



Basic Guideline

Welcome to Edmonds Kendo Club! As we begin training together, here are the basic etiquette, rules, and meanings of key terms that are necessary for practice.

1. Line up the shoes neatly after taking them off, with the heels placed against the edge.
2. Before entering the dojo, bow and loudly say “Onegai-shimasu” (“thank you” before practice).
3. When leaving the dojo, bow and loudly say “Arigatō gozaimashita” (“thank you” after practice).
4. Try to come early to clean and mop floor. Technically younger, lower-rank, junior students are supposed to do.
5. Always bring a spill-proof water bottle. If you’re non-bogu, no jewelry is better, especially wristwatches or bracelets as they may be dangerous or could get damaged.
6. Mute cell phone. No cell phone use during practice unless it is being used for recording or as a timer.
7. Line-up by rank or age order. If rank is the same, older students go to the high side.
8. If you arrive late and the class has already started, sit in seiza, meditate, and bow toward kamiza by yourself, then join the group.
9. When you must step out dojo during practice, bow as you go out and as come back in.
10. After sensei/others finish explaining or speaking, say loudly “Hai!” (“yes”).
11. When taking a break during practice, do not sit in a chair; sit on the floor.
12. When speaking to sensei while he’s sitting on the floor, sit in “seiza” before start talking. Do not speak standing and look down on him/her.
13. **NEVER**
 - ❖ make noise while other students are in “mokusou” (meditation). Stop whatever you’re doing and remain still. No movement whatsoever. Sitting in seiza is preferred if possible.
 - ❖ walk in front of people. If you must, slightly bow as you pass.
 - ❖ step over yours/others’ gears, especially shinai.

IMPORTANT TERMINOLOGY:

Sensei - teacher	Four kinds of strikes ↓			
Shinai - bamboo sword	Men - strike to the head			
Bokken - wooden sword	Kote - strike to the right wrist			
Kami za - high side	Do - strike to the torso			
Seiza - sitting on knees and heels	Tsuki - thrust to the throat			
Rei - bow				
Mokusou - mind clearing/meditation	1 - ichi	4 - shi	7 - shichi	10 – jū
Hajime - start or begin	2 - ni	5 - go	8 - hachi	
Yame - stop or cease	3 - san	6 - roku	9 - kyū	
Suri ashi - sliding feet movement				
Kamae - guard position				
Nuke-to - draw the sword				
Osame-to - sheath the sword				
Sonkyo - squatting position while drawing or sheathing the shinai				

