

Leading Beginners' Kendo practice

KENDO WARM-UP EXERCISES					
Begin by saying:	Put your shinai down!				
Jog (Optional)	Jog around the dojo for 2-3 minutes				
2 sets each of the following warm-up exercises unless otherwise stated:					
Jumps (2x) Jumps down (2x)	Say: " Ichi-Ni " (Response: " <i>San-Shi</i> "); Say: " Go-Roku " (Response: " <i>Shichi-Hachi</i> ")...				
Knee-Bends	Warm up your knees by bending, keeping your back straight				
Forward floor bends	Feet wide apart. Bend forward, hands reaching for your ankles/ the floor.				
Backward floor bends	Feet wide apart. Bend backward, hands at your hips for balance, if necessary.				
Arm Twists	Rotate body left/right, with corresponding arm out stretched, the other arm locking/supporting the stretch				
Torso side bends					
Side leg stretches	Regular, then "deeper" stretches				
Chest exercises					
Arm circles	Arm circles forwards, then backwards				
Head side-to-side	Left/right-centre-right/left-centre				
Head front-to-back	Left/right-centre-right/left-centre				
Head circles	Circle head in one direction, then the other direction				
Achilles/Calf	Regular, then "deeper" stretches				
Hamstring	Regular, then "deeper" stretches				
AFTER WARMING-UP					
Say the following:					
"Sage-to"	Hold your shinai at a 45-degree angle by your left leg				
"Rei"	Courtesy bow with eyes forward				
"Nuke-To"	(Note: <i>Nuke-To</i> encompasses all movement from <i>Tai-To</i> to <i>Sankyo</i>)				
	Raise shinai at hip (<i>Tai-To</i>) and pull out shinai taking one step forward into " <i>(Chudan) Kamae</i> "				
"Sankyo"	Remember to keep your back straight!				
"Kamae-te"	Take step forward into (<i>Chudan</i>) <i>Kamae</i> stance				
HITORI GEIKO: EXERCISES WITHOUT OPPONENT					
Typically, 30 times (3 sets of 10-count) for each of the following: "[state name of exercise]. Thirty times on my count."					
1) Joge suburi (count should be all together)	Point shinai down, almost touching the floor: (1) <i>Ichi</i> , (2) <i>Ni</i> , (3) <i>San</i> , (4) <i>Shi</i> , (5) <i>Go</i> , (6) <i>Roku</i> , (7) <i>Shichi</i> , (8) <i>Hachi</i> , (9) <i>Kyuu</i> , (10) <i>Juu</i>				
End by saying:	" Kamae ," then " Yasume " (stop/relax)				
2) Shomen suburi	Strike " <i>Men</i> "				
End by saying:	" Kamae ," then " Yasume " (stop/relax)				
3) Sayu-men suburi	Strike " <i>Sayu-men</i> ," 45-degrees from men strike (right, then left)				
End by saying:	" Kamae ," then " Yasume " (stop/relax)				
4) Hayasuburi	Raise shinai a fist from your forehead, then start counting				
5) Shinko-kyuu (1 set of 10)	Deep breath in as you raise your shine at your forehead, then deep breath out as you bring your shinai down.				
End by saying:	" Kamae ," then " Sankyo ," " Osame-to ," take three steps back beginning with your left foot, " Rei "				
COMMANDS					
"Seiretsu"	Line-up				
"Chakuza/ Seiza"	Sit-down				
"Mokuso"	Meditation				

"Mokuso yame"	Stop mokuso					
OPENING COMMANDS						
"Shomen ni rei"	Bow to shomen					
"Sensei (sensei gata) ni rei"	Bow to sensei(s). Note: "Gata" pluralizes sensei. Use only when there is more than one sensei in the dojo.					
"Otagai-ni rei"	"Onegai shimasu"					
"Men tsuke"	For those who wear bogu: Put on men and kote					
CLOSING COMMANDS	Note: The order of commands is different upon closing a practice session.					
"Men torre "	For those who wear bogu: Take off men and kote					
"Sensei (sensei gata) ni rei"						
"Shomen ni rei"						
"Otagai-ni rei"	"Arigato gozaimasu"					