Kendo Club at the University of Washington  
Basic Vocabulary

**Beginning of Class**
- Ki o tsuke (attention)
- Mokuso (meditation - set goal for practice)
- Yame (stop)
- Shoman ni...rei (to the place of honor...bow)
- Sensei ni...rei (to the teachers...bow)

**End of Class**
- Ki o tsuke
- Mokuso (meditation evaluate practice)
- Yame (stop)
- Sensei ni...rei
- Shomen ni...rei

During a rei to sensei or partner before a practice session it is customary to express your appreciation for the opportunity to practice saying please teach me or practice with me: “**onegai shimasu**” and to say thank you at the end of a practice session “**domo arigato gozaimashita**”

**Foremost Principle:** Ki Ken Tai ichi (Spirit Sword Body One)

**Body Positions**
- Seiza - formal kneeling position
- Sageto - standing position with sword held at arms length
- Taito - (Sword-to-body) the sword is held as if worn
- Sonkyo - squatted position with upright body
- Nuketo - command to draw sword and go into Sonkyo
- Osameto - command to go into Sonkyo and put away the sword.
- Kamae or Kamaete - command to go to Chudan no Kamae

**Kamae (Sword Positions)**
- Gedan no Kamae - lower sword position, point of sword at roughly knee level
- Chudan no Kamae - middle sword position, sword in front at level of throat
- Jodan no Kamae - upper sword position, sword held above head back at 45 degrees.

**Uchi (strikes)**
- Kote -a strike to the wrist
- Men -a strike to the head
- Shomen -a strike to the center of the forehead
- Sayu men -a strike to the either side of the top of the forehead
- Do -a strike to the body

**Counting**

**Additional Terms**
- Kiai - Spirited yell
- Renzoku - continuous
- Waza - techniques
- Bokken or bokuto - wooden sword
- Shinai - bamboo sword
- Tsuba - the hand-guard on the sword
- Tsuka - the sword handle
- Kissaki - the sword tip

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