meditation in Seiza position with a left hand on top of right hand and thumbs touching.

4. POSTURE RELATED TERMS: (More advanced Kamaes are listed under KATA terminology)

- Taitō** (帯刀): Act of placing sword or the substitute on your left hip with your left thumb on the Tsuba
- Sagetō** (提げ刀): Natural standing posture with shinai held in left hand and arms extended and relaxed
- Shizentai** (自然体): Standing posture, straight, balanced, natural, relaxed and weight supported by muscles around the spinal column.
- Sonkyō** (蹲踞): Squatting posture with toes, knees opened, body upright holding shinai on both hands.
- Chūdan** (中段): Shizentai with left foot behind right holding Shinai with both hands, left hand in front of your navel one fist away and right hand at Tsubamoto (See Fig 2c) in such a way that your Kensen is toward opponent's left eye. Left-hand height level should be such that the joint of index finger and thumb is at the same level as your navel. That is a standard Kamae for actions of defense, Seme and attack.



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Rev Date:
Aug/22/2017

KENDO TERMS with ILLUSTRATION

Page 2 of 5
Kendo.term
Jul/10/2004

5. KENDO BASIC TERMINOLOGY:

- Issoku-Ittō no Ma-Ai: A distance one can perform Datotsu or escape from it by one step moving forward or backward.
Chika-Ma (近間): A distance closer than the Issoku-Itto no Ma-Ai.
Tō-Ma (遠間): A distance that cannot perform Datotsu with one step moving forward.
Fumikomi-Ashi(踏み込み足): The foot that pulls your body toward it. Right foot is Fumikomi Ashi when moving forward.
Ayumi-Ashi (歩み足): It is walking footwork using sliding motion with your ball of the foot, both heels must be off the floor.
Okuri-Ashi (送り足): Step forward or backward with the foot closer to the direction of the movement & then immediately send the other foot to this sliding foot, keeping left foot always behind right foot. The starting foot should be sliding motion, and the sending foot (Okuri Ashi) should not drag on the floor but pick up as the foot push off the floor and snap into the position, left foot behind right foot w/ Shizentai (See 4).
Hiraki-Ashi (開き足): Footwork that turns your body diagonally to your right or left, right foot behind left when moved left.
Tsugi-Ashi (継足): Footwork left foot is moved next to your right foot to set a bigger step immediately after for a strike.
Men-Uchi-San-Kyodō:
(面打ち三挙動)
(面打ち二挙動)
Men-Uchi Ni-kyodō: Repeated three motions, three count Suburi with three different moves and feelings in kendo. Count #1 is Migi-Jōdan with a feeling of attack with full spirit, analogous to willing to do your job well; Count #2 is a proper cut with correct Hasugi and power, analogous to doing a good job on your work; Count #3 is to show Zanshin with Chudan stance, analogous to making sure your work is done right.
Men-Uchi-Ikkyodō(一挙動): Repeated one motion, one count Suburi with a feeling of Seme-Uchi (pressure & cut) in kendo.
Jōge-Suburi (上下素振り): Repeated one-count Suburi (holding with two hands closer) in a big arc extending both arms.
Naname-Suburi (斜素振): Similar to Joge-Suburi except swinging Shinai diagonally. Hiraki Ashi or Okuri Ashi may be used.
Kirikaeshi-Men(切替し面)
Datotsu-Bu (See Fig 1): Designated and protected area to strike: Men-Buton, Kote-Buton, Dō, Dō-Dare, and Tsuki-Dare.
Ki-Ken-Tai Itchi (気剣体一): Matching, in correct harmony, the spirit, Shinai waza, and body/foot work against opponent moves.
Yūkō-Datotsu (有効打突): Valid and effective strike with Ki-Ken-Tai Itchi that one can get the winning point without a doubt.
Shōmen-Uchi (正面打ち): Straight Men strike with Fumikomi-Ashi (called Fumikomi-Ashi Men emphasizing right foot step pull).
Kūkan-Datotsu (空間打突): A swing or striking with Shinai or Bokuto in the air to the Datotsu-Bu of an imaginary opponent.
Hasuji no Kaeshi (刃筋): To turn the cutting edge of Shinai (the opposite side of the string) to strike a target Dō, for example.
Chōyaku(Haya)-Suburi: Continuous Men Suburi by jumping backward (Shinai up) and jumping forward (Shinai down, cut).
Tai-Atari (体当り): Pushing an opponent with your body immediately after colliding with your arms folded naturally.
Hiki-Men (引き面): Men waza to strike as you move back explosively from Tsubazeriai or right after Tai-Atari.
Tsubazeriai (鑓迫り合い): Act of Seme with Ma-Ai so close that your Tsuba is touching to opponent's Tsuba.

6. KENDO PRACTICING TERMINOLOGY:

- Men-Uchi (面打ち): To strike Men (head) or Men-Buton area (See Figure 1a).
Kote-Uchi (小手打ち): To strike Kote (forearm) or Kote-Buton area (See Figure 1c).
Dō-Uchi (胴打ち): To strike Dō (right or left side of the abdomen), (See Figure 1b).
Tsuki (突き): To thrust Tsuki-Dare area (See Figure 1a).
Men/Taiatari/Hikimen: Combination practice to perform Men, Tai-Atari and then Hiki-Men.
Men/Taiatari/Hikidō: Combination practice to perform Men, Tai-Atari and then Hiki-Dō.
Motodachi (元立ち): One who takes the role of instructor/leader during Kakari-Geiko, Uchikomi-Geiko, Kihon-Waza, etc.
Kirikaeshi(See above): Shomen-Uchi & Sayu-Men-Uchi requiring proper distance, swing, footwork & Ki-Ai. You can do the first MenUchi from Issoku-Ittō distance with two-motion swing and the last MenUchi from Tō-Ma distance with one motion swing with both Ki-Ken-Tai Itchi. The rhythm timing for Sayu-Men-Uchi is different in that each strike matches with the timing of your Okuri-Ashi pull. Ki-Ai and breathing become very important to finish this routine. Breathe in from nose quickly using a diaphragm and control the residual air in your stomach to do this routine in one breath after the first Men-Uchi.
(打込み稽古)
Uchikomi-Geiko: Practice that one can strike only predetermined or opened area by Motodachi.
Kakari-Geiko (掛稽古): 10-15 sec practice that one can strike freely without being parried, dodged or counterattacked.
Ji-Geiko (地稽古): Kendo training to build a solid foundation to succeed in competition mentally & emotionally.
Gokaku-Geiko(互角稽古): Practice between the two who have the same rank or equivalent skill in kendo.



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Aug/22/2017

KENDO TERMS with ILLUSTRATION

Page 3 of 5
Kendo.term
Jul/10/2004

7. KENDO WAZA TERMS:

- Shikake-Waza (仕掛け技): General technique for aggressive attack by defeating opponent's mind (Ki), Shinai Waza and moves.
Harai-Waza (払い技): Technique to strike by deflecting opponent's Shinai to the right, left, right up, left up, or left down.
Tobikomi-W. (飛び込み技): Technique to strike making a bold leap in a big motion with Fumikomi Ashi from a distance.
Hiki- W.(引き技): Technique one can strike from Tsubazeriai or Tai-Atari by explosively moving back after the strike.
Renzoku-W.(連続技): Technique to strike using more than one step, one motion consecutively to result in Yūko Datotsu.
Katate-W.(片手技): Technique to strike with one hand such as Katate-Migi-Men, Katate-Hidari-Men, and Katate-Tsuki.
Jōdan-W.(上段技): Technique to strike from Jōdan stance. Shinai is held over your head with Kensen about 45°behind.
Debana-W.(出端技): Technique to strike by catching opponent's Okori, the moment he is about to move. (See Ōji Waza).
Ōji-Waza (応じ技): General technique for a counterattack by parrying opponent's Shinai with your body and Shinai.
Kaeshi-W.(返し技): Technique one can counterattack when parried by rotating Shinai behind your right side immediately.
Nuki-W (抜き技): Technique one can counterattack by parrying opponent Shinai using Nuki action with body and arms.
Suriage-W(すり上げ技): Technique one can counterattack by parrying opponent Shinai using Suriage motion.
Uchiotoshi-W(打ち落とし) Technique one can counterattack by parrying opponent Shinai using Uchiotoshi motion.
Debana- W(出ばな技): Technique one can counterattack by catching opponent Okori at the moment he moves. (See above).

8. KENDO KATA & BOKUTO (BOKKEN) WAZA TERMS:

- Kendo-Kata (剣道形): A set of model "Forms" depicting in detail the ideal states of mind, sword technique & body move.
Uchi-Dachi (打太刀): One who initiates and teaches how to react. This side may be considered as a teacher (leader).
Shi-Dachi (仕太刀): One who defends and counterattacks. This side may be considered as a student (follower).
Kakarite (懸かりて): Equivalent to Shi-Dachi and used for Bokken-Waza. Likely Motodachi is used for Uchi-Dachi.
Morote-Hidari-Jodan(諸手左上段): Jodan stance with a left-foot half step forward holding Bokuto with two hands over one's head.
Morote-Migi-Jodan(諸手右上段): Jodan stance with a right-foot half step forward holding Bokuto with two hands over one's head.
Gedan no Kamaye (下段一): Stance with a right-foot half step forward holding Bokuto with two hands lowering the tip to knee level.
Hassō no Kamaye (八相一): Stance with a left-foot half step forward holding Bokuto w/ two hands near chest area & tip up/back.
Wakigamae (脇構え): Stance with a left-foot half step forward holding Bokuto w/ two hands near right hip & tip down/back.

9. KENDO TOURNAMENT TERMS:

- Hajime (始め): Start. Use to start the match.
Yame (止め): Stop. Use to stop the match
Wakare (別れ): Separate. Use to separate from Tsubazeriai lasting over 15 sec. to restart from Tō-Ma distance.
Hansoku (反則): Penalty. Lose a ½ point for 1) Out of boundary, 2) Shinai drop, 3) Unjust attitude & Shinai handling.
Hansoku Ikkai (反則一回): One Hansoku, call out to remind you.
Hasoku Nikai (反則二回): Two Hansoku, call out to remind you that your opponent gains one point and flag goes up for him.
Men Ari (面有り): Call out for the name of Waza "Men" you scored.
Kote Ari (小手有り): Call out for the name of Waza "Kote" you scored.
Dō Ari (胴有り): Call out for the name of Waza "Dō" you scored.
Nihonme (二本目): Call out to start for 2nd point match.
Shōbu (勝負): Call out to start the last match.
Shōbu Ari (勝負あり): Match is over. Call out for the match is over and chief referee declares the winner by raising the flag.
Hantei (判定): Calling referees to decide and vote for the winner based on their observations under the tie match.
Gōgi (合議): Calling referees to gather and decide on certain Hansoku issue observed in question.

10. KENDO RANKING TERMINOLOGY:

- Kyū (級) Kyū is rank before black belt level, they must learn Kihon Waza and follow basic principles of kendo.
Dan (段): Dan is black belt level, they know basic Shikake/Oji Waza and have experienced in tournaments.
Yūdansa (有段者): Black belt rank; namely 1 Dan and up
Kōdansha (高段者): Black belt rank; 5 Dan and up, an official instructor level.



Rev Date:
Aug/22/2017

KENDO TERMS with ILLUSTRATION

Figure 1: Illustration of Kendo Equipment (Wearing)

Fig. 1a
Men

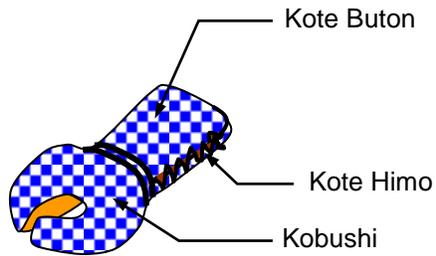
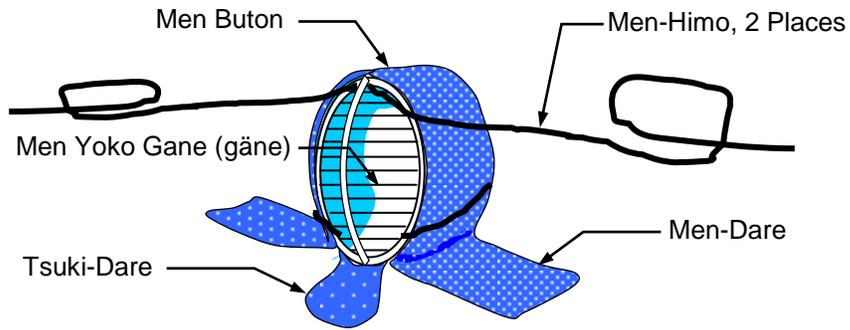


Fig. 1c
Kote

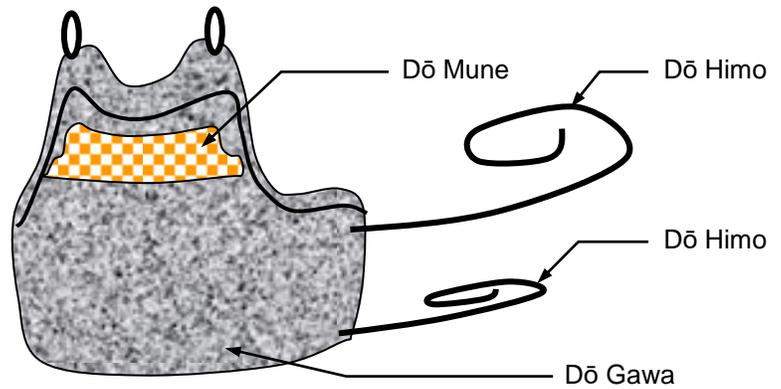


Fig. 1b
Dō

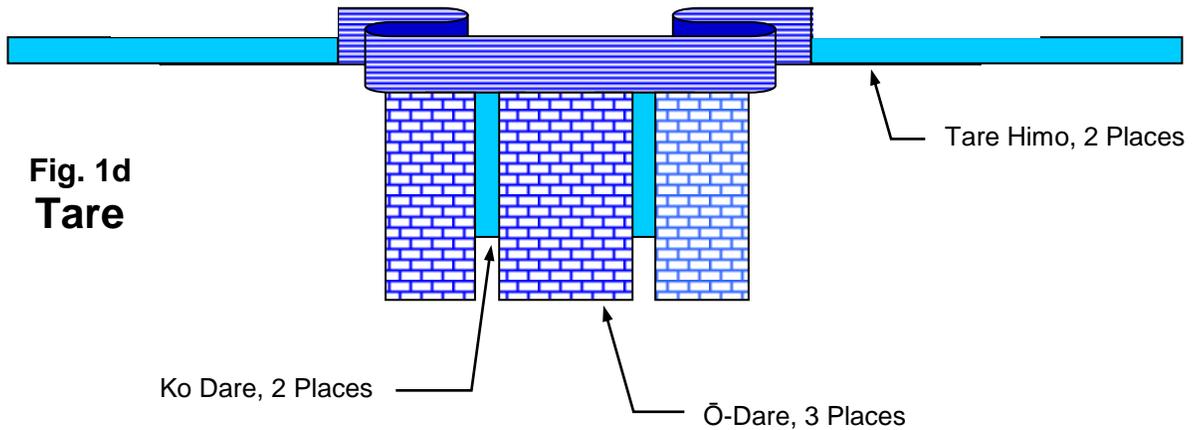


Fig. 1d
Tare



Rev Date:
 Aug/22/2017

KENDO TERMS with ILLUSTRATION

Figure 2: Illustration of Japanese Sword and Substitute

Figure 2a: Structure of NIHON-TŌ

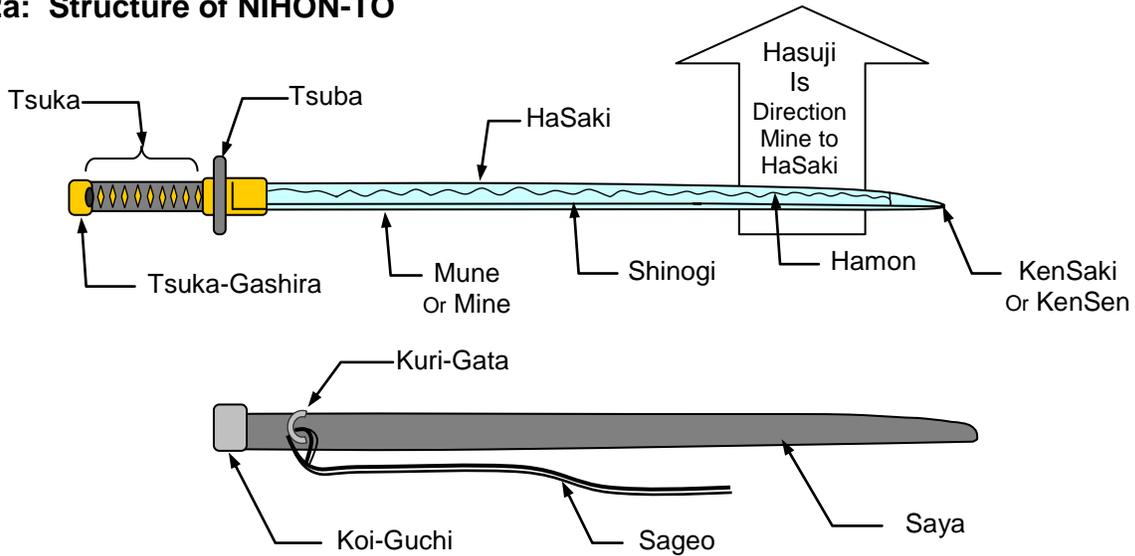


Figure 2b: BOKU-TŌ or BOKKEN made of Wood such as Oak.

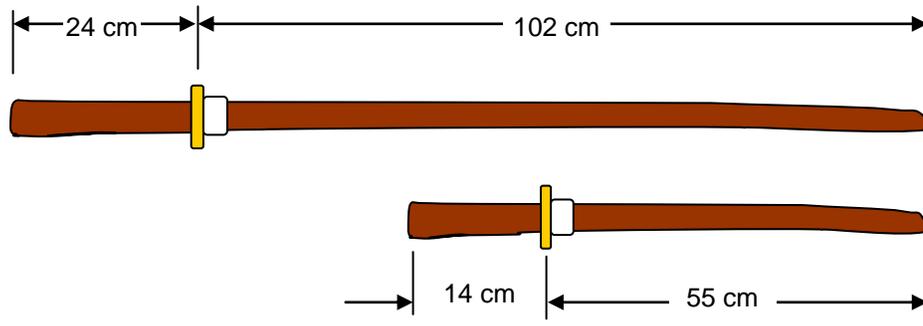


Figure 2c: SHINAI made of Bamboo Slats.

