





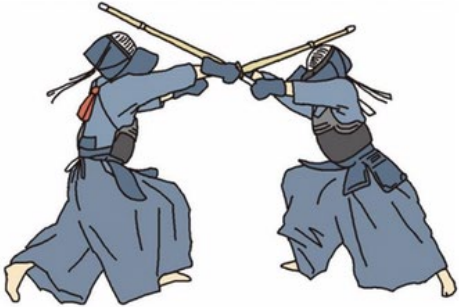
# Beginners' Course Information Pack

Monash University Kendo Club

Ver. 2019

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Stage 1: Basics (kihon)		Stage 2: Armour (bōgu)		Stage 3: Competition preparation (shiai)		
<i>Beginners Course</i>						
						
March	April	May	June	July	August	

## PEOPLE

### SENSEI

- Yoichi Yano (7 Dan)
- Noriko Matsumoto (6 Dan)
- Kazuya Kimura (5 Dan)
- Kaori Dimovski (5 Dan)

### BEGINNERS' COURSE INSTRUCTORS

- Cyntheia Lim (4 Dan)
- Hoey Yein Goh (3 Dan)
- Zishi Wang (2 Dan)

### COMMITTEE

- President – Toney Evans
- Vice-President – Emily Coady
- Secretary – Dalton Reuss
- Treasurer – Aaron Patterson
- General – Hoey Yein Goh

## TRAINING

### LOCATION

- Games Hall, Monash Sport, 42 Scenic Boulevard (Building 1)  
Monash University Clayton Campus, Victoria 3800

### TIME

- Monday 6 pm – 8 pm
- Wednesday 6 pm – 8 pm

*Training is always on except when the university is closed. Announcements will be made if there is a change in training time or location.*

## CONTACTS

### E-MAIL

- [monashkendo@gmail.com](mailto:monashkendo@gmail.com)

### FACEBOOK

- Public page - <https://www.facebook.com/MonashKendoClub/?ref=bookmarks>

- Private group - <https://www.facebook.com/groups/5077383529/>

*Access to the private group will be granted in Semester 2. All queries relating to the Beginners' Course should be posted on the public page.*

## WEBSITE

- <https://www.monashunikendoclub.org/>

## TRAINING FEES AND EQUIPMENT PRICE LIST

### MEMBERSHIP

- Training fee - \$100 per semester
- Beginners' course fee - \$140 (\$100 training fee + \$40 shinai + free shinai bag)
- Victorian Kendo Renmei (VKR) fees - \$70 per year (1 July to 30 June)

### EQUIPMENT

- Shinai – \$40
- Shinai bag –
  - Single - \$15
  - Double - \$25
- Tenugui - \$15
- Heel protector - \$15
- Uniform – TBA (Dependent upon number ordered. Usually, \$100-120)
- Club jacket – Check Monash Kukri website
- Club nafuda (zekken) - \$30

*All payments must be made at the time of registration (for camp, grading, events etc.) or at the time an order is placed (for uniforms, nafuda etc.). Registrations and orders will not be finalised until payment is received. See calendar below for event and order schedule.*

## 2019 BEGINNERS' COURSE SCHEDULE (STAGES 1 & 2 - 12 WEEKS, 24 CLASSES)

Weeks	Dates	Learning objectives for each week	Events
0	4, 6 March	<i>Ashisabaki – ayumi-ashi, okuri-ashi, fumikomi-ashi</i>  <i>Suburi – jyogeburi, nanameburi, shomen, sayumen, kote</i>  <i>Men on shinai target</i>	Beginners course trial week  Start of Semester 1
1	11, 13 March	<i>Ashisabaki – ayumi-ashi, okuri-ashi, fumikomi-ashi</i>  <i>Suburi – jyogeburi, nanameburi, shomen, sayumen, kote</i>  <i>Men on shinai target</i>	MUKC membership registrations due
2	18, 20 March	<i>Ashisabaki – ayumi-ashi, okuri-ashi, fumikomi-ashi</i>  <i>Suburi – jyogeburi, nanameburi, shomen, sayumen, kote</i>  <i>Men, kote on shinai target</i>	
3	25, 27 March	<i>Ashisabaki, suburi</i>  <i>Men, kote on shinai target (follow through zanshin)</i>	Social event: Beginners welcome dinner (Wed 27 March)
4	1, 3 April	<i>Men, kote on shinai target (follow through zanshin)</i>  <i>Dou on air</i>	Orders for uniforms taken  Registrations for MUKC <i>gasshuku</i> open
5	8, 10 April	<i>Men, kote on shinai target</i>  <i>Dou on air, Dou on shinai target (follow through zanshin)</i>  <i>Kiri kaeshi</i>	Social event: <i>Shinai</i> maintenance (Date TBC)
6	15, 17 April	*Start wearing <i>dou</i> and <i>tare</i>  <i>Men, kote on shinai target</i>  <i>Dou on actual target</i>  <i>Kiri kaeshi on actual target</i>	Mid-semester break  Registrations for MUKEN camp open
7	22, 24 April	<i>Men, kote on shinai target</i>  <i>Kiri kaeshi, dou on actual targets</i>  <i>Bokuto ni yoru kendo kihon-waza keiko-ho (at gasshuku)</i>  <b><i>Kihon (men, kote, dou, kiri kaeshi) competition (at gasshuku)</i></b>	Mid-semester break, Easter Monday (22 April, no training)  Training event: MUKC <i>gasshuku</i> (Tue 23 Apr)

Weeks	Dates	Learning objectives for each week	Events
8	29 April, 1 May	*Start wearing <i>kote</i> <i>Men, kote</i> on <i>shinai</i> target <i>Kiri kaeshi, dou</i> on actual targets	Training event: MUKEN camp (Fri-Sun 3-5 May)
9	6, 8 May	<i>Kote-men</i> <i>Uchikomigeiko</i>	
10	13, 15 May	*Start wearing <i>men</i> <i>Kote-dou</i> <i>Uchikomigeiko</i>	Social event: Laser tag (Sat 19 May)
11	20, 22 May	<i>Hiki-men</i> <i>Hiki-kote</i>	
12	27, 29 May	<i>Hiki-men</i> <i>Hiki-kote</i> <i>Hiki-dou</i> <b><i>Kihon (uchikomigeiko)</i> competition</b>	Social event: Beginners' graduation (Wed 29 May)
<b>END BEGINNER'S COURSE</b>			
<b>Start Stage 3 – Integration into senior training, Competition preparation</b>			
13	3, 5 June	Integration into senior training <i>Bokuto-waza</i> at Wednesday kata training (to be conducted during monthly <i>kata</i> sessions)	SWOIVAC Start Uni Games trainings (Sat 1 Jun) Orders for <i>nafuda</i> taken
14	10, 12 June	Integration into senior training	Start Semester 1 Exams
15	17, 19 June	Integration into senior training	
16	24, 26 June	Integration into senior training	End Semester 1 Exams
17	1, 3 July	Integration into senior training	Mid-year break

Notes:

- Refer below for terminology.
- All sessions begin with warm ups and *reiho (seiretsu)* and end with *reiho*. Sessions for each week will build on previous weeks.
- Course is subject to change. Week 11 and 12 content may be pushed to Semester 2. Updated calendars will be sent out if changes occur.

## TERMINOLOGY

### GENERAL TERMS

Term	Meaning
Chaku za	Sit down (in seiza)
Dan	Black Belt Rank
Dojo	Lit. Way place
Kata	Pre-arranged forms
Kyu	Beginner's rank
Men-tsuke	Put Men on
Mokuso	Meditation
Seiretsu	Line up
Seiza	Formal sitting position
Sempai	Senior
Sensei	Teacher
Shiai	Match
Shiai jo	Match area (court)
Sonkyo	Formal crouch position
Migi	Right
Hidari	Left
Mae	Forward
Ato	Back
Ichi	1
Ni	2
San	3
Shi (Yon)	4
Go	5
Roku	6
Shichi (Nana)	7
Hachi	8
Kyu	9
Jyu	10

### FOOTWORK

Term	Meaning
Ashi	Foot
Ashi sabaki	Footwork
Ayumi ashi	Sliding step with alternating feet
Fumikomi ashi AKA Tobikomi ashi	Leap forward

### COMMUNICATION

Term	Meaning
Domo arigato gozaimasu	Thank you (Usually shortened to arigato gozaimasu)
Hai	Yes
Hajime	Begin
O same to	Put away sword
Onegaishiimasu	Please (train with me)
Rei	Bow
Yame	Stop

### EQUIPMENT

Term	Meaning
Himo	String
Hakama	Split skirt
Keikogi	Exercise jacket
Bogu AKA Dogu	Kendo protectors (men, kote, do, tare)
Kote	Gauntlet (glove)
Dou	Chest/abdomen protector
Men	Face mask, men point
Men buton	Cushion on the top part of the men
Men gane	Metal grill on the face mask
Mune	Chest
Tare	hip/groin protector
Tsuki dare	Throat protector
Tenugui	Traditional hand towel
Bokken AKA Bokuto	Wooden sword
Katana AKA Tachi	Sword
Shinai	Bamboo sword
Kensen	Tip (of the shinai)
Nakayui	Middle leather string (of the shinai)
Sakigawa	Leather cap on top of the shinai
Tsuba	Sword guard
Tsubadome	Rubber or leather backing of the tsuba
Tsuka	Handle (of the shinai)
Tsuru	String (of the shinai)

## TRAINING

Term	Meaning
Chudan no kamae	Middle guard position
Debana waza	Technique to strike opponent just prior to their attack
Gedan no kamae	Low guard position
Harai waza	Sweeping the shinai to the side (technique)
Hiki waza	Technique performed going backwards
Isoku itto no maai	One step, one cut distance
Jigeiko	Free practice
Jodan no kamae	High guard position
Jogeburi	Straight up and down suburi
Kaeshi waza	Technique to ward off opponents shinai by sliding against one's own shinai followed by counter attack using power of opponent's shinai
Kakarigeiko	Continuous attacking exercise with high spirit
Kamae (te)	Stance
Ki	Spirit
Kiai	Shout
Kihon waza	Basic techniques
Kiri kaeshi	Continuous cutting exercise
Naname buri	Side to side suburi
Nidan waza	Two step technique
Nuki waza	Technique to avoid opponent's attack
Sandan waza	Three step technique
Sayu men AKA yoko men	Side of men
Seme	To break opponent's centre by pushing in with one's shinai
Shizentai	Natural standing position
Suburi	Shinai swinging practice
Taiatari	Body check
Tenouchi	Technique involving squeezing hands to stop the shinai
Tsuki	Thrust to the throat
Uchi komi geiko	Attack exercise with receiver showing opening
Waza	Technique
Zanshin	Mental and physical alertness, readiness to strike

## SHIAI

Term	Meaning
Ari	(Men/Kote/Do/Tsuki) point e.g. Men Ari!
Encho	Overtime, extension
Gogi	Conference
Hansoku	Penalty (1/2 point)
Hantei	Judges decision
Hikiwake	Draw
Ippon	1 point
Ippon gachi	One point victory
Nihonme	Second point
Shimpan	Referee
Shimpan cho	Match director
Shimpan shushin	Head referee
Shobu	Match
Shobu ari	Match point
Wakare	Break
Yuko datotsu	Valid strike or thrust
Senpo	First team player
Jiho	Second team player
Chuken	Third (middle) team player
Fukusho	Fourth team player
Taisho	Anchor player