# Kendo Basic Terminology Guide

A very brief version to help you get through kendo practice

## Japanese Pronunciation

Vowels: A=ah I=ee U=oo E=eh O=oh

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<thead>
<tr>
<th>Counting</th>
<th>In Japanese</th>
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<tbody>
<tr>
<td>1</td>
<td>Ichi</td>
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<td>2</td>
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## Phrases

**Onegai shimasu** - Please teach me / Please practice with me (Please)

**Domo arigato gozaimasu** - Thank you very much (Said after practicing especially with a senior instructor)

**Sumimasen** - Please excuse me / I’m sorry

**Hai** - Yes
Sensei ni rei - Bow to the sensei
Shomen ni rei - Bow to the kamiza - banner of the dojo/entrance
Otagae ni rei - Mutual bow to your partners

**Commands**

Seretsu - line up
Rei - Bow
Seiza - Sit in Seiza
Mokuso - Meditation
Yame - Stop
Hajime - Begin
Kamaete - Take kamae (Stance) (chundan no kamae)
Kiotsuke - Come to attention
Sonkyo - Lower into squat, with sword in ready position
Nuki Toh - Draw the sword
Osame Toh - Sonkyo, then put sword away
Taito - Bring your sword to your waist

**Terms**

Dojo - Training hall, hall of discipline
Shiai - Match
Sensei - Teacher
Kiai - Vocalization of Spirit
Maai - Distance or space that is created between two individual fencers.