

A SHINTAIDO GLOSSARY
to help with some of those Japanese words.

The Basics

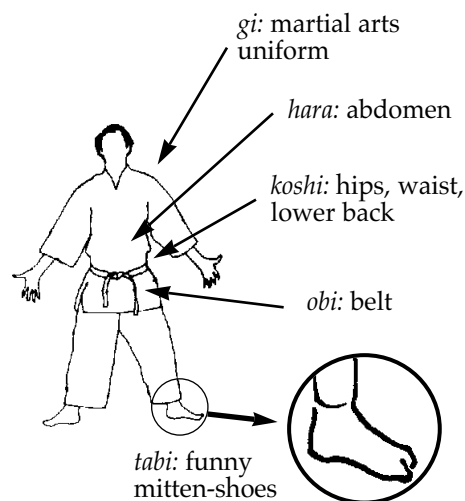
General Terms

Shintaido: "new body way"
keiko: practice; a Shintaido class
dojo: place of practice
gasshuku: "coming together under one roof;" a Shintaido retreat
kangeiko: "cold weather practice;" yearly winter gasshuku
shiatsu: Japanese massage
kumite: partner exercise, freehand
(kumibo: with bo)

Starting & Finishing

mokuso: meditation
rei: bowing to acknowledge partners, teachers, or dojo
yoi: standing ready ("get ready")
kamae-te: ready position ("get set")
hajime: begin ("go!")
ushiro-e: reverse direction
yame: return to standing ready
yasume: relax

(kumitachi: with sword)
kiai: vocal expression
kokyū: breath, rhythm, concentration, willpower
sei: formal (e.g. "tenshingoso sei"); also, "holiness"
dai: expressive (e.g. "tenshingoso dai")
bo: six-foot wooden staff
bojutsu: study of bo
bokuto: wooden sword



Counting to ten

ichi
ni
san
shi
go
roku
shichi
hachi
ku
ju

People

sensei: teacher
senpai: senior student
kohai: junior student
gorei: instruction; counting, conducting, or leading the class
goreisha: person giving gorei

Techniques

Three Shintaido Systems

yoki-kei: "nurturing life energy" system
musoken: "no phenomenon" hand
kaiho-kei: "opening & expressing" system
kaishoken: "opening & expressing" hand
jigo-kei: "self-empowerment" system
jikyoken: "self-empowerment" hand

Fundamentals

dai kihon: "great fundamentals"—the three most basic forms, as follows:
tenshingoso: "five manifestations of heavenly truth;" a fundamental form
eiko: "glory;" a fundamental form
hikari (to tawamureru): "playing with light;" a fundamental partner exercise

Warm-ups:

junbi-taiso: "preparation exercises;" warm-ups
kenko-taiso: "health exercise;" the specific sequence of soft warm-ups
junan-taiso: floor stretches
shinwa-taiso: partner backstretch

Some Other Techniques

wakame-taiso: seaweed exercise
tenso: "heavenly phenomenon;" heavenward; the "Ah" movement of tenshingoso
shoko: "witnessing light;" reaching out to the infinite horizon
aozora-taiso: "blue sky exercise;" the "Ah" and "Oh" movements from tenshingoso

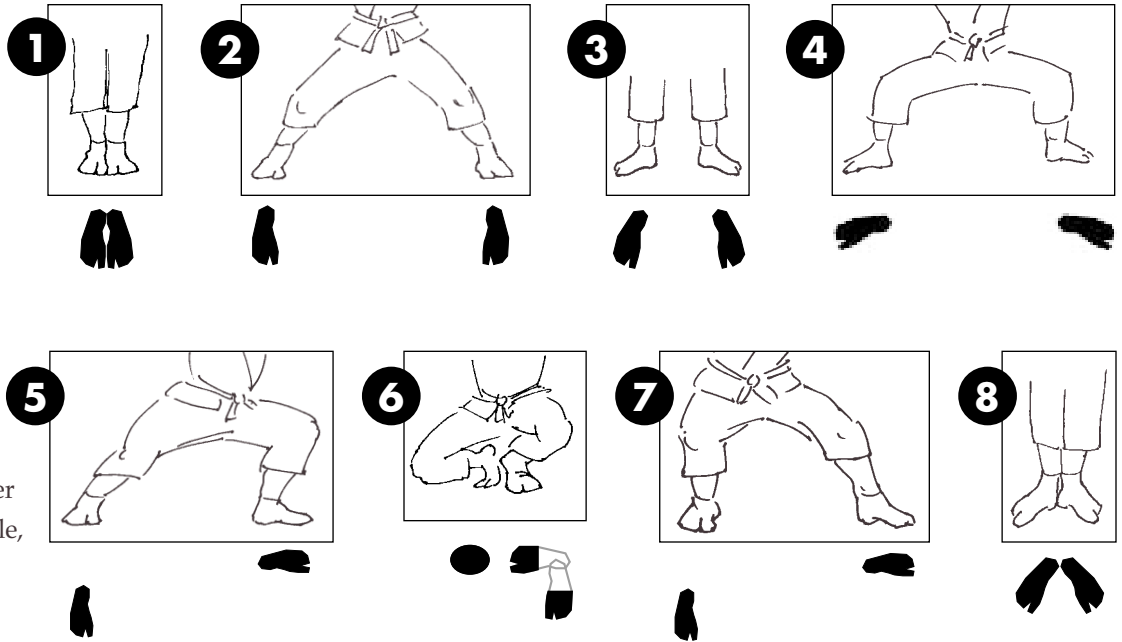
Martial-Arts Related:

kihon: fundamental techniques
toitsu-kihon: "unifying fundamentals;" Shintaido kihon based on sword movements
kata: a specific sequence of movements; a form (e.g. tenshingoso)
tsuki: thrust or punch
mae-geri: front kick
yoko-geri: side kick
irimi: entering, going in

Stances

"-dachi" = "stance"

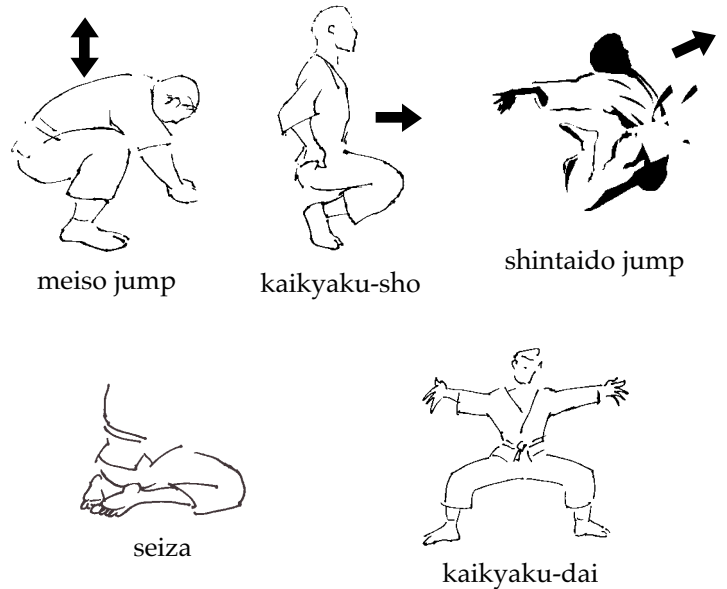
1. *heisoku-dachi*: closed
2. *kiba-dachi*: horse-riding
3. *hachiji-dachi*: "figure 8"
(so-called because the numeral 8 is written in Japanese like this: 八)
4. *shiko-dachi*: square
5. *fudo-dachi*: "un-movable"
(forward stance)
6. *hanmihan-dachi*: half-kneel
7. *kokutsu-dachi*: rear
8. *musubi-dachi*: heels together
gyaku: opposite— for example, right step, left hand



Opening Exercises

technically known as "*shin-shin-kaihatsu-undo*" or "mind-body opening exercises"

- tachi jump*: standing jump
meiso jump: "meditation jump"— small, soft jump
kaikyaku-sho: small forward jump
kaikyaku-dai: large forward jump
renzoku: "continuous", also known as Shintaido jump
tai ki mai: "atmosphere dancing;" tenso in all directions
sumo: Japanese wrestling
seiza: meditation position, sitting on heels



Regions of Space

many open-hand Shintaido techniques are based on sword movement and use the same terminology

- dai jodan*: big upper level
jodan: upper level
chudan: middle level
geidan: lower level
kiri komi: cutting beyond; cutting by pushing
kiri harai: cutting across; cutting by pulling

