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# NAGINATA

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The (very unofficial and not quite) Definitive Glossary!

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# Japanese pronunciation

## Transcription

Japanese can be transcribed with western alphabet. It's what Japanese call *romaji* ("Roman letters"). The most widely used transcription system is called "Hepburn", from it's inventor name, and is based on English pronunciation of Latin letters. Here is however some pointers:

A like in "father"

I like in "machine"

U like in "hoop"

E like in "set"

O like in "rope"

G like in "give"

GU like in "good"

UN like in "moon"

R like in "row" (actually a sound between 'l' and 'r', but closer to 'r')

N short 'n' at the end of a syllable, pronounced as 'm' before 'b', 'p' or 'm'

Note that "u" is often weak at the end of syllables. In particular, the common endings *-desu* and *-masu* are pronounced as [des] and [mas] respectively.

## Long and short syllables

Some syllables are longer than other. It's important to pronounce them as such, otherwise it could cause confusion in meaning. Prolonged vowels are signalled by the macron

*Chizu* : map

*Koko* : here

*Senshu* : sport player

*chīzu* [chiizu] : cheese

*kōkō* [koukou] : high school

*Senshū* [senshou] : last week

## Doubling consonants

In the same way, there are prolonged consonants, that are signalled in transcription by the doubling of the letter. It pronounces with a slight pause and a lightly forced utterance of the sound. Exemple : *roppon me* [ro-ppon me]

## Kanji system

Characters of Chinese origin, names *kanji* in Japanese, bear both meanings and one or more pronunciation. There are both *ON* and *Kun* readings. *ON* reading refers to the Chinese origin, and the *Kun* reading to Japanese pronunciation.

## Kana system

There is also two sets of Japanese syllabary: *hiragana* and *katakana*, that have only pronunciation and no particular meaning. Unlike *kanji*, they have only one pronunciation. *Hiragana* are used for of Japanese origin, whereas *katakana* are used for word of foreign origin.

Sources: CNED, Wikitravel

Every *romaji* word is followed by its Japanese equivalent, and its meaning in the context of Naginata practice. For a better understanding of Japanese vocabulary, literal meaning of *kanji* and some grammar pointers are detailed (except when the word is *kanji* meaning).

## Dōjō training

<b>Dōjō</b> 道場 Practice place	道 the way, the path 場 location, place
<b>Renshū</b> 練習 Training	練 practice, train 習 learn
<b>Onegai shimasu</b> お願い します Beginning of practice wish	願 wish, prayer
<b>Arigatō gozaimasu</b> ありがとう ございます End of practice thanks (thank you very much)	("to have hard", thanks for the effort of the others)
<b>Gōrei</b> 号令 Command	号 signal 令 orders, command
<b>Hajime</b> 始め Start!	
<b>Hayaku</b> 速く Quick!	
<b>Kiai</b> 気合 "Yell"	気 spirit 合 join, fit → <u>to join spirit or energy</u>
<ul style="list-style-type: none"> <li>➤ <i>Kiai</i> is not a mere yelling. The cry that is uttered is the result of <i>kiai</i>, not <i>kiai</i> itself. <i>Kiai</i> is to join energy, breathing and spirit with those of the opponent. Another translation is "fighting spirit"</li> </ul>	
<b>Kihon</b> 基本 Basics	基 fundamentals 本 origin
<ul style="list-style-type: none"> <li>➤ <i>Kihon</i> encompasses stances (<i>kamae</i>), moving (<i>taisabaki</i>) and basic movements (strikes <i>uchi</i>, blocks <i>uke</i>, swings <i>furi</i>)</li> </ul>	
<b>Kōhai</b> 後輩 One's "younger", people who are newer in the practice	後 behind, successor 輩 comrade
<b>Kōtai (shimasu)</b> 交替 (します) Change	交 mix, mingle 替 exchange します do
<ul style="list-style-type: none"> <li>➤ More often use to swap roles (<i>shikake/ōji, uchi/shi...</i>)</li> </ul>	
<b>Massugu</b> 真直ぐ Straight ahead	真 true 直 straight away
<b>Mawatte(kudasai)</b> 回って(ください) Turn	回 revolve
<ul style="list-style-type: none"> <li>➤ Used to command partner change. <b>Rotêshon</b> ロテーション is sometimes used too</li> </ul>	from english rotation ;)
<b>Mō ichido</b> もう 一度 One more time	もう again 一 one 度 time
<ul style="list-style-type: none"> <li>➤ <b>Mō ikkai</b> もう 一回 is also used</li> </ul>	回 fois
<b>Mokusō</b> 黙想 Meditation	黙 silence 想 thought
<b>Naore</b> 直れ Back to natural standing stance ( <i>shizentai</i> )	to put back
<b>Onaji</b> 同じ Same	
<b>Rei</b> 礼 Bow, salute	The <i>kanji</i> literally means "politeness" or "etiquette"
<b>Ritsu rei</b> 立礼 Standing bow	立 stand up 礼 salute
<b>Seiza</b> 正座 Sitting position, kneeling and on the heels	正 correct 座 sit
<b>Sensei</b> 先生 Teacher	先 before, precedence 生 birth

**Senpai** 先輩 One's "senior", people who are older in the practice

先 輩 comrade

**Shita made** 下 まで Until down

下 down まで until

**Shizentai** 自然体 Natural standing position

自 oneself 然 natural 体 body

**Shūgō** 集合 Gather up

集 gather 合 join, fit

**Sōtai** 相对 Assume face to face standing stance

相 mutual 对 opposite, vis à vis

**Shōmen** 正面 Front wall of the dōjō

正 correct, justice 面 face

**Taisō** 体操 **Warm-ups**, gymnastics

体 body 操 manoeuvre

**Yame** 止め Stop !!

**Yukkuri** ゆっくり Slowly

**Zarei** 座礼 Sitting bow

座 sit

## Numbers and grades

**Kyū** 級 Grades under *shodan* (from *rokkyū* to *ikkyū*)

級 class, grade, rank

**Dan** 段 Grades starting at *shodan* and up (until *godan*)

段 grade, rank, level

**Ichi** 一 one

**Ikkyū** 一級 1st kyū

**Shodan** 初段 1st *dan*  
初 beginning

**Ni** 二 two

**Nikyū**

**Nidan**

**San** 三 three

**Sankyū**

**Sandan**

**Shi**

**Yon** 四 four

**Yonkyū**

**Yondan**

**Go** 五 five

**Gokyū**

**Godan**

**Roku** 六 six

**Rokkyū**

**Nana**

**Shichi** 七 seven

**Hachi** 八 eight

**Kyū** 九 nine

**Jū** 十 ten

## Shōgō or titles

**Shōgō** 称号 Title (here, titles delivered after 5th *Dan* in Naginata)

**Renshi** 錬士 "The one who polishes his technique"

士 gentleman, samurai

**Kyōshi** 教士 "The one who teaches"

**Hanshi** 範士 "The one who became a model"

## The weapon

**Ha** 刃 The blade

**Kissaki** 切先 The tip of the blade 切 cut 先 ahead

**Mono uchi** 物打 The part of the Naginata with which the strike must be delivered  
物 chose 打 frapper

**Shinogi** 鐔 lateral ridges of the blade

**Shinogi ji** 鐔地 Area between *mune/mine* and *shinogi* 地 ground

**Mine** 峯 The back of the blade

➡ This is for the wooden or bamboo blades. For live blades, the right word is *Mune* 棟

**Sendan-maki** 千段巻 Device that joins *e-bu* (handle) and *ha-bu* (blade)  
千 thousand 段 level 巻 scroll

➡ "Thousand level scroll". It's said that in old days, the *sendan-maki* was made of rice straw (the same material used nowadays to fix *zenkashi naginata tsuba*). The straw is so thin that at least 1000 rounds might be required to cover the length of the *sendanmaki*.

*Sendan-maki* is also a rattan work.

**E** 柄 The handle of the naginata 柄 handle, shaft

**Ishi-zuki** 石突 The butt end of the naginata shaft 石 stone 突 stab, pierce

➡ The *ishi-zuki* was originally a metal piece (point, blade...). It's now represented on practice naginata by a leather cap

## The outfit

**Keikogi** 稽古着 Training vest 稽古 keiko (cf. Pair training) 着 garment, uniform

➡ 稽古着 = vest for keiko. Also called *naginata-gi*.

**Hakama** 袴 Traditional japanese trousers

**Obi** 帯 Belt

**Tenugui** 手拭い Piece of cloth wrapped around the head 手 hand 拭い wipe, mop

## Armour

**Bōgu** 防具 Armour 防 protect 具 tool, means

**Fukuro** 袋 Bag

**Men** 面 Head protection (helmet) 面 mask, face

**Dō** 胴 Torso protection (plastron) 胴 torso

**Kote** 小手 Wrist protection (gauntlet) 小 small 手 hand

➡ Nowadays either 小手 or 甲て can be used ( *kote* with 甲 refers to the word " shell ", but it's seldom used and considered somewhat improper).

<b>Tare</b> 垂れ	Waist protection	垂 suspend, hang
<b>Sune ate</b> 脛 当て	Shin protection	脛 shin 当て hit
<b>Himo</b> 紐	Cord (attaching Men and Dō)	
<b>Zekken</b> ゼッケン	Small apron bearing the identity of the practitioners, attached to the tare	from german <i>decken</i> , to cover

## Postures

<b>Kamae</b> 構え	Posture	
<b>Chūdan no kamae</b> 中段 の 構え	Medium posture	中 center 段 steps の [= direction] 構え
<b>Hassō no kamae</b> 八相 の 構え	Diagonal posture, blade up	八 8 相 aspect, phase
<b>Wakigamae</b> 脇構え	Lateral stance, weapon held horizontally, blade behind	脇 flank
<b>Gedan no kamae</b> 下段 の 構え	Low stance, blade downward	下 down
<b>Jōdan no kamae</b> 上段 の 構え	High stance	上 above
<b>Migi chūdan</b> 右 中段	Chūdan with right foot forward	右 right
<b>Hidari chūdan</b> 左 中段	Chūdan with left foot forward	左 left
<b>Mochi kaete</b> 持ち 替えて	Posture change	持ち hold 替えて change!

## Movements

<b>Taisabaki</b> 体捌き	Body movements	体 body 捌 to handle
<b>Migi</b> 右	Right	
<b>Hidari</b> 左	Left	
<b>Okuri ashi mae</b> 送り 足 前	Stepping forward, moving front foot first	送り sending 足 leg 前 in front
<b>Okuri ashi ato</b> 送り 足 後	Stepping backward moving back foot first	後 back
☞ During training and gōrei, only "mae" or "ato" is uttered		
<b>Ayumi ashi mae</b> 歩み 足 前	Four front-crossed steps, starting with back foot	歩み walking 足 前
<b>Ayumi ashi ato</b> 歩み 足 後	Four back-crossed steps, going backward, starting with front foot	
<b>Tsugi ashi ato</b> 継ぎ 足 後	Slid step, like a <i>pas chassé</i> backward, front leg "pushing" the back leg	継ぎ follow, successor
☞ <b>Tsugi ashi mae 継ぎ 足 is possible in theory, but considered useless for combative purpose</b>		
<b>Fumikae ashi</b> 踏みかえ 足	Switching feet on the spot, back foot joining front foot, and then front foot going back	踏み step, trample

➡ See "Gōrei" for *taisabaki* commands

## Strikes and thrusts

**Uchi** 打ち Strike

**Furiage men uchi** 振り上げ 面 打ち Strike to center forehead, starting from *chūdan*  
振り swing 上げ raise 面 head 打ち

**Soku men uchi** 側 面 打ち Strike to the temple 側 side

**Sayū men uchi** 左右 面 打ち a two *soku men* combo on each side of the head 左 right 右 left

**Tsuki** 突き Thrust to the throat with *kissaki* 突き thrust, stab

➡ There are two other *tsuki* forms : to the flank with the *ishizuki* (*shikake-ōji waza*), to the abdomen (*kata*), and an alternative way of doing it (*kurikomi tsuki*)

**Dō uchi** 胴 打ち Strike to the flank starting from *waki* 胴 trunk (from breast to belly)

**Kōte uchi** 小手 打ち strike to the wrist 小 small 手 hand

**Furiage sune** 振り上げ 脛 Strike to the leg from *chūdan*  
振り swing 上げ raise 脛 leg from knee to ankle

**Sune uchi** 脛 打ち Strike to the leg from *hassō*

**E-zune** 柄脛 Strike to the leg with the *e* (*naginata* handle)

**Fumikomi men** 踏み込み 面 Direct strike to the head 踏み込み stepping, breaking into

**Fumikomi sune** 踏み込み 脛 Direct strike to the head 踏 step, trample 込 in bulk

**Uchi kaeshi** 打ち 返し Strike combination : *shō men*, *sayū men*, *sayū sune*, *shō men*  
打ち strike 返し reversal

**Uchikomi dai** 打ち込み 台 Striking dummy 打ち込み pounding into 台 a stand

**Datotsu bō** 打突 棒 Hitting staff 打 strike 突 thrust 棒 staff

➡ **Datotsu** 打突 Correct strike to the correct target

➡ See below "Gōrei" for *uchi* commands

## Gōrei 号令 or commands

### Kamae

➡ Posture commands are the same as terms listed under "Postures"

### Taisabaki

**Migi ni hirake** 右 に 開け Lateral move to the right 開け open

**Hidari ni hirake** 左 に 開け Lateral move to the left

➡ Keep in mind that in Japan, doors open laterally, sliding

➡ Other *taisabaki* orders are same as in "Movements" chapter

## Uchi

**Men (w) o ute** 面 を 打て Order to strike men を (DO) 打て hit

**Sune o ute** 脛 を 打て

**Furiagete sune o ute** 振り上げて 脛 を 打て -て -te is present gerundive mark

**Dō o ute** 胴 を 打て

**Kote o ute** 小手 を 打て

**Furikaeshite men/sune/kote o ute** 振り返して 面/脛/小手 を 打て

➡ See *furi waza* for a definition of *furikaeshi*

**Inkō tsuke** 咽喉 突け Order to strike the throat with *kissaki*

咽喉 throat 突け thrust, stab

## Swings (*furi waza*)

**Furi waza** 振り 技 Swinging cut movements in space (*suburi* 素振り) 振り swing 技 technique

**Jōge buri** 上下 振り Top-down vertical swing 上 up 下 down

**Naname buri** 斜め 振り Oblique swing 斜め obliqueness

**Yoko buri** 横 振り Horizontal swing 横 side

**Naname buri shitakara** 斜め 振り 下から Bottom-up oblique swing  
斜 diagonal 下 down から from

**Furi kaeshi** 振り 返し Vertical swing from front to rear, to end in a vertical top-down cut  
返し reversal, return

➡ **Men/kote no takasa** 面/小手 の 高さ command used order movement stop at  
men/kote height 高 tall → 高さ height

**Happō buri** 八方 振り All-swings routine : *jōge buri*, *naname buri*, *yoko buri*, *naname buri*  
*shitakara*, *furi kaeshi* 八 eight 方 direction 振り

➡ "eight directions swing" : 米. Number of repetition is not fixed, some say 4, others 8

## Paired training

### Note on the term *keiko* 稽古

*Keiko* (稽古) literally means "to study the past" (or to study the wisdom of ancients) and thus doesn't mean "training".

*Renshū* (練習) literally means "training". *Renshū* is used for soccer, dance or any type of sports.

*Keiko* ill denotes sport training, and is therefore not used as such in Japan. It's use is only for martial arts, *budō*, and other arts as tea ceremony, flower arrangement, calligraphy...

### Concepts

**Maai** 間合い Distance 間 space, room, time 合い fit, suit, join

**Zanshin** 残心 Vigilant state of mind after taking the opponent down. 残 remain 心 heart

**Seme** 攻め Applying pressure on the opponent

攻め attack, assault

## Techniques

**Kihon datotsu (renshū)** 基本 打突 (練習) Paired exercise in armour

**Uke** 受け Parry receive

**Harai** 払い To clear the opponent's weapon out sweeping

**Maki otoshi** 巻き 落とし Pushing the opponent's blade down by using the curvature of one's blade  
巻き roll 落とし to drop, to let fall

**Harai otoshi** 払い 落とし To push the opponent's blade down

**Ebarai** 柄払い To knock the opponent's weapon aside with e (*naginata* handle)

**Debana waza** 出鼻 技 To attack on the attacking will of the opponent  
出 exit 鼻 the nose → 出鼻 beginning, depart 技 technique

☞ Always written in *hiragana* (でばな技)

**Harai waza** 払い 技 Technique of destroying opponent's posture

**Hiki waza** 引き 技 Technique for attacking while stepping back 引き pull

**Nuki waza** 抜き 技 Counter-attack technique after evading opponent's attack  
抜き slip out, pull out

## Types of keiko and combat

**Moto dachi** 元 立ち One who receive techniques and lead exercise  
元 origin 立ち stand

☞ "He who stands before you". Being supposedly more experienced, he thus leads the exercise

**Kakari geiko** 掛かり 稽古 Combat form where the less experienced one try and find openings, to land *uchi* on the *moto dachi*  
掛 depend 掛かり expense

**Hikitate geiko** 引き立て 稽古 Combat form where the more experienced one try and create opportunities adapted to one's partner's level  
引 pull 立 stand up 引き立て favour, patronage

☞ Difference between *kakari geiko* et *hikitate geiko* : for *kakari geiko*, it's the practice of lower ranked that is stressed, for *hikitate geiko*, the higher ranked one's

**Uchikomi geiko** 打ち込み 稽古 Training combat, strike practice, techniques repetition in combat situation  
打ち込み pounding in, shooting into

**Gokaku geiko** 互格 稽古 Combat between two practitioners of even level  
互 reciprocally 格 capacity

**Ji geiko** 地 稽古 Un-refereed combat 地 practice

**Shiai geiko** 試合 稽古 Refereed combat

**Shiai** 試合 Match 試 test, try, experiment 合 join

**Mitori geiko** 見取り 稽古 Learning by watching  
見 see 取 take, fetch → 見取り perceive, understand

## Attacking and counter-attacking forms (*shikake ōji waza*):

**Shikake ōji waza** 仕掛け 応じ 技 Attacking and counter-attacking forms

仕掛け to take action 応じ to answer an invite 技 technique

➡ In Naginata, *shikake* is written with hiragana (しかけ) and *ōji* with *kanji*

**Shikake** しかけ Attacker

**ōji** 応じ Counter-attacker

**Ippon me** 一本目 First form

**Nihon me** 二本目 Second form

**Sanbon me** 三本目 Third form

**Yonhon me** 四本目 Fourth form

**Gohon me** 五本目 Fifth form

**Roppon me** 六本目 Sixth form

**Nanahon me** 七本目 Seventh form

**Hachihon me** 八本目 Eighth form

➡ *Shikake ōji waza* are not strictly speaking *kata*, but pedagogic exercises to learn the basics and handling of the *naginata*.

## Commands and thanking

➡ Commands order and term used are not mandatory. It depends on your *dōjō* tradition

### Some commands that *sensei* or *senpai* may give before *keiko*

**Seiretsu** 整列 Line up!

整 arrange 列 line

**Ki(w)o tsukete** 気を付けて Attention!

気 energy を(DO) 付けて fix

**Seiza** 正座 Kneel and sit on your heels

➡ Take care not to sit before your *senpai* does

**Mokusō** 黙想 A period of meditation, in which breathing is important

黙 stop speaking 想 think, imagine

**Mokusō yame** 黙想 止め End of meditation period

止め stop

**Shōmen ni rei** 正面に礼 Bow to the main wall

正 correct, justice 面 head, face に (direction)

➡ A short pause may take place before the *senpai* is to say "礼", to allow everyone to face the *shōmen*

**Sensei ni rei** 先生に礼 Salutation to teacher

先生 teacher

➡ When there is more than one *sensei*, use **Senseigata ni rei** 先生方に礼

**Otagai ni rei** お互いに礼 Salutation to fellow practitioners

お互い mutual

**Onegai shimasu** お願い します "Good training"

➡ More accurate translation would be "(Train us) please"

**Kiritsu** 起立 From *seiza*, stand

起 get up 立 stand up

## At the end of practice

*Men wo tore* 面を取れ Take the men off

取れ take, remove

*Mokusō* 黙想

*Mokusō yame* 黙想止め

*Sensei(gata) ni rei* 先生(方)に礼

*Shomen ni rei* 正面に礼

*Otagai ni rei* お互いに礼

*Arigatō gozaimashita* ありがとう ございます End of practice thanks

## Tournament and refereeing terms

*Shiai* 試合 Refereed combat

*Engi kyōgi* 演技競技 Technical performance tournament 演技 performance 競技 match, contest  
(演 performance, play 技 skill, ability 競 contest 技)

*Shiai jō* 試合場 Combat area

試合 match, bout 場 place

*Sanbon shōbu* 三本勝負 2 points winning match

三 three 本 point 勝 victory 負 defeat (= match)

- ☞ *Sanbon* (三本) illustrate the fact that a maximum of 3 points may be awarded (2 for the winner, 1 for the defeated)

*Senshu* 選手 Player

選 select, elect 手 hand

### Refereeing body

*Shinpansha* 審判者 Referee

審 cautious consideration 判 decide, judge 者 person

- ☞ *Shinpaniin* 審判委員 is also used

委 committee 員 member

*Shinpanchō* 審判長 Chief Judge

長 chief, leader

*Shushin* 主審 Main referee (one)

主 centre, main

*Fukushin* 副審 Assistant referee (two)

副 second

### Team composition

#### Team of 3

*Senpō* 先鋒 First player of a team

先 ahead 鋒 sword point

- ☞ *Senpō* = The first sword point. 鋒 also reads *kissaki*, and is the ancient writing of 切先

*Chūken* 中堅 Second player in a team

中 middle 堅 solid

*Taishō* 大将 Third player (often the more experienced)

大 big 将 leader → 大将 general (army)

#### Team of 5

*Senpō* 先鋒

**Jihō** 次鋒 Second player in a team of five 次 next 鋒 point

**Chūken** 中堅

**Fukushō** 副将 Fourth player 副将 vice-general

**Taishō** 大将

### Refereeing commands

**Aka X senshū** 赤 X 選手 Call to red player 赤 red

**Shiro Y senshū** 白 Y 選手 Call to white player 白 white

**Aka X tiimu** 赤 X チーム Call to red team (engi) tiimu = team

**Shiro Y tiimu** 白 Y チーム Call to white team

**Nyūjō** 入場 Signal teams to enter the shiai-jō (engi) 入 entrance 場 place

**Ippon** 一本 Valid strike 一 本 (numerator)

**Men ari** 面 あり Signalling a valid men あり it's, there is

**Sune ari** 脛 あり

**Kote ari** 小手 あり

**Dō ari** 胴 あり

**Tsuki ari** 突き あり

**Enchō** 延長 Extra time 延 prolong 長 long

**Hansoku** 反則 Foul play 反 anti- 則 rule, law

**Taijō** 退場 Exclusion 退 expel 場 location

**Wakare** 別れ Separation

**Hikiwake** 引き分け Draw 引き pull 分け draw, tie

**Fusenshō** 不戦勝 Withdrawal 不 non- 戦 match 勝 victory  
☞ also **Fusen-gachi** 不戦 勝ち 勝ち victory

**Nihon me** 二本目 Shushin command to resume the match after first point awarded 二本 2 目 (numerator)

☞ Call for a second point

**Shōbu** 勝負 Shushin command to resume the match after each player scored *ippon* 勝 victory 負 defeat

☞ Call for victory and defeat to be settled

**Shōbu ari** 勝負 あり Announcing end of match when a player scored 2 *ippon*. While calling *shōbu ari* the *shushin* indicates the winner with raised flag

☞ "Match is done"

**Ippon gachi shōbu ari** 一本 勝ち 勝負 あり Announcing end of match when time is out with only one *ippon* scored. *Shushin* indicates the winner with raised flag 一本 1 point 勝ち victory

**Hantei** 判定 Victory through referees' decision

判 judgement 定 decide

**Shōmen ni rei** 正面に礼 Command to the teams to bow to the *shōmen*

**Otagai ni rei** お互いに礼 Command to the teams to bow to each other

Simone CHARTON Renshi  
Chloé – Mariko - Baptiste - Hughes