



UK Kendo-bu

剣道

Bogu - Equipment			
Men	Face mask	Keiko gi	Jacket
Do	Chest protector	Hakama	Trousers
Tare	Hip protector	Obi	Belt
Kote	Padded gloves	Tenogui	towel
<u>Shinai</u>	Bamboo sword	Tsuba	Sword guard
Bokken	Wooden sword	Iaito	Metal practice sword

Counting in Japanese									
Ichi	Ni	San	Shi	Go	Roku	Shichi	Hachi	Kyu	Ju
One	Two	Three	Four	Five	Six	Seven	Eight	Nine	Ten
Ju-ichi	Ju-ni	Ju-san	Ju-shi	Ju-go	Ju-roku	Ju-shichi	Ju-hachi	Ju-kyu	Ni-ju
Eleven	Twelve	Thirteen	Fourteen	Fifteen	Sixteen	Seventeen	Eighteen	Nineteen	Twenty
Ju	Ni-ju	San-ju	Yon-ju	Go-ju	Roku-ju	Shichi-ju	Hachi-ju	Kyu-ju	Hyaku
Ten	Twenty	Thirty	Forty	Fifty	Sixty	Seventy	Eighty	Ninety	Hundred

Reiho – Etiquette			
Start of group practice		End of group practice	
Sei retsu	<i>Line up</i>	Sei retsu	<i>Line up</i>
Seiza	<i>Be seated</i>	Seiza	<i>Be seated</i>
Ki o tsuke	<i>Attention</i>	Ki o tsuke	<i>Attention</i>
Mokuso	<i>Deep breathing and meditation</i>	Men o tore	<i>Remove your men</i>
Mokuso yame	<i>End of breathing and meditation</i>	Mokuso	<i>Deep breathing and meditation</i>
Shinzen ni rei	<i>Bow to head of dojo</i>	Mokuso yame	<i>End of breathing and meditation</i>
Sensei ni rei	<i>Bow to teachers</i>	Sensei ni rei	<i>Bow to teachers</i>
Men o tsuke	<i>Put on your men</i>	Shinzen ni rei	<i>Bow to head of dojo</i>
Start of individual practice		End of individual practice	
Rei	<i>Bow to partner</i>	Sonkyo	<i>Crouching "En Garde" position</i>
"Onegai shimasu"	<i>Please, let's practice</i>	Rei	<i>Bow to partner</i>
Sonkyo	<i>Crouching "En Garde" position</i>	"Domo arigato gozaimashita"	<i>Thank you very much</i>
Entering Dojo		Leaving Dojo	
Rei	<i>Bow to head of dojo</i>	Rei	<i>Bow to head of dojo</i>

Important Concepts			
Ki ken tai ichi	<i>Spirit sword body as one</i>	Ken zen ichi	<i>Kendo and Zen are the same</i>
Zanshin	<i>Resolute Will</i>	Ken tai ichi	<i>Attack and Defense are the same</i>
Kokoro gamae	<i>Readiness of Spirit</i>	Tamashi	<i>Fighting Spirit</i>
Hei jo shin	<i>Calmness of Mind</i>	Mizu no yonni	<i>Be like water</i>
Fudo shin	<i>Immoveable Mind</i>	Nami no yonni	<i>Be like a wave</i>

Keiko – Practice			
Ashi sabaki - Footwork		Suburi - Striking the Air	
Suri ashi	<i>"Rubbing Feet"</i>	Shomen suburi	<i>Basic striking</i>
Aiyumi ashi	<i>Alternating stepping</i>	Nanameburi	<i>Diagonal striking</i>
Okuri ashi	<i>Slide stepping</i>	Jogeiburi	<i>Large motion striking</i>
Hiraki ashi	<i>Diagonal stepping</i>	Hidari katate suburi	<i>Left hand only striking</i>
Fumi komi ashi	<i>Attack stepping</i>	Hayasuburi	<i>Quick striking</i>
Kihon Waza - Fundamental Techniques		Fundamental Drills	
Men uchi	<i>Strike to Men</i>	Kiri kaeshi	<i>Repeated diagonal men striking</i>
Kote uchi	<i>Strike to Kote</i>	Kakari geiko	<i>Attack practice</i>
Do uchi	<i>Strike to Do</i>	Ji geiko	<i>Free practice</i>
Tsuki	<i>Thrust to throat guard</i>	Shiai geiko	<i>Tournament practice</i>
Ni Dan Waza - 2 Step Comination Techniques		Oji Waza - Advanced Techniques	
Kote-men	<i>Kote followed by men</i>	Men debana kote	<i>Intercept of men with kote</i>
Kote-do	<i>Kote followed by do</i>	Men debana men	<i>Intercept of men with men</i>
Men-men	<i>Men followed by men</i>	Kote nuki men	<i>Evasion of kote with men</i>
Tsuki-men	<i>Tsuki followed by men</i>	Men nuki do	<i>Evasion of men with do</i>
San Dan Waza - 3 Step Combination Techniques		Kote suriage men	<i>Deflection of kote, followed by men</i>
Kote-men do	<i>Kote-men followed by do</i>	Men suiage men	<i>Deflection of men, followed by men</i>
Kote-men men	<i>Kote-men followed by men</i>	Kote kaeshi men	<i>Block & counter kote with men</i>
Tsuki-men do	<i>Tsuki-men followed by do</i>	Men kaeshi do	<i>Block & counter men with do</i>
Hiki waza - Backward Techniques		Men kaeshi men	<i>Block & counter men with men</i>
Hiki men	<i>Men retreating from tsubazeriai</i>	Other Techniques	
Hiki do	<i>Do retreating from tsubazeriai</i>	Katate yokomen	<i>One hand diagonal men</i>
Hiki kote	<i>Kote retreating from tsubazeriai</i>	Katate tsuki	<i>One hand thrust to throat guard</i>