

## A

aiuchi	when both opponents make datotsu simultaneously
Arigato gozaimashita	'Thank-you' said at the end of practice
ashi	feet
ashisabaki	footwork
ato	backwards
ayumiashi	walking step

## B

bogu	armour
bokken	wooden practice sword
bokuto	wooden practice sword

## C

chikama	from a close distance between opponents at kamae
chudan no kamae	neutral attack position (middle)
chui	warning for penalty
chuken	third contestant of a team match
chusen	winner by lots among the judges

## D

datotsu	strike or thrust
do	torso protector
dojo	training hall

## E

encho	overtime or extension in a match
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## F

fukushin	second and third judges on a court
fukusho	fourth contestant of a team match
fumikomiashi	lunge step

## G

gedan no kamae	defensive attack position (low)
go	five
gogi	conference among the judges during a match

## H

hachi	eight
hidari	left
hajime	command to start
hakama	pleated long pants
hansoku	foul play or illegal action in a match
hantei	decision of winner by judges
hasso no kamae	attack position with sword by the right shoulder
hikiwake	a draw decision in a match
himo	strings or cords to tie clothing or equipment

## I

ichi	one
issoku itto no maai	tip to tip distance between opponents at kamae

## J

jigeiko	fighting practice
jiho	second contestant of a team match
jodan no kamae	strong attack position (high)
jogai	stepping out of bounds in a match
ju	ten

## K

kakarigeiko	all out attack practice
kamae	the basic forward standing guard position
kata	forms practice
keikogi	quilted jacket
kensen	the tip of the sword

keyosuke	attention
ki	spirit
kiai	shout to show spirit
kigurai	bearing, pride, dignity
kihaku	spirit
kirikaeshi	left and right men drill
kisei	spirit rigor
kote	gloves
ku	nine

## L

## M

maai	distance between you and your opponent, timing
mei	forward
men	head gear or helmet
metsuki	observing all of your opponents body
migi	right
mokusoh	meditation
monouchi	top third of the shinai used to strike the target
motodachi	person who receives practice strikes

## N

ne	two
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## O

omote	left side
Oneigeshimasu	'Let's practice' said before starting practice
osameto	sheath the sword in sonkyo position
otagaine rei	bow to each other

## P

## Q

## R

rei	bow
ritsu rei	standing bow
roku	six

## S

sageto	sword at side
san	three
sayu	left and right attack
seiza	kneeling stance
seme	spirit of attack
senpo	first contestant of a team match
shi	four
shiai	match
shichi	seven
shidachi	2 <sup>nd</sup> person in kata
shinai	bamboo sword with four staves
shinpan	judges on the court for a match
shizentai	natural standing position
shomen	big men strike on centre
shushin	chief judge on the court
sonkyo	squatting stance
subari	sword drills
suki	unguarded points or openings for attacks
suriashi	sliding step

## T

taiatari	body check
taisho	fifth contestant of a team match
taito	sword at waist height
tare	waist protector
tenouchi	balanced strength of hands at the moment of the strike or thrust
tenugui	towel
toma	from a far distance

tsuba	hand guard
tsubagashira	top of the hilt
tsubamoto	bottom of the hilt
tsubazeriai	hand guard to hand guard position
tsugiashi	short step
tsuki	throat thrust or hit

## U

uchidachi	1 <sup>st</sup> person in kata
ura	right side

## V

## W

wakigamae	attack position with the sword behind the body
waza	techniques

## X

## Y

yukodatotstu	a valid strike or thrust (must combine correct call, execution and follow through)
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## Z

zanshin	positive follow through, mental and physical alertness against an opponent's further attack
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