

Kendo Line-Up Commands Beginning Practice

phonetically written for non-Japanese speaker and also with Japanese

After the final Rei from the stretching or foot work drills, call out...

“Sigh Rets !!” This is the call to line up.

整列 (せいれつ)

(this needs to be said loud enough for everyone to hear)

Quickly get to the start of the line, you are the anchor point that everyone else will follow.

Wait for all of the people to line up standing along-side your position.

After the last of the Sensei/teachers moves to sitting position, call out...

“Chyak Sa !!” or “Say-Za !!” Move to Seiza position and quickly set up your equipment.

着座 (ちゃくざ) 又は正座 (せいざ)

Everyone will be looking to you for where to place their equipment, so be as quick as you can while maintaining proper form.

After visually confirming that the line is straight and everyone has their gear in a straight line, call out...

“Key Oat Skay !!” Draw yourself to sharp attention in the Seiza position

気をつけ (きをつけ)

“Mok Soooooooooooo !!” Meditate.

黙想 (もくそう)

This command should be followed by a brief pause of silence so everyone can silently reflect.

“Mok-So Yah-May !!” Stop meditating.

黙想やめ (もくそうやめ)

“Sho-Men Ni !!” Face the Shomen direction.

正面に (しょうめん)

Pause long enough for everyone to face toward the clock.

“Ray !!” Bow from Seiza position.

礼 (れい)

“Sensei Knee !!” or “Sensei Gata Knee !!” Face the Sensei.

先生に (せんせいに) 又は先生方に (せんせいがたに)

If there is only one Sensei, then the first or if there are two or more use the second.

Pause briefly so everyone has a chance to face the direction of the Sensei.

Be certain to allow enough time for the line-up to change direction.

“Ray !!” Bow from Seiza position.

礼 (れい)

“Ota Gai Knee !!” Face the direction of your partners.

お互いに (おたがいに)

This will always be the same direction as Sensei.

Again, a slight pause...

“Ray !!” Bow in the Seiza position

礼 (れい)

Pause long enough to see if the lead instructor has any comments to make before the start of practice.

Men Oat Skay !!” Put on your equipment.

面をつけ (めんをつけ)

Rise once the lead Sensei rises. At some other clubs or Dojos, it maybe preferred to stand as soon as you are ready –

Ask before the practice starts.