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場


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“Genki Ippai” – our motto: overflowing with spirit

Previous page: “Hagakure Shonen dojo” – Hidden by Leaves Junior dojo

BUDO VIRTUES

Gyogo (The Five Virtues) represented by the front pleats of the hakama and also constitute the basic rules of the dojo.

Jin	<i>Benevolence</i>	Be good to your kohai – they are here to help you
Gi	<i>Justice</i>	Treat your kohai fairly – let them train without interference or distraction
Rei	<i>Manners</i>	Bow with respect at all times
Chi	<i>Wisdom</i>	DON'T DO ANYTHING DANGEROUS!
Shin	<i>Sincerity</i>	Gambatte o kudasai! (please try your best!) 

Makoto (Ying and Yang) represented by the rear pleats of the hakama

Chu	<i>Loyalty</i>	Support your dojo and your dojo will support you
Ko	<i>Piety</i>	Respect your seniors and set an example for your juniors to respect

The Eighth Virtue

Jisei	<i>Self-control</i>	Self control leads to self-respect, self respect leads to courage
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The five kamae with their elements

Each of the five virtues also has a kamae and element associated with it:

Hasso	Wood	8-Direction posture, sword held tilted back 45° by the side of the head, tsuba one fist from mouth
Waki	Metal	Blade hidden behind the body, tilted 45° down
Gedan	Water	Lower posture, sword held in front pointing down
Jodan	Fire	Upper posture, sword above the head at 45° like a flame
Chudan	Earth	Middle posture, with the sword held out in front pointing up at the enemy. Sometimes called <i>Seigan</i> , with the sword pointing into the enemy's left eye

DOJO VOCABULARY

Commonly used dojo commands

Otagani rei!	<i>Bow together!</i>
Sensei ni rei!	<i>Bow to the teacher!</i>
Sensei gata ni rei!	<i>Bow to the teachers!</i>
Shomen ni rei	<i>Bow to the flag!</i>
Sogani rei!	<i>Bow to each other!</i>
Yoi!	<i>Ready!</i>
Hajime!	<i>Begin!</i>
Yame!	<i>Stop!</i>
Siritsu!	<i>Line up!</i>
Shugo!	<i>Gather round!</i>
Chakuza!	<i>Sit down!</i>
Yasume!	<i>Relax!</i>

Counting in Japanese

1	2	3	4	5	6	7	8	9	10
Ichi	Ni	San	Shi or Yon	Go	Roku	Shichi or Nana	Hachi	Kyu	Ju

Other words commonly used in the dojo

Bokken/bokuto	Wooden sword made of white oak representing a real Japanese longsword (katana)
Gi	Training jacket
Hakama	Pleated training trousers
Jo	Staff made of white oak. 128cm long, 2.4cm thick
Kamae	A stance from which one is ready to attack
Kamiza	High place of the dojo where the flag is, traditionally North
Kata	Pre-arranged set of movements that represent a real fight
Kihon	Basic techniques, practised singularly or in pairs
Kohai	Fellow student
Obi	Belt
Sempai	Senior student
Sensei	Teacher
Shinza	Shrine, sometimes with a picture of the deceased headmaster or a vase of flowers
Shidachi	Respondent sword i.e. the one that defends them-selves in a kenjutsu kata
Shijo	Respondent jo i.e. the one that defends themselves in a jodo or tanjo kata
Tachi	Sword
Tanjo	Walking stick, smaller version of a jo
Uchidachi	Initiating sword i.e. the one that begins the kata

PERSONAL HYGIENE

Please be aware that it is of the utmost importance that students maintain a high standard of personal hygiene. In particular:

- 1) Finger and toe nails must be trimmed and, if necessary, filed smooth. This is a matter of health and safety, as long nails can cause cuts to other trainees which can be painful and may cause infection, especially if the long nails are also dirty. If you are seen to have untrimmed nails, you will not be allowed to train.
- 2) Jewellery must either be removed or covered with sticky tape/plaster. Jewellery also constitutes a safety hazard to both yourself and other students if it gets forced into the skin or becomes entangled.
- 3) Long hair must be tied back as it may obscure your vision, making you a hazard to other students; or it may prevent another student from making eye contact with you, thus not enabling them to ascertain if you are ready to receive a technique.
- 4) Excessive body odour is offensive to other students and may prevent you from having a training partner. Please be washed before attending the class. Also, grime on the tools will make them unattractive to use.
- 5) Please maintain your keikogi (training kit). The kits are lent to you on the understanding that you will treat them with care and respect. The under-shirts should be regularly washed and pressed.

REMEMBER: WE WILL TELL YOU WHAT YOUR BEST FRIEND WILL NOT!

