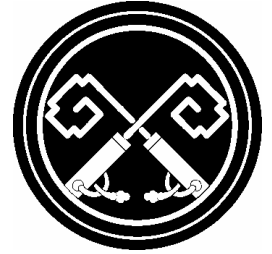




Airenjuku Aikido Club

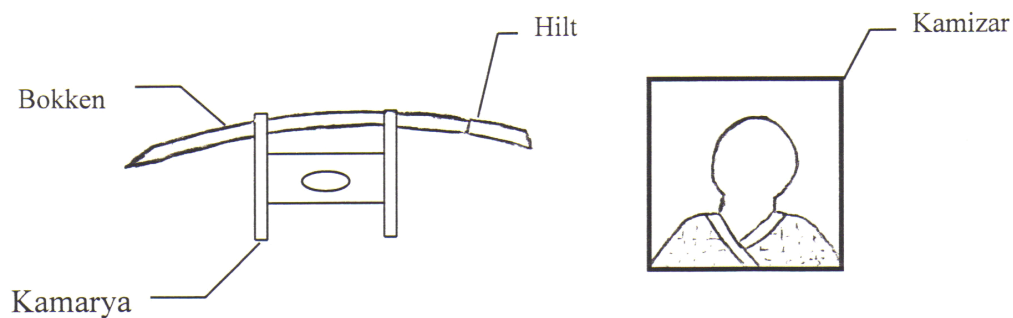


London Dojos

Basic Bokken

1. Weapon Basics

- When placing or carrying weapons on Kamarya (small wooden rest), ensure that the handle (hilt) is facing O'Sensei, never the point or blade.



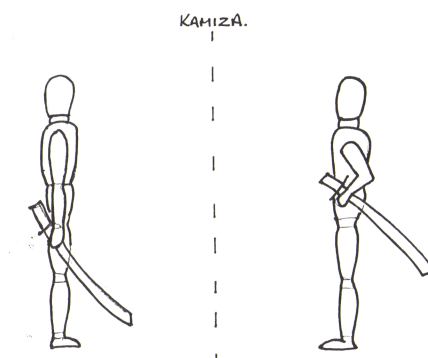
- Carry bokken and jo in your right hand whilst in the dojo with the tip facing the floor and blade facing behind you. Never lean on your bokken or jo whilst on or off the mat.
- When leaving your bokken somewhere close stand it with the hilt on the ground and the point pointing up.

2. Weapons Etiquette

The katana is the single most important artefact in Japanese society; often called the soul of the samurai. Therefore it must be treated with the utmost respect.

i. To carry the sword:

Before / after class carry the sword in your right hand with the Kishira (hilt) behind the arm and Ha (cutting edge) facing behind you. During class when sword is not in you obi (belt) hold with cutting edge uppermost in left hand at belt level with thumb holding the Tsuba (hand guard).

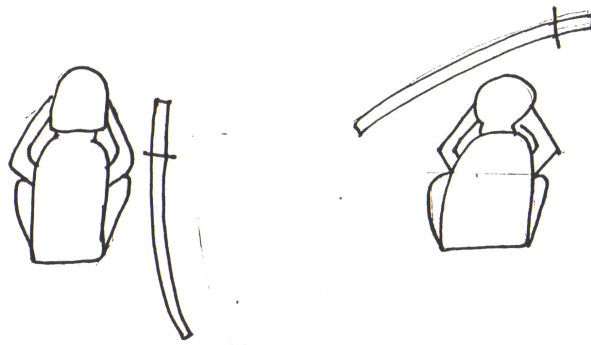


ii. Opening / Closing Salutation:

Bow to kamiza in seiza with sword on right hand side with cutting edge toward you and tsuba level with right knee; bow to sensei with sword in the same position.

Then take the sword in front of you, cutting edge facing away; tsuba in line with right knee with distance between them being the length of your forearm to elbow to first joint of middle finger; and the distance between left knee and sword being relaxed hand opened.

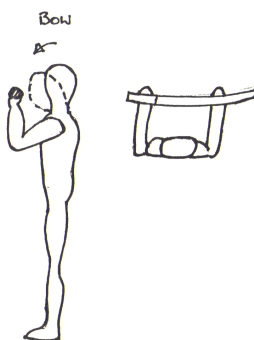
At end of class repeat this procedure in reverse.



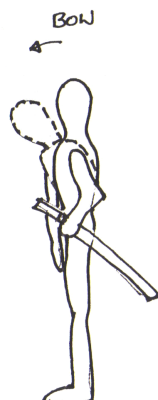
iii. Bokken

When taking up your bokken in a weapons class follow the procedure as for lai-to. However, there is a less formal procedure for use during class as follows.

Take the bokken with the hilt on your left hand and “blade” resting on your right hand (which is open) so that the “cutting edge” faces you. Hold the bokken at eye level and bow towards the kamiza.



To bow towards your partner hold the bokken at obi (belt) level with cutting edge uppermost; right hand on the right thigh and bow whilst watching your partner.



Seven Bokken Suburi

1. Front foot shomen

Raise bokken above head to jodan kami rotating right hip back so that the right foot moves back. With the downward cut move right hip and foot forward back into hadari migi (right posture)

2. Back foot shomen

Raise bokken to jodan kami and step back with right foot. Use the hip rotation to come off the center line of attack. Cutting down, step forward back into right posture.

3. Waki Kami

As for number 2 suburi but as you step back raise to jodan kami then draw bokken down the right hand side of the body (when facing an opponent they should not be able to see your bokken). Raise bokken, cut and return step back into right posture

4. Four Suburi

Raise and cut the bokken move left foot forward to near position of right foot. As cutting down step back with the right foot. Continue exercise several times.

5. Kirigiash

Begin with number 2 suburi then with right foot step diagonally across to the left raising bokken to defend in front of your head. Step through with the left foot bringing bokken around the head and cutting down to finish in left kami. Repeat.

6. Front foot tuski

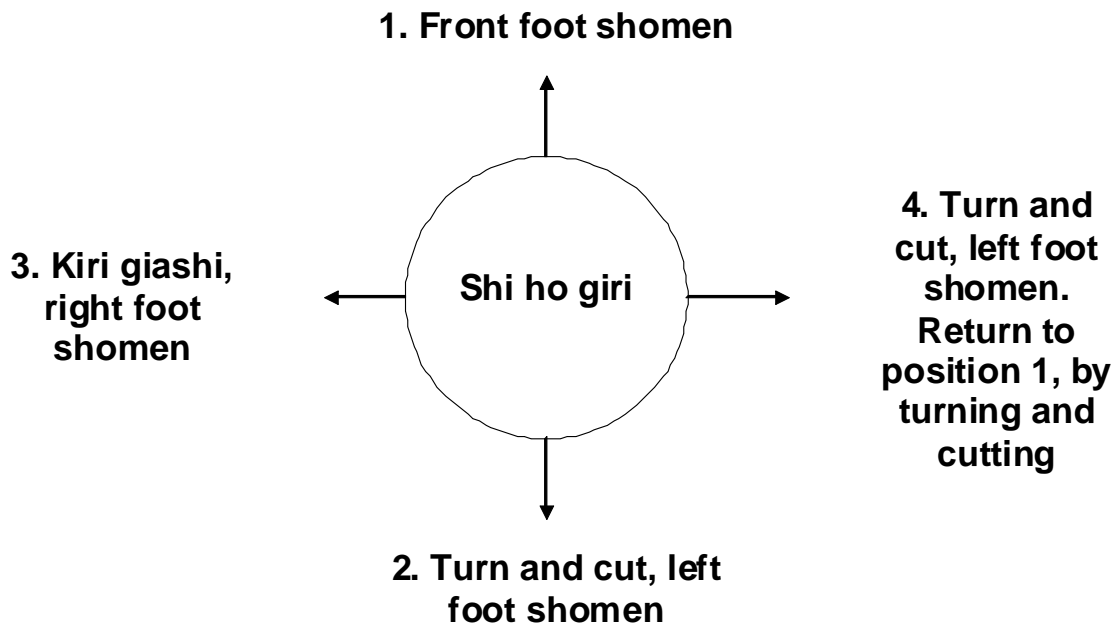
From right posture tuski to opponents throat the perform kiri giashi as for exercise 5. Repeat on left posture

7. Back foot tuski

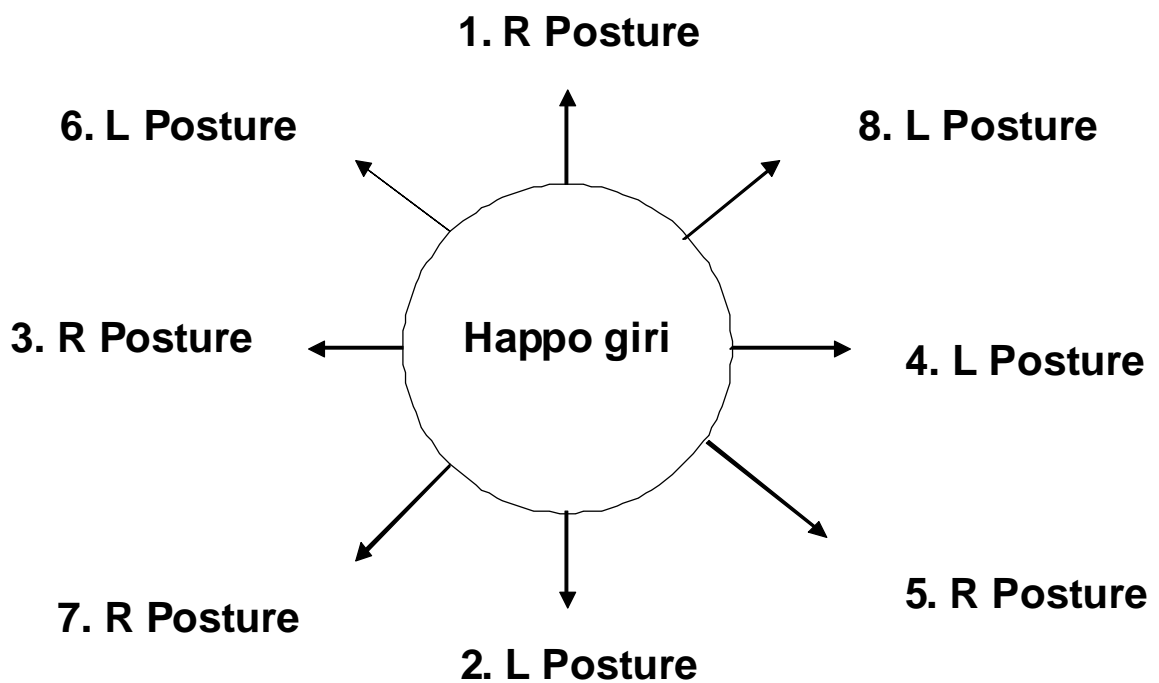
As for suburi 6, but tuski from back foot. This suburi is therefore only performed from left posture. Begin with back foot shomen and change to left poster as to make back foot tuski with the right foot.



Shi ho giri



Happo giri



Notes:

Straight directional cuts – forward foot shomen

Diagonal cuts kiri geishi

Chiba Sensei's 8 Suburi Movements.

Always start in right posture (right foot forward)

1. Front foot steps back, and shomen. Back foot steps forward, and tsuki. Tenkai ashi, and shomen. Back foot steps forward, and tsuki. Tenkai ashi, and shomen.
2. Back foot steps forward, and shomen. Back foot steps forward, and tsuki. Tenkai ashi etc and repeat movement.
3. Tenkan with edge of blade cutting up under opponents chin, once Tenkan complete shomen. Back foot steps forward, and tsuki. Repeat as above.
4. Front foot slides back passing in front of back foot (ie legs are crossed with right leg in front of left leg) with edge of blade cutting up under opponents chin. Tenkai ashi, and shomen. Back foot steps forward, and tsuki. Repeat as above.
5. Back foot moves forward and makes a .. turn to the right, and shomen. Back foot steps forward, and tsuki. Repeat as above.
6. Bring back foot next to front foot, then tankan on what was the back foot, and shomen. Back foot steps forward, and tsuki. Repeat as above.
7. Front foot slides forward, at the same time the bokken cuts the wrist of the opponent, then back foot irimi tankan, and shomen. Back foot steps forward, and tsuki. Repeat as above.
8. Kaiten movement, and shomen. Back foot steps forward, and tsuki. Repeat as above.

