

Basic Terminology

Naginata

For Beginners

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Foreword

This document is written for people who have just started with the sport *naginata*. It consists of a few basic information that every *naginata* beginner should know and consists theory that is relevant for a Dutch 1⁶th and 5th *kyu* exam (version 2014). The terminology in this document is meant as recall material and as study material. That is why some words or definitions are limitedly translated or explained. For more information, please contact your *senpais*, *senseis* or official books like the “*Naginata – A Definitive Guide*” of Alex Benett.



Inhoud

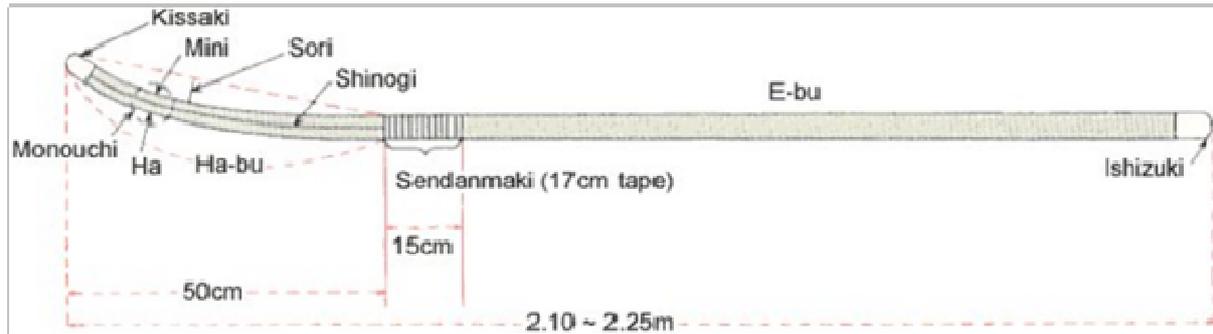
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¹ Exam requirements can differ per country.

Basic terminology

Category	Japanese word/term	English translation/explanation
Commands	<i>Rei</i>	Bow
	<i>Hajime</i>	Start/Begin
	<i>Yame</i>	Stop with the exercise, go back to the centre, but still in <i>chudan no kamea</i> (see category 'stances')
	<i>Norei</i>	Positioning your naginata from <i>chudan no kamea</i> to the side of your body
	<i>Gotai</i>	Change, rotate
Stances	<i>Chudan (no kamea)</i>	Basic stance with the naginata facing forward
	<i>Hasso (')</i>	Stance in which you hold the naginata next to your body with your lower hand on your hipbone and the upper hand near your ear
Exercises	<i>Uchikeashi</i>	Exercise existing of 1x (<i>furiage</i>) <i>men</i> , 2x <i>soku men</i> , 2x (<i>soku</i>) <i>sune</i> en finally 1x (<i>furiage</i>) <i>men</i> (see category 'strikes')
	<i>Shikake oji</i>	Partner exercise with eight forms, including <i>iponme</i> and <i>nihonme</i> (see terms underneath)
	<i>Iponme</i>	<i>Shikake oji</i> exercise in which the <i>shikake</i> (attacker) strikes with (<i>furiage</i>) <i>men</i> and then with (<i>soku</i>) <i>sune</i> , the <i>oji</i> (defender) will block these hits and finish the exercise with a <i>soku men</i>
	<i>Nihonme</i>	<i>Shikake oji</i> exercise similar to <i>iponme</i> , but instead the <i>shikake</i> starts with a <i>furiage sune</i> and then hits with <i>soku men</i> , the <i>oji</i> finishes it with a (<i>soku</i>) <i>sune</i>
Strikes	(<i>Furiage</i>) <i>men</i>	Vertical strike to the head
	<i>Soku men</i>	Diagonal strike to the head (from <i>hasso no kamea</i>)
	<i>Furiage sune</i>	Vertical strike to the shin
	(<i>Soku</i>) <i>sune</i>	Diagonal strike to the shin (from <i>hasso no kamea</i>)
Footwork	<i>Mai</i>	Step forward
	<i>Ato</i>	Step backward
	<i>Tsugi ashi mai/ato</i>	Jump or hop forward/backward
	<i>Ayumi ashi mai/ato</i>	Four crosswise steps forward/backward
	<i>Migi</i>	Step to right
	<i>Hidari</i>	Step to left
Other	<i>Zanshin</i>	Constant focus on your partner (through eye contact for example)
	<i>Shikake</i>	Attacking role in <i>shikake oji</i>
	<i>Oji</i>	Defending/leading role in <i>shikake oji</i>

Parts of a naginata



Theory for Dutch 6th Kyu exam

- 1. What is a Dojo and describe the meaning of the Shomen in the Dojo?**
Dojo is a place where people train and the *shomen* is an altar or holy place in a dojo.
- 2. What is the relation between Senpai and Kōhai?**
Kohai is the person who has a lower grade than the *senpai* (and is therefore considered 'inferior').
- 3. List the separate parts (10 parts) of the Naginata**
See image above.
- 4. What is Kihon?**
Basis techniques.
- 5. What does Rei mean?**
Greeting or bow (of respect).
- 6. What does Otaga-ni-rei mean?**
Bowing for your partners (to express respect for them).
- 7. What does Sensei-ni-rei mean?**
Bowing for *sensei* (to express respect for them).
- 8. What does Mokuso mean?**
Meditation (with a focus on breathing).

Theory for Dutch 5th Kyu exam

- 1. Explain in general terms the concepts of etiquette, safety and respect in naginata**
Some general examples:
 - Do not lean on, step over or play with the naginata.
 - Think about safety always! (Including: Proper maintenance of *bōgu* and naginata, keeping the floor clean all times, take off jewelry/watches.)
 - Respect the *sensei*/instructor. (Don't talk during training, just train)
 - If you need to step outside for any reason, ask the *sensei* or *senpai* for permission.
 - Only the *sensei* determines how the training will be, not the students.
 - Don't try to stand out by alternative behavior
- 2. Give some examples that outline how these concepts are put in practice**
See above.
- 3. List all Kamae (stances)?**
 - *Chudan-no-kamae*
 - *Wakigamae*

- *Gedan-no-kamae*
- *Hasso-no-kamae*
- *Jodanno-kamae*

4. List all Uchi (basic strikes)?

- *Furiage-men-uchi*
- *Sokumen-uchi*
- *Furikaeshi-men-uchi*
- *Sune-uchi*
- *Furiagesune-uchi*
- *Do-uchi*
- *Furiage-kote-uchi*
- *Tsuki (chokutotsu)*

5. List all Tai-sabaki (footwork)?

- *Okuri-ashi (mae, ato)*
- *Ayumi-ashi (mae, ato)*
- *Hiraki-ashi (migi, hidari)*
- *Fumikae-ashi*
- *Tsugi ashi (mae, ato)*

6. What is Soutai?

Four meter distance at each exercise.

Naginata repair kit

As an owner of a club naginata or your own naginata, it is important to always have a repair kit with you in case your naginata might splinter or break.

A naginata repair kit should at least consists of:

- Sandpaper (to scrape off little splinters);
- Small knife or a Stanley knife (to cut off big splinters);
- White insulation tape (to tape the *ebu* and *habu* together (see ‘parts of a naginata’));
- Regular or other see-through tape (to tape the *monouchi* and *kissaki* tightly onto the naginata);
- Ruler or short measuring tape (to measure whether the *sendanmaki* and the overlap between the *ebu* and *habu* are long enough), and;
- Pen, marker or other long small object on which you can stick your old insulation tape (in case you would like to reuse your tape).

Please ask your *sensei* or *senpais* for explanation on how a naginata should be maintained and repaired, and how you can replace a broken or old *habu* by a new one.

Useful websites

- <http://www.naginata.nl/bestanden> (for recent Dutch exam requirements)
- <http://www.naginata-federation.eu/> (for upcoming European events such as seminars and championships)