

合氣道

*Aikido of
Arlington*



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Concerning Iwama-Ryu (Iwama Style) Aikido

Iwama-Ryu techniques are very different from many of the techniques which are currently practiced at the AIKIKAI HOMBUDOJO.

Iwama-Ryu has faithfully preserved the techniques of Morihei Ueshiba O'Sensei, the founder of Aikido. Iwama-Ryu is a martial art based on the union of Ken, Jo and Taijitsu.

Regarding the weapons techniques, they are the basis for BUDO as it was originally taught at Iwama. Morihiro Saito Sensei has over the years arranged the techniques of the founder in to unique training forms. He has used these forms to give students a more effective understanding of Aikido as it was taught by the Founder. These techniques are taught only in Iwama and are therefore essentially different from those of the AIKIKAI HOMBUDOJO.

So from now on Iwama Style Aikido will be called Iwama-Ryu and Saito Sensei will do everything possible to encourage its growth.

DOJO ETIQUETTE

To benefit and enjoy training in Aikido, to create an atmosphere of mutual respect among the students and teachers, and for safety there are certain rules of etiquette that are followed in the dojo.

- Upon entering and leaving the dojo you should do a standing bow towards the shomen.
- Bow when stepping on and off the mat.
- Sweeping the mats before each class from inside to out. Never sweep towards the shomen.
- Class is begun and closed with a formal bow towards the shomen and then the Sensei (instructor)
- You should be on time for class, preferably early; but if you must be late, please bow in alone.
- During class the instructor should be addressed as Sensei.
- Before, beginning and after training with your partner, they should be thanked with a sitting bow, the same also when the teacher gives you instruction.
- Please remove all jewelry and keep your toenails and fingernails short.
- Make sure your feet are clean before stepping on the mat. Wear shoes when off the mat.
- Pay monthly dues by the 5th of each month.
- Indicate with a “ / “ the days you train. If you mistakenly mark the wrong day, mark with “X”

Aikido is more than just a physical form for self-defense. It is a physical, mental and spiritual path for growth and development, and therefore the greatest understanding is gained when each motion is done with your whole body, mind and spirit.

Bowing is a form of paying homage to Aikido, O Sensei, the dojo, Sensei and your training partners. Alone the bow is but a hollow shell, it is the spirit in which it is done that gives it value and meaning.

AIKIDO OF ARLINGTON

Test Requirements

6th KYU

minimum 15 days practice

TAI NO HENKO
MOROTE DORI KOKYU HO
SHOMENUCHI IKKYO (o&u)
KOKYU DOSA

FORWARD AND BACKWARD ROLLS
1 - 2 jo suburi
1-3 ken suburi

5th KYU

40 days practice, all the above plus:

MUNEDORI KOTEGAESHI
KATADORI IKKYO, NIKKYO (o&u)
KATATADORI KOKYUNAGE
RYOTEDORI TENCHINAGE

KATATEDORI SHIHONAGE (o&u)
KATATEDORI IRIMINAGE (holding up, down, & middle)
1 - 10 jo suburi
1 - 7 ken suburi

4th KYU

60 days, all the above plus:

GYAKUTE/TSUKI KOTEGAESHI
SHOMENUCHI IKKYO, NIKKYO, SANKYO
(o&u)
SHOMENUCHI IRIMINAGE
YOKOMENUCHI SHIHONAGE

RYOKATADORI/RYOTEDORI
KOKYUNAGE
KATATEDORI KAITENAGE (uchi & soto)
USHIRO RYOTEDORI KOTEGAESHI
jo: 1 - 20 jo suburi
ken: right & left, 5th & 7th awase

3rd KYU

80 days, all the above plus:

Suware Waza: SHOMENUCHI IKKYO,
NIKKYO, SANKYO (o&u)
Hanmi Handachi: KATATEDORI
KAITENAGE (o&u)
Standing:
USHIRO EDIDORI SANKYO (o&u)
YOKOMENUCHI IKKYO, NIKKYO,
SANKYO (o&u)
YOKOMENUCHI IRIMINAGE (2)

Any Attack: KOKYUNAGE (2)
SHOMENUCHI SHIHONAGE (o&u)
USHIRO TEKUBITORI KOSHINAGE
RYOTEDORI KOSHINAGE
SHOMENUCHI KOTEGAESHI
JIYU WAZA (1)
ken: 1st Kunitachi
Ki Mutsubi No Tachi
jo: 31 Kata
13 Kata

2nd KYU

120 days & six months practice after 3rd KYU

Suware Waza:

SHOMENUCHI IKKYO - YANKYO (o&u)
SHOMENUCHI IRIMINAGE

Standing:

SHOMENUCHI KOSHINAGE
YOKOMENUCHI KOTEGAESHI
MOROTEDORI KOSHINAGE
USHIRO RYOKATADORI IKKYO (o&u)
USHIRO RYOTEDORI KOKYUNAGE
(three ushiro holds)

Any Attack: KOKYUNAGE (3)

KATATEDORI, USHIRO RYOTEDORI JUJINAGE

JIU WAZA: 1 then 2 attackers

Tanto: YOKOMENUCHI GOKKYO, Knife held to
center of back

ken: 1st and 2nd kumitachi

Happo giri variations

jo: 1 - 17 kumijo (of the 31)

1st KYU

150 days & 9 months practice after 2nd KYU, all the above plus:

Suware Waza:

YOKOMENUCHI IKKYO - GOKKYO (o&u)

Hanmi Handachi: (2) USHIRO WAZA,

(2) ANY OTHER

Standing:

SHIHONAGE, throwing in 4 directions

IRIMINAGE VARIATIONS (5)

KATAMENUCHI IKKYO, NIKKYO (o&u)

ANY TECHNIQUE FROM ANY ATTACK

TANKEN DORI

TACHI DORI

JO DORI

JIU WAZA

31 Kumijo

13 Jo Awase

1 - 4 Kumitachi

SHODAN

All 1st KYU plus:

From 5 different attacks:

SHIHONAGE

KOTEGAESHI

KOSHINAGE

KOKYUNAGE

IRIMINAGE

KATAMENUCHI KOTEGAESHI,

SHIHONAGE & IRIMINAGE

1 - 3 Ken Tai Jo

1 - 5 Kumitachi

Jo Nage

AIKI KEN SUBURI

1st Ken Suburi: Do a straight strike to the head in right hamni.

2nd Suburi: Step back with right foot while raising sword. Step forward with right foot as executing a straight strike to the head.

3rd Suburi: Step back with right foot while raising sword directly above the head as if piercing the heavens while feeling of becoming one with the universe. Lower the sword to the right. Advance forward with the right foot while doing a straight strike to the head.

4th Suburi: While alternating right and left hamnis, advance forward while doing a straight strike to the head.

5th Suburi: Raise the sword above the head, dropping the tip to the side, striking the side of the head. The movement of the feet are the same as the 4th suburi.

6th Suburi: Do the 5th suburi, following with left and right thrusts after each sword strike.

7th Suburi: In right hamni, strike the side of the head. In left hamni, thrust, repeat and advance.

AIKI KEN AWASE

Right Awase

Attacker: Advance the right foot forward and do a straight strike to the head.

Defender: Step off to the right and do a straight strike to the head.

Left Awase

Attacker: The same as above

Defender: Step off to the left side and do a straight strike to the head in left hamni

5th Awase

Attacker: Strike alternately as in the 5th suburi

Defender: While stepping back alternating left and right, parry the sword directing it at your partner's center.

7th Awase (attacker and defender begin in left hamni)

Attacker: Strike and thrust as in the 7th suburi

Defender: Defend as in the 5th awase. For the thrust, parry and then knock the sword off the line of attack.

AIKI JO SUBURI

Tsuki (Thrust) Section

1. **Choku Tsuki** (straight thrust) - Thrust to the chest
2. **Kaishi Tsuki** (rotating thrust) - Rotate the jo and thrust
3. **Ushiro Tsuki** (rear thrust) - Place jo under left arm and thrust to the rear
4. **Tsuki Gedan Gaeshi** (thrust and low turn) - Thrust straight in, draw jo back and counterstrike to the knee.
5. **Tsuki Jodan Gaeshi Uchi** (thrust and high return and strike) - From a straight thrust, rotate the jo over your head and strike the side of the head.

Uchi Komi (Strike) Section

6. **Shomen Uchi Komi** (strike to front of head) - Do as in the 2nd Ken Suburi
7. **Renzoku Uchi Komi** (continuous strike) - Do as in the 5th Ken Suburi
8. **Menuchi Gedan Gaeshi** (straight strike to the head, low level turn) - Strike to the head then draw the jo back in the lower position and counterstrike the leg.
9. **Menuchi Ushiro Tsuki** (straight head strike, rear thrust) - Strike the head then thrust to the rear.
10. **Gyaku Yokomen Ushiro Tsuki** (opposite side of the head strike and rear thrust) - Strike to opposite side of head, ending up in left hamni. After placing the jo on underside of forearm, thrust to the rear.

Katate (One-hand) Section

11. **Katate Toma Uchi** (far distance strike, high to low) - Step back to side and withdraw jo over and behind head, take a big step forward and strike to side of head from above shoulders in a diagonal manner.
12. **Katate Gedan Gaeshi** (one-hand low level rotation) - Withdraw jo with one hand. Strike diagonally upwards from lower position.
13. **Katate Hachi No Ji Gaeshi** (one-hand figure-eight rotation) - Rotate jo with one hand in figure-eight movement, finishing in hasso stance.

Hasso Gaeshi (Rotation) Section

14. **Hasso Gaeshi Uchi** (figure-eight return, strike) - Holding jo in the ken stance, change hand position as you draw your left leg back and from the hasso position do a straight strike to the head.
15. **Hasso Gaeshi Tsuki** (figure-eight return, thrust) - Same as above, but from the hasso position, thrust and return to the hasso position.
16. **Hasso Gaeshi Ushiro Tsuki** (figure-eight return, rear thrust) - Same as above, but from hasso position thrust to the rear.
17. **Hasso Gaeshi Ushiro Uchi** (figure-eight return, rear strike) - Same as above, but from hasso position, strike to the rear.
18. **Hasso Gaeshi Ushiro Barai** (figure-eight return, rear sweep) - Same as above, but from hasso position, step way back with your right foot and sweep to the rear.

Nagare Gaeshi (Flowing Rotation) Section

19. **Hidari Nagare Gaeshi Uchi** (left flowing return, thrust) - Starting in Ken kamai, draw the right foot back strike the side of the head, as in 2nd suburi. Let go with the left hand, passing the jo to the left, again grabbing with the left hand and strike to the rear.
20. **Migi Nagare Gaeshi Tsuki** (right flowing return, strike) - Starting in Ken kamai, step forward with left foot and do an opposite side strike to the head. Shifting the position of the right hand, draw the right foot and turn the jo to the right and thrust to the rear.

Aiki Jo 13 Kata

1. Straight thrust
2. Do a short end rotation over the head strike, ending up in right-side stance
3. Block above the head
4. Left-side thrust
5. Do a hasso rotation ending up facing the rear in hasso stance
6. Advance with the right foot do a straight strike to the head
7. Sweep the jo to the rear, ending up in right stance
8. Left straight thrust
9. Draw the jo back
10. Block from the left. you are in left side stance with your right hand now
11. Thrust from the posture in 10
12. Turn the jo over and block
13. Straight thrust

Aiki Jo 31 Kata

1. Kaeshi tsuki rotating thrust
2. Block
3. Thrust
4. Rotate the jo over the head
5. Side of the head strike
6. Rotate the jo over the head and do an opposite side head strike
7. Strike to the rear
8. Advance with the left foot and do an opposite side head strike
9. Sweep to the rear
10. Strike upward from the lower right
11. Rotate the jo over the head and do opposite side head strike
12. Return to stance
13. Straight thrust
14. Rotate over the head
15. Side of the head strike
16. Draw the jo back
17. Strike the leg
18. Return to stance
19. Low level thrust
20. Kneel on the left knee and strike the leg
21. Draw the jo back
22. Advance forward with the left leg and thrust at the chest
23. Return to stance
24. Straight thrust
25. Additional thrust
26. Draw the jo back
27. Strike the leg
28. Thrust to the chest
29. Return to left stance
30. Left straight thrust
31. Rotate the jo over the head and do opposite side head strike

AIKIDO TECHNIQUES

The whole name of a technique in Japanese is formed by the word for the attack, then technique, then direction, e.g.,

ATTACK	TECHNIQUE	DIRECTION
Shomen-uchi	ikkyo	omote-waza
Katate-dori	shiho-nage	ura waza

ATTACKS

GYAKU TE-DORI	Cross hand grab, i.e, right to right
HIJI-DORI	Elbow grab
KATA-DORI	Shoulder grab
KATATE-DORI	Wrist grab (same side)
KATATE-DORI HANTAI	Cross hand grasp, i.e. right hands grasp opponent's right wrist. Same as gyaku te-dori.
MEN-UCHI	Strike to the head
MOROTE-DORI	Attack in which wrist is held with both hands
MUNE-TSUKI	Chest or stomach strike
MUNA-DORI	Lapel grab
RYOTE-DORI	Attack in which both wrists are held
SHOMEN-UCHI	Strike to the top of the head
USHIRO ERI-DORI	Collar grab from behind
USHIRO HIJI-DORI	Elbows grabbed from the rear
USHIRO RYO-KATA-DORI	Both shoulders grabbed from behind
USHIRO RYOTE-DORI	Both wrists grabbed from behind

AIKIDO TECHNIQUES

USHIRO KUBI-SHIME	Choking with one hand around the neck from the rear
USHIRO DORI	Rear bear hug
YOKOMEN-UCHI	Strike to the side of the head

TECHNIQUES

GOKKYO	Fifth pinning technique
IKKYO	First pinning technique
IRIMI-NAGE	Entering technique, throw
JUJI GARUMI (NAGE)	Crossed-arm throw
KAITEN-NAGE	Rotary throw
KOKYU-DOSA	Seated kokyu exercise
KOKYU-NAGE	Breath throw. Often used for techniques that do not have a specific name
KOSHI-NAGE	Hip throw
KOTE-GAESHI	Wrist turning technique
NIKKYO	Second pinning technique
SANKYO	Third pinning technique
SHIHO-NAGE	Four direction throw
SUMI-OTOSHI	Corner drop throw
TAI-NO-HENKO	Basic blending practice
TENCHI-NAGE	Heaven and earth throw
YONKYO	Fourth pinning technique

AIKIDO TECHNIQUES

DIRECTIONS OF A THROW/PIN

OMOTE-WAZA	Technique which goes forward, or to uke's front
URA-WAZA	Technique which goes around, or behind uke
IRIMI	Entering (same as Omote-waza)
UCHI	Entering under, through and around
TENKAN	Turning (same as Ura-waza)
SOTO	Entering around and to the outside

AIKIDO GLOSSARY

AIKIDO	AI = Harmony KI = Spirit DO = The Way or Path
AI-HANMI	Mutual stance. Partners stand facing on another with the same foot forward, i.e.: right/right
AIKI JINJA	Aiki Shrine. The shrine O'Sensei built in Iwama, Japan, honoring the spirit and the deities of aikido
ATEMI	A strike. Striking techniques
BOKKEN	Wooden sword
BUDO	Warrior way. The group of disciplines that simultaneously teach martial technique and guide mental and spiritual development
DAN	Black belt rank
DESHI	Student, pupil, disciple
DOJO	Martial arts training hall
DOSA	An exercise
GAESHI	To reverse
GI	Training uniform
GYAKU-HANMI	Opposite stance. Partners stand with the opposite foot forward, i.e.: right/left.
HAKAMA	A divided, pant-like skirt
HANMI	Triangular stance. Literally means "half body."
HANMI HANDACHI	Nage (thrower) is kneeling and uke (attacker) approaches from a standing position
HANTAI	Opposite or reverse
HARA	Lower abdomen, physical and spiritual center

AIKIDO GLOSSARY

IRIMI	To enter, entering
IWAMA	Country town in Japan where Aikido founder Morihei Ueshiba O'Sensei developed Aikido. It is also the name for the style of Aikido practiced by Aikido of Arlington
JIYU WAZA	Free style practice
JO	Wooden staff
KAESHI-WAZA	Countering technique
KAITEN	To revolve or rotate
KAMAE	Stance
KATA	Shoulder
KATA	Pre-arranged exercise that teaches basic forms and principles
KEIKO	Practice session, training
KEN	Japanese sword
KI	Spirit, the vital force of the body, Universal Energy
KIAI	A piercing scream or cry that unifies all parts of the body and spirit
KIHON	Basic form of a technique
KI-NO-NAGARE	Fluid form of a technique
KOKYU	Breath-energy/ki flow and the motions of the body unified by control of the breath
KOKYU-RYOKU	The power harnessed through practice of kokyu
KUMI-TACHI	Advanced sword practices done with a partner
KUMI-JO	Advanced jo practices done with a partner

AIKIDO GLOSSARY

KYU	Ranks below "dan" black belt
MA-AI	The appropriate distance between uke and nage. Means "harmony of space"
MEN	Face, head
MUSUBI	Uniting, bonding
NAGE	Throw, person who throws
O'SENSEI	"The Great Teacher" Morihei Ueshiba, Founder of Aikido
OYO-WAZA	Variations on basic technique
RANDORI	Multiple person attack
REI	Salutation, bow
REIGI	Etiquette
RIAI	Common, unified principles of sword, staff and body techniques
SAITO, MORIHIRO	9th Dan, chief instructor of the Iwama Dojo. Keeper of the Aiki Shrine. Head of the Iwama style of Aikido.
SAMURAI	Military retainer (feudal period)
SEMPAI	Senior student
SENSEI	Teacher, instructor
SEIZA	Formal sitting posture
SHIHO	Four directions
SHIKO WAZA	Knee walking
SHOMEN	Front of a dojo. Often there is a photo of the Founder. Also means the top of the head
SUBURI	A single movement using the ken or jo, done as a solo practice

AIKIDO GLOSSARY

SUWARI WAZA	Techniques done from a sitting position
TACHI-DORI	Techniques of taking an opponent's sword
TAI-JUTSU	Body arts. The techniques of aikido done without weapons
TAKE-MUSU-AIKI	Term used by the Founder describing the advanced levels of aikido. The creation of aiki techniques from a thorough understanding of aiki principles
TANTO	Knife
TAO	Chinese, "Do," path, discipline
TE	Hand
TEGATANA	Hand blade. Sword edge of the hand, located between the little finger and the wrist
TSUKI	Thrust, punch
UCHI	To strike
UKE	"To receive" A person who receives an attack. Generally "Uke" refers to the person being thrown
UKEMI	The art of falling. "To receive through the body"
USHIRO	Back, behind, rear
WAZA	Technique
YOKOMEN	Side of the head
YUDANSHA	Person holding black belt rank
ZANSHIN	Unbroken spirit. The concentrated connection that remains with one's partner even after the throw has been completed