

サンフランシスコ剣道道場

SAN FRANCISCO KENDO DOJO

“The concept of Kendo is to discipline the human character through the application of the principles of the katana. The purpose of practicing kendo is to mold the mind and body, to cultivate a vigorous spirit and, through correct and rigid training, to strive for the improvement in the art of kendo; to hold in esteem human courtesy and honor, to associate with others with sincerity, and to forever pursue the cultivation of oneself. Thus will one be able to love his country and society, to contribute to the development of culture, and to promote peace and prosperity among all people.”

-As defined by the All Japan Kendo Federation

Practice Schedule

Monday

7:00pm to 9:00pm in the gymnasium of the Buddhist Church of San Francisco.

1881 Pine Street, on the corner of Pine and Octavia Streets. The entrance is located on Octavia Street.

Thursday

7:00pm to 9:00pm at the Japanese Cultural and Community Center of Northern California.

1840 Sutter Street, between Buchanan and Webster Streets.

Requirements

The only requirement for beginners is a shinai and comfortable workout clothes. Jeans and other street clothing is not allowed. The dojo has shinai for sale at the Monday night practice location only. Shinai can also be purchased in Japantown at Soko Hardware, Kinokuniya Bookstore and some martial arts stores.

Shinai length for a junior high school-aged individual is 37, 38 for high school-aged individuals and adult women and 39 for adult males.

In addition, keiko-gi, hakama, kendo bogu and shinai bags can be ordered through kendo suppliers such as Eguchi USA, www.eguchi.net and E-bogu, www.e-bogu.com.

Note: Before purchasing kendo bogu, speak with an instructor to determine if you are at an adequate level.

Membership Dues

- There is a one time dojo registration fee of \$20.00
- 17 years old and younger: \$125.00 for 6 months or \$200 for one year.
- 18 years old and above: \$175.00 for 6 months or \$300 for one year.
- In addition, all kendoists are responsible for paying yearly NCKF and AUSKF fees: \$45.00 for youth and \$70 for adults. Those practicing Iiado must also pay \$25.00.

For more information please email san.francisco.kendo.dojo@gmail.com or visit our web page at: www.sanfranciscokendo.org

Basic Dojo Etiquette

1. Whenever a kendoist enters or leaves the dojo, bow in greeting or farewell.
2. A kendoist bows to his partner at the start and finish of each practice.
3. A kendoist does not smoke in a dojo, unless invited to do so.
4. A kendoist does not wear a hat in the dojo.
5. When kendoists are sitting on the dojo floor, it is customary to walk behind of them. If one must walk in front of a seated kendoist, he or she should extend his or her right hand and bow slightly as he passes.
6. A kendoist never steps over or hits a shinai with their feet when it is placed to the left of a seated kendoist or when the kote and men are sitting on the floor.
7. A kendoist never touches the bogu of another kendoist.
8. A kendoist of lower rank will sit to the left of a higher ranked kendoist.
9. It is important to remember that the student always stands at the practice area and waits for practice with the sensei or higher ranked student.
10. When sitting, the shinai is to the left with the tsuba in line with the left knee and the tsuru (string) facing downward.
11. A kendoist takes off his shoes before walking onto the dojo floor.
12. During practice:
 - Check the shinai for cracks and splinters.
 - When sitting down, do not sit before the person to the right of you sits.
 - Do not practice too long with one partner.
 - Try to keep the men on during the entire keiko.
 - Do not drink any water during keiko.
 - Keep fingernails and toenails trimmed.
 - Do not wear jewelry during keiko.
13. Always have keiko with a visiting sensei.
14. If one arrives late, quickly change, warm up, bow in and join keiko.
15. Always thank high ranking sensei or visitors.
16. If one has to leave before the •nal rei, please inform the head sensei.
17. Attending keiko at an other dojo:
 - Introduce yourself to the head sensei and ask for permission to practice at the dojo.
 - It is best to sit at a lower ranking position.
 - Practice with the head sensei.
 - Thank the head sensei when leaving.
18. It is customary for beginners and lower ranking students to arrive before the dojo opens to help clean up, sweep and setup the dojo for practice.

These customs have been in the dojo for more than one thousand years. It is highly essential to the mental and moral training of a kendoist to always respect their opponent. This is part of the kendo tradition and it survives to this day as an aspect of the discipline. It has also become a symbol of sportsmanship, good manners and a display of humble respect.

Glossary of Kendo Terminology

Start of Class			End of Class		
1	chakuza	sit down	1	chakuza	sit down
2	seiza	attention	2	seiza	attention
3	mokuso	meditation	3	men tore	take off the men
4	naore	eyes front!	4	mokuso	meditation
5	shinden ni rei	bow to the shrine	5	naore	eyes front!
6	sensei ni rei	bow to the teacher	6	sensei ni rei	bow to the teacher
7	otagai ni rei	bow to each other	7	shinden ni rei	bow to the shrine
8	onegai shimasu	please practice	8	otagai ni rei	bow to each other
9	men tsuke	put on the men	9	domo arigato gozaimashita	thank you very much

Counting		
1	ichi	one
2	ni	two
3	san	three
4	shi, yon	four
5	go	five
6	roku	six
7	shichi, nana	seven
8	hachi	eight
9	ku	nine
10	ju	ten

Shinai Parts	
kensen	tip of the shinai
sakigawa	leather covering of the kensen
monouchi	the cutting part of a katana blade
datotsubu	the striking part of the shinai
nakayui	leather boundary of the datotsubu
tsuba	sword guard
tsubadome	the guard stop
tsuka	hilt
tsukagawa	leather covering the hilt
tsuru	string holding the leather parts together

Common Words		
A	aiuchi	tie, draw, simultaneous scoring of points
	ashi, ayumi	normal walking to cover great distances
	ashi, fumikomi	a jump step for making strikes
	ashi, okuri	short-range kendo footwork for making strikes
	ashi sabaki	footwork
B	bokuto	wooden sword
	bogu	kendo armor
C	chudan no kamae	position of the shinai with the shinai's kissaki pointed at the center of an opponent's chest
D	dan	black belt rank
	datotsu	strike
	dogu	entire kendo equipment
	dojo	fencing hall
G	gedan no kamae	position of the shinai when the shinai 's kissaki is pointed towards the •oor
	gomen	excuse me, (gomen nasai, very polite)
H	hachimaki	towel used as a headband
	hai	yes, acknowledgment
	hajime	begin
	hansoku	violation of a kendo rule
	hidari	left
	himo	strings, used in tying on kendo armor

I	Iaido	sword exercises using a series of cuts and thrusts with drawing and returning the sword
	ippon	one point, single blow, one-point match
J	jodan no kamae	position of the shinai held above the head
K	kamae	basic kendo shinai positions, on guard positions
	kata	old-style form of kendo employing steel blades
	katana	sword, long sword
	keiko	practice
	ki o tsuke	attention
	kiai	shout of self-encouragement or self-assertion
	kyu	white belt rank
	kissaki	point of the shinai of sword
M	ma ai	distance between two kendoist
	ma ai, chikai	close distance
	ma ai, issoku itto no	one sword one step distance
	ma ai, to	far distance
	mae	front, forward
	migi	right
	mune	chest
R	rei	manor, etiquette, courteous, bow
	rei, ritsu	standing bow
	rei, za	setting bow
S	sage-to	stand with a shinai
	seiza	sit quietly
	sei-retsu	line-up
	sensei	teacher, master
	shiai	tournament
	shinai	bamboo sword
	shinpan	referee
T	tachi	long sword
	taito	shinai to the waist
	take	bamboo
	tenugui	towel
U	uchi	to strike, to hit
	ushiro	back, behind
W	waza	technique, form in delivering blows
Y	yame	halt, stop
Z	Zen-Nippon Kendo Renmei	All-Japan Kendo Federation

Print in block letters

San Francisco Kendo Dojo

Name: _____
Last First Middle Initial

Address: _____
Street

City State Zip Code

Telephone: _____
Home Alternate (Type)

E-Mail Address: _____

Birthdate: _____
- Month / Day / Year Age

SF Kendo Use Only		
Date	Item	Amount
	Registration	
	Dues	
Initials	Fees	
	Shinai	
	Other	
	TOTAL	

Kendo History

Date Started Month/Day/Yr		1st dan	
7 kyu		2nd dan	
6 kyu		3rd dan	
5 kyu		4th dan	
4 kyu		5th dan	
3 kyu		6th dan	
2 kyu		7th dan	
1 kyu		8th dan	

*Iaido Style/Rank if applicable: _____

AGREEMENT AND RELEASE FROM LIABILITY

1. **Voluntary Participation.** I, _____, acknowledge that I have voluntarily applied, or have voluntarily allowed my child _____ to apply, to participate in kendo instruction and training at a dojo or club which is affiliated with the All United States Kendo Federation (hereinafter, any and all affiliated dojos or clubs are referred to as "AUSKF").

2. **Assumption of Risk.** I AM AWARE THAT PARTICIPATION IN KENDO, AS IN ANY SPORT OR PHYSICAL ACTIVITY, MAY CAUSE PHYSICAL INJURY, DAMAGE TO PROPERTY, AND, IN RARE INSTANCES, EVEN DEATH. I AM VOLUNTARILY PARTICIPATING, OR ALLOWING MY CHILD TO PARTICIPATE, IN THIS ACTIVITY WITH KNOWLEDGE OF THE DANGER INVOLVED, HEREBY AGREE TO ACCEPT ANY AND ALL RISKS OF INJURY, DAMAGE, AND/OR DEATH, AND VERIFY THIS STATEMENT BY PLACING MY INITIALS HERE. _____.

3. **Release.** As consideration for being permitted by AUSKF to participate in these activities and use related facilities, I hereby agree that I, my assignees, heirs, distributees, guardians, and legal representatives will not make a claim against, sue, or attack the property of AUSKF on account of injury, damage, or death resulting from the negligence or other acts, however caused, by any employee, agent, or contractor of AUSKF as a result of my, or my child's, participation in kendo. I hereby release AUSKF from all actions, claims, or demands that I, my assignees, heirs, distributees, guardians, and legal representatives now have or may hereafter have for injury, damage or death resulting from my, or my child's, participation in kendo.

4. **Knowing and Voluntary Execution.** I HAVE CAREFULLY READ THIS RELEASE AND FULLY UNDERSTAND ITS CONTENTS. I AM AWARE THAT THIS IS A RELEASE OF LIABILITY AND A CONTRACT BETWEEN AUSKF AND ME AND SIGN IT OF MY OWN FREE WILL.

Executed on _____ [date] at _____ [city],
_____ [state].

Signature of participant or, if participant is a minor,
signature of participant's parent or guardian

Print name

DECLARATION OF WITNESS

I certify that _____ [above participant/parent of participant]
acknowledged my presence that he/she read and fully understood the meaning and consequences of the
foregoing release, and signed it in my presence.

Executed on _____ [date] at _____ [city],
_____ [state].

Signature of witness

Print name