

**新壮風館剣道**  
**(Shin Sou Fu Kan Kendo)**  
**Terminology In sequential order of practice**

**I. 体操 Tai-So “Stretching & Warm-up”**

**Stretching Line-up**

Pronunciation	Meaning	Japanese
Tai-To	Bring your shinai/bokudo to the waist level	帯刀
Kamae or Kamae-To	Assume chudan-no-kamae position.	構え
Sonkyo	Squat down in kamae facing the opponent	蹲踞
Kiritsu or Ta-Te	Stand up	起立

**Counting**

Ichi	One	一
Ni	Two	二
San	Three	三
Shi	Four	四
Go	Five	五
Roku	Six	六
Shichi /Nana	Seven, depending on context you can say nana or shichi	七
Hachi	Eight	八
Kyu	Nine	九
Ju	Ten	十
Ni-Ju	Twenty, (literally 2, 10 so thirty would be 3, 10 ect)	二十
Hyaku	One hundred	百

**Stretching**

Choyaku	Jumping	跳躍
Hiza-Kushin	Bend knee& stretch knees	膝屈伸
Hiza-Kaiten	Knee Rotation	膝回転
Shin-kyaku	Stretch inner thigh muscles	伸脚
Shin-kyaku-Fukau	deep stretch for inside & back thigh muscles	伸脚深う
Zen-Ko-Kutsu	Bend over & stretch back	前後屈
Tai-Soku	Stretch the waist left & right	体側
Tai-Nenten	Rotate the back/waist	体捻転
Mune-o-Hiraku-Undo	Stretch the chest	胸を開く運動
Kashira-Zengo	Neck Stretches tilt front to back	頭前後
Kashira-Sayu	Neck Stretches turn side to side	頭左右
Kashira-Yoko	Neck Stretches tilt side to side	頭横
Kashira-Kaiten	Neck Rotation	頭回転
Akirisu-Ken	Stretch Achilles tendon	アキレス腱
Akirisu-Ken-Fukao	Stretch Achilles tendon deeper stance	アキレス腱深う
Bokuto-o-Mote	“three steps forward and assume Sonkyo, Pick up the bokuto, assume tai-to then 5 paces back”	木刀を持って
Osame to	Return your sword to the sheathed position,	収め刀

## II. 足捌き Ashi Sabaki “Footwork” footwork practice

Suri-ashi	Sliding foot, describing various styles of kendo footwork	摺足
Ayumi-ashi	Walking foot, similar to natural walking, just with sliding footsteps	歩み足
Okuri-ashi	Sending foot, Movement using gliding steps that do not alternate	送り足
Haya-Okuri-ashi	Fast okuri-ashi, same as okuri-ashi, just at full speed	速送り足
Matawari (migi)	Thigh stretch right, a lunging footwork, with the right foot in front	股割り右
Matawari (hidari)	Thigh stretch left, matawari with the left foot in front	股割り左
Matawari (kogo)	Thigh stretch alternating, matawari with the alternating feet	股割り交互

## III. 素振り Suburi “Repetitive Swing” solo practice

Joge-Suburi	Full Stretching swing	上下素振り
Shomen-Suburi	Swing to center of Men(helmet)	正面素振り
Sayumen-Suburi	Angled swing to right and left of Men(helmet)	左右面素振り
Choyaku-Suburi (Haya-Suburi)	Speed drill, swing to center of Men(helmet) upon 31 <sup>st</sup> count, do a large men forward, turn around and back	跳躍素振り (速素振り)
Shin-Kokyu	Deep breathing exercise	深呼吸

## IV. 座礼 Za-Rei “seated bowing etiquette” for opening of class

Sei-retsu	Line Up	整列
Kiotsuke	Attention	気を付け
Chaku-za	Sit in the Seiza “正座” position	着座
Shisei wo Tadashite	Straighten your posture	姿勢を正して
Seiza	“Silent Sit” Some schools still may use Moku-so “黙想”, however this is recently changed to Seiza “静坐”.	静坐
(Seiza) Yame	Stop	辞め
Shomen ni Rei	Bow to front of the dojo	正面に礼
Sensei ni Rei	Bow to the instructor Everyone: "Onegaishimasu"	先生に礼
Onegai-Shimasu	Polite way of asking permission to practice	お願いします
Otagai ni Rei	Bow to peer students Everyone: "Onegaishimasu"	お互いに礼
Men-O-Tsuke	Put on men	面を付け
Kiritsu	Stand up	起立

## V. 基本 Kihon “Basic” Practice

Kiri-kaeshi	Cut and return, a basic exercise in kendo	切り返し
Men-uchi	Forehead strike	面 打ち
Kote-uchi	Forearm strike	小手打ち
Do-uchi	Right/Left abdomen strike	胴打ち
Tsuki-Uchi	Thrust to the throat	突き
Fumi-Komi-Ashi	“stepping Foot” Type of stomping footwork used in kendo to pull the body forward while simultaneously pushing with rear foot	踏み込み

## VI. 立礼 Ritsu-Rei “standing bow” for paired exercise

Rei	Bow to peers (perform sonyo at beginning of class)	礼
Kotai	Alternate	交代
Mawa-Te	Rotate	回って
Men-O-Tore	Take off men	面を取れ
Mo-Ichi-do	One more time	もう一度
Mo-ii-Kai	Once again (same as above)	もう一回
Sore-made	That’s enough	それ迄
Saigo	Last one	最後
O-Same-to	Go back into taito “DO NOT Sonkyo”	納め刀
Sonkyo	End of Paired practice Squat and put sword away	蹲踞

## VII. 座礼 Za-Rei “seated bowing etiquette” for closing of class

Sei-retsu	Line Up	整列
Chaku-za	Sit in the Seiza “正座” position	着座
Men-O-Tore	Take off your men	面を取れ
Shisei wo Tadashite	Straighten your posture	姿勢を正して
Seiza	“Silent Sit” Some schools still may use Moku-so “黙想”, however this is recently changed to Seiza “静坐”.	静坐
Yame	Stop	辞め
Sensei ni Rei	Bow to the instructor Everyone: "domo arigato gozaimashita"	先生に礼
Domo Arigato Gozaimashita	Formal way of thanking someone	どうもありがとうございました
Shomen ni Rei	Bow to front of the dojo	正面に礼
Otagai ni Rei	Bow to peer students Everyone: "domo arigato gozaimashita"	お互いに礼
Kiotsuke	Attention	気を付け
Kaisan	Dismissed	解散
Otsukaresamadeshita	Cheers for good work	お疲れ様でした