











## Directions

**Mae** Forward

**Migi** Right

**Hidari** Left

**Ushiro** Behind, Rearward

**Omote** Front

**Ura** Back

**Uchi** Inside

**Soto** Outside

**Jodan** High

**Chudan** Middle

**Gedan** Low

**Ichi Mon Ji** A straight line

**Tate ichi mon ji** A vertical line

**Yoko ichi mon ji** A horizontal line

**Yoko itto** same as above

**Shomen** Straight ahead

**Yoko** Horizontal, to the side

**Gyaku** Reverse, opposite

**Chokkaku** To a 90 degree angle, perpendicular

**Yon ju go do** 45 degree

## **Ashi Sabaki (Foot Work)**

Foot work is the most important part of Japanese swordmanship. It gives good balance and helps keep our core or trunk centered.

**Tachi** Standing

**Seiza** Kneeling on both calves

**Iai Hiza** Kneeling on one calf

**Kiza** Kneeling, but up on the toes

**Sei tai/Omotemi** Forward stance

**Han mi** Half forward stance

**Iri mi** Back stance

**Ayumi ashi** Walking foot. Placing one foot in front of the other

**Tsugi ashi** Connecting foot. Moving forward with one foot (either left or right) always in front and pulling the back foot forward.

**Tora bashiri** Tiger running. Running in small steps, placing one foot in front of the other.

**Suriashi** sliding step without lifting up the toes

**Ato** Step back

**Hiraki ashi** Side step

**Shiko** Walking or moving on the knees from seiza.

## Ken Sabaki (sword work)

**Kiri** Cut

**Kesa giri** Diagonal downward cut

**Katate ke sa giri** One handed diagonal cut

**Morote ke sa giri** Two handed diagonal cut

**Kirioroshi** Downward cutting motion straight down

**Nukitsuke** Drawing the sword from its scabbard (horizontal cut)

**Furikaburi** Raising the sword above the head

**Sune gakoi** Block to protect the leg (shin)

**Tsuki** Thrust

**Yoko ichi monji** horizontal cut

**Gyaku kessagiri** Inverted diagonal upward cut

**Tomete** Stopping hand

**Kirite** Finishing hand

**Tameshigiri** Test cutting (not done in Eishin Ryu Iaido)

**Osame to** Replacing sword into saya

**Soete giri** The way of cut in Tatehiza. (one hand on blade)

**Uke nagashi** Receive and deflect

**Koshi guruma** Cutting in a horizontal line just below the belly button.



## **Kamae**

### Sword Positions and Postures

**Teito** Holding the sword loose by the left side. Also used when the sword is in the belt and both hands loose at side.

**Teito Shisei** Holding the sword by the left side as if in the obi with thumb on Tsuba.

**Keito** same as teito shisei

**Taito** Putting sword into belt

**Datto** Taking sword from belt

**Seigan/chudan no kamae** Kissaki is at throat height

**Jodan no kamae** Sword is at a 45 degree angle above head

**Gedan no kamae** Lower level, kissaki is at the height of the upper kneecap

**Waki no kamae** Sword pointed down and back usually on the right side of the body. Left hand is just below the belly button. The kissaki can't be seen from front.

**Hasso no kamae** Sword by side of the head. Usually Hasso Hidan (sword on right side) left foot forward. Sword is at almost 40 to 60 degree.

**Karuma no kamae** Like waki gamae, blade horizontal

## Sword Names

**Bokken/Bokuto** Wooden katana

**Iaito** Practice sword for Iaido

**Shinken** Live blade

**Katana** Japanese sword with blade mounted edge down

**Daito** Great sword (katana)

**Daisho** The set of two swords

**Tanto** A dagger

**Wakizashi** Short sword

**Gunto** War sword (ww11)

**Shinto** New sword (1600 – 1870)

**Kazuka** A small knife usually inserted in the scabbard pocket. Consists of a hitsu (handle) and a ho (blade)

**Shoto** Smaller sword

**Aikuchi** Smaller wakizashi with no tsuba Hamidashi

**Kazu Uchimono** Mass produced blades of little artistic quality

## Side of the Sword

**Omote** The side that faces out from the hip. This side is signed by the sword maker.

**Ura** Side that faces the hip

**Omote seppa** Seppa near Fuchi

**Ura seppa** Seppa near Habaki

## Rank and Titles

**Soke** Head master of a style

**Shihan** Head or senior instructor

**Sensei** Instructor

**Sempai** Senior student

**Kohai** Junior student

**Dan** Degree (Black belt), from 1 to 10  
shodan, nidan, sandan, yondan, godan, rokudan, nanadan, hachidan, kudan, judan

**Yuudansha** Members with Dan grades

**Mudansha** Members with no Dan grades – (does not indicate an individual's level of skill)

**Hanshi** Master teacher

**Kyoshi** High ranking teacher

**Renshi** Acclaimed instructor or teacher

## Dojo Arrangement

**Shomen** Front of room

**Shinzen, Kamiza** Altar

**Joseki, (Jo)** Upper side

**Shimoseki, (Ge)** Lower side

**Shimoza** Lower seat where students sit

**Ge** The side of the dojo opposite shinzen

**Jo** The part of the dojo called Shinzen

