

合氣道

**Saint John Aikikai
Information Booklet**

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About Aikido

Aikido is a relatively new self-defense art, founded in Japan by Professor Morihei Ueshiba (1883-1969). As a youth, Ueshiba Sensei, or O-Sensei (Great Teacher) as he was called, applied himself to many arduous years of training in "Budo", or the Japanese martial arts. He was a master of Ju-Jitsu, the spear, and the staff, and was considered unbeatable with the sword. O-Sensei also delved deeply into religion and the meaning of life, studying Zen Buddhism and Shinto. Although he became very strong and won many matches, he was troubled with the idea that winning at someone else's expense was not truly winning. He came to realize that true self-defense was not winning over others - but **WINNING OVER THE DISCORD WITHIN ONESELF**. Though he was as acknowledged master, he began to practice movements, exploring them deeply, searching mentally, and sitting for long hours in meditation. As a result, Aikido was born as a way to divert harm from one's self while at the same time not inflicting permanent injury to an aggressor. As Aikido developed, it became clear that it was not only an effective means of self-defense, but a way to understand life through the study of energy flow of the universe.

Meaning of the word "AIKIDO"

The word "AIKIDO" in Japanese is made up of three characters. The first is "AI", which means "to meet, to come together, to harmonize". The second character is "KI", which means "energy, spirit, mind". In a larger context, "KI" means "the spirit of the universe", and not just the spirit of human beings. The third and last character is "DO", which means "the way". It signifies that the study of Aikido does not involve merely self-defense techniques, but includes positive character-building ideals which a person can incorporate into his or her life.

These three Japanese characters, "AI-KI-DO" therefore mean: ***THE WAY OF HARMONIZING WITH THE SPIRIT OF THE UNIVERSE***"

合

AI

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DO

The Philosophy of Aikido

The most unusual aspect of Aikido is that although it is primarily a self-defense art, it takes as the basis of its philosophy the idea of being in HARMONY with your opponent rather than being in conflict with him. The idea of AIKIDO is not to think of defeating your enemy, but rather to be in harmony with him, spiritually, mentally, and physically. This is why Aikido is sometimes called the "ART OF NON-RESISTANCE", or the "NON-FIGHTING MARTIAL ART".

Aikido is not merely an art of self-defense, however, into its techniques are woven elements of philosophy, psychology, body and energy dynamics. As one learns the various arts, he/she will at the same time training his/her mind, gain improvements in health, and develop self-confidence.

Morihei Ueshiba envisioned a style that could be both non-aggressive and still be effective in a multitude of self-defense situations. From that vision came the art of Aikido. As a student, you will be taught to respect the body of your opponent. The techniques should never cause permanent damage. The pain you inflict will be momentary. The Aikido student is taught to search for eternal harmony. But his training has no end; for Aikidoists believe perfection of character is never complete.

Ethical Defense

Aikido is sometimes referred to as the "non-fighting art". Most experts agree that Aikido is the most ethical system of martial arts because of the basic principle of aiki (harmony) when dealing with an attack.

Let's explain by using the following example: A man attempts to punch an innocent passerby in the stomach. What should be the defense used by the person attacked? Should he block the strike and attempt to break the person's arm in the process? Should he then smash the attacker's face, sweep him to the ground and kick the person until he is unconscious? On one end of the spectrum some people would even justify killing this person. According to the teachings of Master Ueshiba, the person who was attacked should defend himself without hurting the other person.

The student in Aikido is taught to respect the body of his opponent. Although many of the techniques in Aikido are painful, the pain is momentary and should never create any permanent damage. Injuring your opponent is a sign of lack of control and still is certainly not a display of the highest level of ethics.

A man's body (arms, legs, head, joints) has obvious structural limitations as to how far it can be twisted or bent before it will break. Aikido techniques are employed to neutralize the aggressor and not harm or seriously injure him. To do this requires that the Aikidoist have the highest ethical intention known to man - "love" - and "respect" for one another.

Leading and Blending

When executed properly, the techniques of Aikido do not result in using brute force or clashing with the power of the opponent. Aikido, in many instances, employs circular motion to contend with an attack coming head-on. The attack of the opponent is not stopped but is allowed to continue. The Aikidoist joins the power of the attack and then redirects this power harmlessly and harmoniously. Taking the attack and redirecting it is called "leading the opponent's energy or intention".

Again, there should be no strain in the execution of techniques (especially in the upper body). The Aikidoist will let the opponent go where he wants to bend. Through the physical practice of the self-defense techniques, the student of Aikido comes to appreciate and understand the mental or spiritual aspect of Aikido.

During Aikido practice, partners train in harmony with each other, learning when and how to yield, how to lead and guide another person's movements (how to defend themselves using non-resistive techniques). The student learns to position him/her in a solidly grounded triangle, keeping the center of gravity very low by relaxing the upper body, keeping the back straight, and breathing naturally. The power generated with natural breathing is called "Kokyo-ryoku" (breath-power) and is the essential power cultivated and strengthened in Aikido. Unlike pure muscle power, kokyu-ryoku does not deteriorate with age, but increases with one's understanding of Aikido, regardless of age, sex, or muscular strength for its effectiveness, one does not need to be physically large or strong to be effective in applying Aikido techniques. Aikido is therefore an effective martial art for both men and women.

Aikido Movements and Techniques

The movements of Aikido emphasize flowing, flexibility, timing, and the maintenance of balance. The aim of the Aikido practitioner is to purify him/herself and be in complete control of his/her mind and body, while keeping a calm, flexible and alert posture. Much of the beauty of Aikido movements comes from the coordinated motion of the entire body.

Techniques include throws, immobilization, and joint flexing. Most of the joint techniques, such as those applied to the wrist or elbow, flex the joints in the direction of natural bending. They are in harmony with natural flexing, and although such techniques are effective and can be painful if resisted against, they result in no permanent damage to the joints.

As the technique continues, the attacker is allowed to fall where he wants to fall - effortlessly and naturally.

There is a limit to what you can accomplish with brute strength. If you stand on a railroad track and try to stop the train, you will, as we say in Aikido, become one with the tracks! Not a pleasant sight. It is much easier and effective to move off the track and blend with the train's power. In Aikido, much time is spent on getting "off the line" and not clashing or blocking as in other martial arts. It should not be a contest of power against power.

Ranking in Aikido

As in other Japanese martial arts, Aikido utilizes the "KYU" and "DAN" system of ranking. Generally, the Aikido-ka begins with 6th kyu (in Canada), and improves his/her standing upward through the "kyu" ranks until 1st kyu is attained. A white belt is worn throughout the non-black belt ranks.

After passing the black belt test he/she is awarded the rank of "SHO-DAN", (first degree black belt). A person holding a black belt rank (Yudansha) can also improve his/her standing from first degree to advanced "DAN" rank. Because of the nature of the Aikido philosophy, which promotes harmony and non-conflict, tournaments ("shiai") are non-existent, and instead well-executed performance of the arts (techniques) become the criteria for promotion. In addition, consideration is given to the character, attitude and understanding of the principles of Aikido, as well as the seriousness and diligence of the student during practice.

Dojo Etiquette

Outline of Dojo Etiquette

1. REI (bowing):

There are two ways of bowing:

- i) kneeling (more formal)
- ii) standing (less formal)

Kneeling Bow is performed:

- a) when first stepping onto, and finally leaving the mats.
- b) at the formal beginning and ending of the class.
- c) to your partner, when beginning and ending practice of a technique.
- d) to the Sensei, after demonstration of a technique.

Standing Bow is performed:

- a) when entering and leaving the Dojo.
- b) when temporarily leaving the returning to the mats.

When in doubt, bow from the kneeling position, since it is the more formal form.

2. Etiquette Expressions. The following are five Japanese expressions you will be expected to master:

"ARIGATO GOZAIMASHITA" - thank you very much

"ONEGAISHIMASU" - Please show me your favour

"SUMIMASEN" - I'm sorry/excuse me

"OSHIETE KUDASAI" - Please teach me

"HAI" - Yes

General Etiquette and Conduct

Please be punctual: You should be changed and on the mat at least ten minutes before that start of the class. Take this time to do warm-up exercises on your own, or practice quietly with other students.

If you happen to be late, get changed and do your warm-ups off the mat. When you are ready, sit quietly on the edge of the mats, bow to O-Sensei, and then remain sitting until the Sensei gives you permission to join the class.

If you must leave the mats during class, first ask the Sensei for permission. Always be alert while on the mats. Careless practice can be dangerous and cause injury to yourself or to other students.

Keep conversation to a minimum. During practice there should be no discussion of anything other than Aikido techniques. Try to learn with your eyes and body, and help each other with the appropriate body movements rather than with words. If it is necessary to speak, do so in a low voice.

Do not teach fellow students unless specifically asked by the Sensei. Questions may be asked directly to the Sensei or to one of the senior students.

Hygiene is very important. Personal hygiene is a reflection of your respect and attitude toward Aikido, the Sensei, your fellow practitioners, and yourself. Keep your fingernails and toenails clean and short, to minimize the chance of cutting yourself or other practitioners. Keep your do-gi clean and wash it regularly.

Do not wear jewelry during practice.

If you become sick, overtired, or injured, and cannot continue practice, let your partner and the Sensei know. If you just need a short rest, bow to your partner and to the Sensei, move to the edge of the mats and sit quietly watching the class until you are ready to resume practice.

If you have a specific medical problem which may affect your practice, notify the Sensei of this problem before the class starts.

Voluntary clean-up of the Dojo is encouraged and demonstrates your respect for Aikido training and for the Dojo.

Aikido Terminology

Counting:

ICHI -	one	ROKU -	six
NI -	two	SHICHI -	seven
SAN -	three	HACHI -	eight
SHI -	four	KU -	nine
GO -	five	JU -	ten

Uniform:

DO-GI	Uniform (clothes of the way)
OBI	Belt
HAKAMA	Pant skirt, usually worn by black belt ranks

Expressions:

SENSEI	"Teacher" - One who has gone before: A term conveying respect for the instructor.
REI	Appreciation with respect (usually refers to bowing).
ONEGAI-SHIMASU	"Please do me your favour". (this is when the class starts and before practicing with the Sensei or with the other class members).
ARIGATO-GOZAIMASHITA	"Thank you very much". (this is said when you finish practice with the Sensei and to other students at the end of the class).
HAI	"Yes" (always the first response of the student when called by the Sensei).
SUMIMASEN	"Excuse me" (accompanied by a standing or kneeling bow).

Posture:

SEIZA	Basic sitting position on the knees.
KAMAE	Guard stance.
HANMI	The basic stances in Aikido. literally means "half body".

AI-HANMI	Asymmetrical hanmi.
GYAKU-HANMI	Symmetrical hanmi.
MA-AI	Distance between you and your partner
MOKUSO	Meditation

Roles:

NAGE	The person performing a throw or technique.
UKE	The person who receives Nage's movement.

Receiving:

UKEMI	Falling or receiving a throw or technique.
MAE-UKEMI	Forward roll or fall.
USHIRO-UKEMI	Backward roll or fall

Category of Movements:

TAI-JUTSU	Body arts (un-armed techniques)
TACHI-WAZA	Movements performed from a standing position.
SUWARI-WAZA	Movements performed from a kneeling position.
HANMI-HANDACHI-WAZA	Movements performed with Nage in a kneeling position while Uke attacks from a standing position.
TAI-SABAKI	Body movement.
OMOTE	Front (refers to movement in front of Uke).
TENKAN	Turning and guiding Uke in a circular direction.
URA	Back (refers to a movement behind Uke).
AI	Harmony
KI	Energy (life force/spirit)
KOKYO	Breath
KOKYO-RYOKU	Breath power
AIKI	Harmonizing with energy
DO	Way (path/way or life)
AIKIDO	The way of harmonizing with the energy of the Universe (nature)

AIKIKAI	Aikido Association
O-SENSEI	M. Ueshiba (founder of Aikido)
KAISO	founder
DOSHU	Master of the way - leader of the International Aikikai
HOMBU	International Aikido headquarters in Tokyo, Japan
SENSEI	Teacher
DOJO	Training Hall
TATAMI	Practice mats
DOGI	Training clothes (clothes of the way)
OBI	Belt
HAKAMA	Pleated pant-skirt
ZORI	Sandals
HARA	Center (located in lower abdomen)
TEGATANA	hand-blade
KUZUSHI	Unbalancing
SHIKKO	Knee walking
MOKUSO	Meditation
REI	To show appreciation and respect
NAGE	The person who performs a throw or technique
UKE	The person who receives a throw or technique
KAMAE	Guard stance
HANMI	Half stance - the basic stance in Aikido
AI-HANMI	Asymmetric half stance
GYAKU-HANMI	Symmetric half stance
DAN	Black belt rank
YUDANSHA	Person(s) holding a black belt rank
KYU	White belt rank
MA-AI	Space between Nage and Uke
USHIRO	Backward, behind
MAE	Forward, front
UKEMI	Roll, break fall
USHIRO-UKEMI	Backward fall
MAE-UKEMI	Forward roll
OMOTE	Body movement behind Uke

TAI-SABAKI	Body movement(s)
IRIMI	Straight entry body movement
TENKAN	Turning entry body movement
TAI-NO-HENKO	Static tenkan exercise with a partner
TAI-NO-TENKAN	Flowing tenkan exercise with a partner
SOTO-TENKAN	Outside turning movement
UCHI-TENKAN	Inside turning movement
KOKYU-DOSA	Suwari-waza breath exercise

Names of Aikido Attacks

KATATE-TORI	one-handed grip on one wrist
RYOTE-TORI	one-handed grip on each wrist
MOROTE-TORI	two-handed grip on one wrist
USHIRO-RYOTEKUBI-TORI	ryote-tori grip from behind
MUNE-TORI (munamochi)	one-handed grip on lapel
KATA-TORI	one-handed grip on shoulder
RYOKATA-TORI	one-handed grip on each shoulder
USHIRO-RYOKATA-TORI	ryokata grip from behind
SODE-TORI	one-handed grip on one sleeve
KATATE-TORI-KUBISHIME	one-handed grip on wrist and choke from behind
TSUKI	straight punch
SHOMEM-UCHI	vertical strike to the head with the hand-blade
YOKOMEM-UCHI	diagonal strike to the neck with the hand-blade
KATA-TORI MEN-UCHI	one-hand grip on shoulder with shomen-uchi strike
KATA-TORI YOKOMEN-UCHI	one hand grip on the shoulder with yokomen-uchi strike

Names of Aikido Techniques

IKKYO	arm immobilization
NIKYO	wrist turning-arm immobilization
SANKYO	hand twisting-arm immobilization
YONKYO	wrist pressure point-arm immobilization
GOKYO	arm immobilization from knife attack
ROKYO	elbow lock
KOTEGAESHI	palm turning throw
IRIMI-NAGE	entering throw
SHIHO-NAGE	four direction throw
KAITEN-NAGE	rotation throw
KOSHI-NAGE	hip throw
TENCHI-NAGE	heaven and earth throw
JUJI-GARAMI (JUJI-NAGE)	crossed arm lock throw
UDEKIME-NAGE	arm lock throw
UDE-HISHIGI	elbow lock throw
SUMI-OTOSHI	corner drop
AIKI-OTOSHI	aiki-drop
KOKYO-NAGE	breath throw
TACHI-TORI	techniques against sword attack
JO-TORI	techniques against Jo attack
JO-NAGE	techniques where unarmed Uke attacks Nage armed with Jo
TANTO-TORI	techniques against knife attack

Types of Aikido Practice

TACHI-WAZA	standing techniques
SUWARI-WAZA	techniques from a kneeling position
HANMI-HANDACHI-WAZA	techniques with Uke standing and Nage in kneeling position
HENKA-WAZA	variations of techniques
RENRAKU-WAZA	changing from one technique into another
KAESHI-WAZA	counter techniques

JIYU-WAZA	multiple attacks
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Names of Weapons Used in Aikido

BOKKEN	wooden sword
JO	wooden staff
TANTO	knife

Testing Requirements for the New Brunswick Aikido Federation

Rokkyu (6th kyu) Test Requirements
“To know the basic forms”

20 days	Attack	Technique
Basic	Shomen-uchi	Mae ukemi Ushiro ukemi Irimi-nage Ikkyo
	Katate-tori	Shiho-nage Kote-gaeshi
	Ryote-tori	Kokyu dosa
Additional	Katate-tori	Kokyu-ho

Gokyu (5th kyu) Test Requirements
“To know the basic forms with accuracy”

40 days	Attack	Technique
Basic	Shomen-uchi	Ikkyo Niko Sankyo Yonkyo Irimi-nage Kote-gaeshi Shiho-nage
	Yokomen-uchi	Shiho-nage
	Katate-tori	Kokyo-ho
	Ryote-tori	Tenchi-nage Kokyo dosa
Additonal	S-Shomen-uchi	S-Ikkyo S-Niko S-Sankyo S-Yonkyo
	Morote-tori	Irimi-nage

	Tsuki	Kote-gaeshi
Optional	Katate-tori	Koshi-nage
	Ushiro ryotekubi-tori	Ikkyo

Yonkyu (4th kyu) Test Requirements
“To have balance and proper timing”

80 days	Attack	Technique
Basic	Katate-tori, Ai-hanmi, Gyaku-hanmi	Irimi-nage
	Yokomen-uchi	Kote-gaeshi Shiho-nage
	Ushiro ryotekubi-tori	Shiho-nage
	Morote-tori	2 Kokyo-ho
	Tsuki	Kote-gaeshi
Additional	S-Shomen-uchi	S-Ikkyo S-Nikyo S-Sankyo S-Yonkyo S-Gokyo
	Tsuki	Kaiten-nage
	Ushiro ryotekubi-tori	Kote-gaeshi
Optional	Yokomen-uchi	Kokyu-nage
	Ushiro ryotekubi-tori	Kokyu-nage
	Shomen-uchi	Koshi-nage
	Tsuki	Ikkyo

Sankyu (3rd kyu) Test Requirements
“To have speed and stability”

100 days	Attack	Technique
Basic	Shomen-uchi	Nikkyo Sankyo Kokyu-nage

	Yokomen-uchi	Kote-gaeshi Irimi-nage
	Morote-tori	Kote-gaeshi Irimi-nage
	Ryote-tori	Shiho-nage
	Ushiro ryotekubi-tori	Shiho-nage Kaiten-nage Kaiten irimi-nage
	Tsuki	Koshi-nage Nikkyo
Additional	Suwari waza shomen-uchi	Nikkyo Sankyo
	Hanmi handachi waza	Katatetori kaiten-nage

Nikkyu (2nd kyu) Test Requirments
“To have power and be flowing”

150 days	Attack	Technique
Basic	Yokomen-uchi	Nikkyo Sankyo Koshin-nage Kokyu-nage
	Katate-tori gyaku hanmi	Kote-gaeshi Irimi-nage
	Kata-tori menuchi	Nikkyo Kote-gaeshi
	Tsuki	Ikkyo Nikkyo Sankyo Yonkyo
	Ushiro ryokata-tori	Ikkyo Nikkyo Sankyo Yonkyo Jujinage

	Ushiro katate-tori kubishime	Aiki otoshi Koshi-nage
Additonal	Hanmi handachi waza ushiro ryokatatori	Shiho-nage Kote-gaeshi
	Hanmi handachi waza	Katate-tori kaiten-nage
Optional	Jiyu waza	1 attacker

Ikkyu (1st kyu) Test Requirements

“To be able to apply and variate techniques”

200 days	Attack	Technique
Basic	Shomen-uchi	Irimi-nage
	Yokomen-uchi	Irimi-nage
	Munetori	Irimi-nage
	Tsuki	Irimi-nage
	Yokomen-uchi	Gokyo Kaiten-nage Koshi-nage
	Ushiro ryokatatori	Aiki otoshi Juji-nage Kokyu-nage
	Morote-tori	Ikkyo Nikkyo Sankyo Yonkyo Gokyo
	Hanmi handachi ushiro waza	5 techniques
	Kata-tori menuchi	5 techniques
	Yokomen-uchi	5 techniques
	Morote-tori	5 techniques
Additional	Any attack	5 tkokyu-nage

	Any attack Jiviwaza Henka waza Kaeshi waza	5 koshi-nage 3 renaku waza 3 attackers
Optional	Tanto dori Tacho dori Jo dori	