

## Glossary of terms related to weapons training

The following is a list of some weapons terminology. Understanding the terminology can improve your understanding of weapons practice, and improve communication. The following is adapted from a handout made by Fernando Salezar, of DC Dojo. Compiled and modified by Leslie Russek.

<b>choku</b>	straight
<b>gyaku</b>	Reverse, backward, twisted
<b>hidari:</b>	left
<b>kaeshi/gaeshi</b>	outside turn
<b>kata:</b>	pre-arranged form
<b>keiko:</b>	study
<b>kesa giri:</b>	diagonal cutting suburi exercise
<b>kumitachi (jo):</b>	two-person bokken(jo) exercise, beginning with sword drawn
<b>migi</b>	right
<b>suburi:</b>	repeated one-person exercise to improve skill
<b>uchi:</b>	to strike or cut
<b>uchitachi:</b>	in kumitachi, the person who makes the first attack
<b>uke:</b>	to block or receive
<b>uketachi:</b>	in kumitachi, the person who receives the first attack
<b>Ushiro</b>	rear
<b>waza:</b>	technique
<b>zanshin:</b>	the complete and continuous awareness of one's surroundings

### TARGETS

<b>ashi:</b>	leg
<b>do:</b>	body (usually a horizontal cut)
<b>kote:</b>	forearm or wrist
<b>shomenuchi:</b>	cut or strike to front of head
<b>tsuki:</b>	thrust to chest (mune) or head (men)
<b>choku-tsuki:</b>	straight tsuki (hands on opposite sides of jo)
<b>kaeshi-tsuki:</b>	grabbing top of jo with thumb down (hands are on same side of jo)
<b>ushiro-tsuki:</b>	rear thrust (if done from standard stance, grab top of jo, thumb up)
<b>ura-kote:</b>	underside of forearm
<b>yokomenuchi:</b>	cut or strike to neck or side of head at ~45°

### STANCES

<b>chudan:</b>	middle guard, weapon directed forward towards opponent's chest
<b>gedan:</b>	low guard, with weapon held low, either in front or in back
<b>hanmi:</b>	triangular stance with half the body towards opponent (literally 'half body')
<b>hasso gedan:</b>	low guard with weapon held in back, beside back leg
<b>hasso jodan:</b>	high guard with weapon held vertical beside the head (over rear shoulder)
<b>jodan:</b>	high guard/stance
<b>kamae:</b>	stance (literally: 'attitude')
<b>seigan:</b>	similar to chudan, but with weapon directed towards opponent's eyes
<b>waki no kamai:</b>	same as hasso gedan

### BLOCKS

<b>watershed:</b>	Hands overhead, tip of weapon pointing down like an umbrella
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There are several types of weapons training: suburi; kumitachi (jo), or kata; and waza. Traditionally, these represented stages a student had to pass through. Before pre-arranged exercises could be studied, the student had to learn correct movements and build strength by doing solo exercises (suburi). Before actual techniques (waza) could be learned, the forms (kata) had to be mastered. Although we do not strictly adhere to this progression, now that sword is not a true life or death endeavor, it remains a valuable model. Students interested in learning sword or jo technique should make time to practice suburi, just as all beginners should make time to practice ukemi (falling and rolling). All weapons practice should be undertaken with focus, precision, and connection to remain safe and to gain greatest benefit. Do not rush or power through techniques; learn good form first, power and speed will come in time.

#### Useful web sites:

- Saotome Sensei's jo kata video: <http://youtu.be/BeShxi5QJpl>
- Saotome Sensei's bokken kata: <http://youtu.be/5fu-7zRBU0>
- Saotome Sensei's 2-sword kata: <https://youtu.be/o8xopsGYNvl>
- Jo terminology, includes some terms and basic movements we do not often use: [http://capitalcityaikido.org/CCA/Documents\\_files/cca-jo-suburi.pdf](http://capitalcityaikido.org/CCA/Documents_files/cca-jo-suburi.pdf)
- YouTube of same movements as in Capital Aikikai handout: <http://youtu.be/G2KAa4bYIL8>
- 31-step jo kata (solo): <http://youtu.be/QMfN6EtKJHg>
- 31-step jo kata (paired): Saito. Broken down into small parts: [http://youtu.be/EDV\\_74Nnwm8](http://youtu.be/EDV_74Nnwm8)
- Bo kata: [http://www.ehow.com/video\\_4957984\\_types-bo-staffs.html?wa\\_vlsrc=continuous&pid=1&wa\\_vrid=e101efe3-0f9d-4907-838e-3fa5fd27b33f&cp=1](http://www.ehow.com/video_4957984_types-bo-staffs.html?wa_vlsrc=continuous&pid=1&wa_vrid=e101efe3-0f9d-4907-838e-3fa5fd27b33f&cp=1)
- Or <http://youtu.be/STtxUDYjK74>
- Here is an explanation of what attacks the bo kata is responding to: [http://www.youtube.com/watch?v=8A6\\_b0oHKqo&feature=fvwrel](http://www.youtube.com/watch?v=8A6_b0oHKqo&feature=fvwrel)