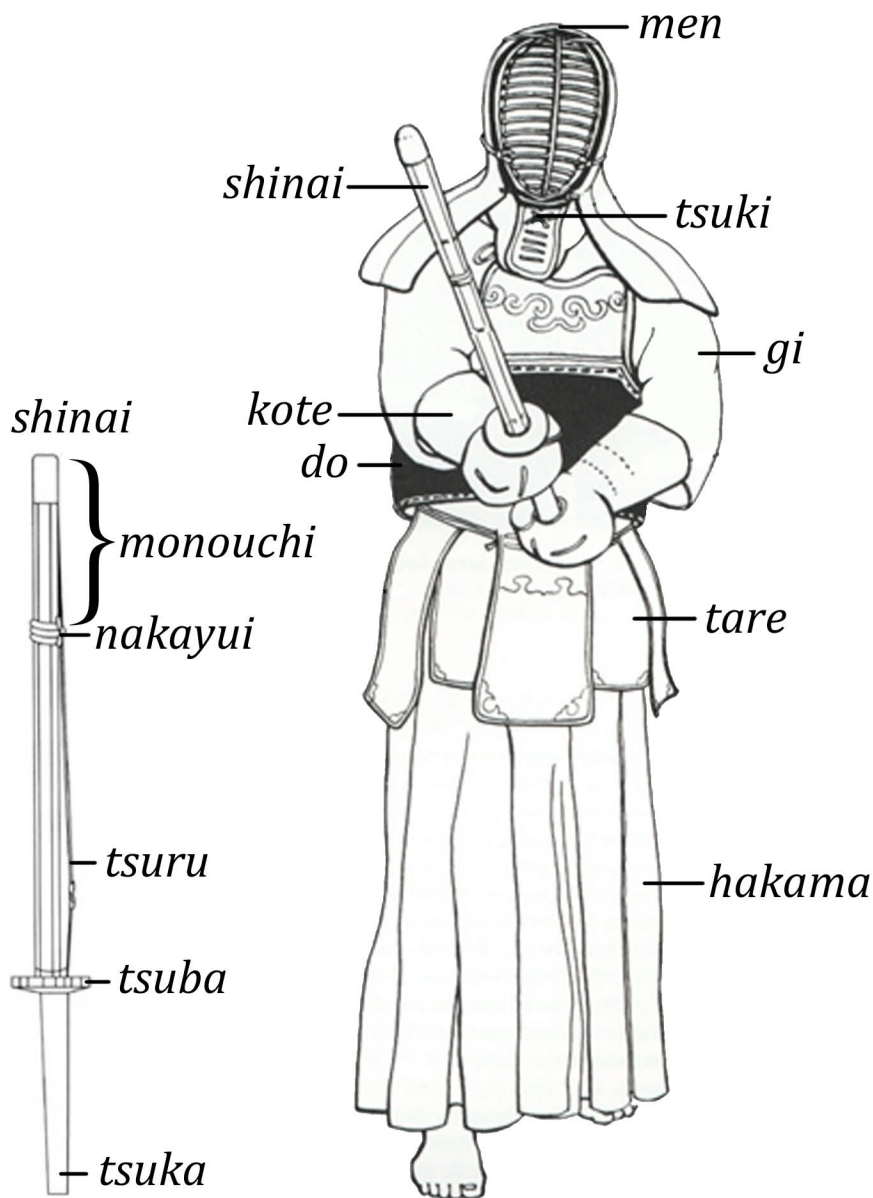


KENDO CLUB

AT BERKELEY



Common Japanese Terms

- 1: *ichi*
 2: *ni*
 3: *san*
 4: *shi*
 5: *go*
 6: *roku*
 7: *shichi*
 8: *hachi*
 9: *kyuu*
 10: *juu*
 20: *nijuu*
 30: *sanjuu*
 40: *yonjuu*
 50: *gojuu*
 60: *rokujuu*
 70: *nanajuu*
 80: *hachijuu*
 90: *kyuujuu*
 100: *hyaku*
- keiko*: practice
sensei: teacher
senpai: more experienced/
 senior member
hai: yes
kiai: shout that shows spirit
hajime: start
yame: stop
yasume: rest
faito: "fight", yelled to
 encourage each other
mae: forward
ushiro: backward
migi: right
hidari: left
(yoroshiku) onegai shimasu:
 please (take care of me);
 said before practicing
 with someone
arigatou gozaimashita:
 thank you very much
shinai: bamboo "sword";
 should be treated as an
 actual sword
bokuto: wooden sword for
 practicing *kata* (forms)
bogu: protective armor
 (*men, kote, do, tare*)
ki-ken-tai-ichi: shout, strike,
 and body are one; essential
 to achieve *ippon* (a point)

Etiquette During Keiko

Remove shoes before entering dojo.

Rei (bow) when entering or leaving dojo.

Treat all people and equipment with respect.

Beginning of Keiko

seiretsu: line up; heels together, shinai in left hand

chakuza: sit down in *seiza* (kneel with tops of feet flat on floor; sit on heels)

mokusou: meditate

shoumen ni rei: bow to far side of dojo; hands

form triangle on ground when bowing in *seiza*

sensei ni rei: bow to *sensei* if present

otagai ni rei: bow to each other (front); say

onegai shimasu while bowing

During Keiko

ki wo tsuke: attention; stand like in *seiretsu*

rei: bow about 10-15°, keep eye contact

taitou: bring shinai to waist level

nuke tou: take a step forward and draw shinai

sonkyo: crouch and balance on toes, back straight

kamaete: stand with feet shoulder-width apart, left toes behind right heel, both heels slightly raised; hold shinai at belly button level, left hand grips end of shinai tightly, right hand loosely holds shinai below *tsuba*; tip of shinai is pointed at opponent's throat

osame tou: sheath shinai, then take five small steps back; *rei* and say *arigatou gozaimashita*

End of Keiko

seiretsu

chakuza

mokusou

sensei ni rei

shoumen ni rei

otagai ni rei; say *arigatou gozaimashita*

Common Drills

ashi sabaki: footwork

suri ashi: sliding steps; toes stay in contact with ground at all times; start and end in *kamae*

fumikomi: stomping steps

suburi: swinging exercises

shoumen: swing straight, stop with tip of shinai at opponent's eye level

sayuumen: swing and alternate stopping at opponent's left and right temple

hayasuburi: fast *suburi*

uchi: strike

men uchi: strike to head

kote uchi: strike to forearm

do uchi: strike to waist

kirikaeshi: strike opponent's *men* with *fumikomi*, then strike *sayuumen* 4 times going forward with *suriashi* and 5 times going back; repeat, end with *shoumen*, follow through, turn and stand in *kamae*

kakarigeiko: attack without any pauses

jigeiko: free practice with anyone

Our motto: 克己心 (*kokkishin*), spirit of overcoming or defeating oneself