



Airenjuku Aikido Club

研修生

Kenshusei Programme

Level – Basic Workshop 1



1. Kenshusei Basics

Kenshusei training is not an easy process. It requires a higher commitment both on the mat and off the mat. However, the advantage is that progression can be quicker towards dan grade.

i. Many of the basics supporting kenshusei etiquette is common sense:

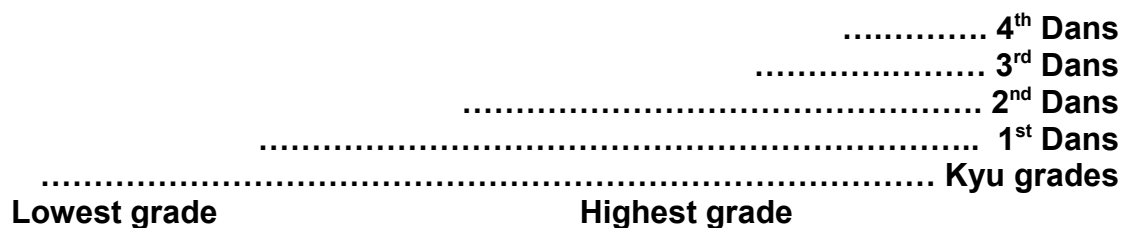
- The Kenshusei should not be late
- Inform others to be quiet whilst changing if late
- When training – the highest grade Tori is first
- Seiza – sit in the correct way: Left knee first then right (getting up is reverse)
- Learn to fold Hakama

ii. Mat etiquette

- To Zarie properly, keep your knees 2 fists apart, hands on knees. Place left hand down (pointing slightly inward) first and then the right hand, bow the head with eyes pointing downwards. To finish the bow lift the head, lift the right hand and place on right knee, follow with the left hand.
- To bow whilst standing (Ritsurei), keep your arms by your side and bow with your head.
- When entering / leaving the Dojo perform a Ritsurei bow
When entering / leaving the Tatami perform a Ritsurei bow
- When entering the Dojo / Tatami late seek the instructors (sensei) permission by standing and waiting for his / her permission. (Perform the above bows)
- When leaving the Dojo / Tatami early seek the instructors (sensei) permission by standing and waiting for his / her permission. (Perform the above bows)
- When bowing at the start of and finish of a class Zarie to kamizar and then to Sensei
- At the end of the class wait for the Sensei to leave the mat. A remaining senior grade will then say Zarie and the rest of the class will bow to the kamizar.
- The kenshusei should then offer to fold his / her Sensei's Hakama

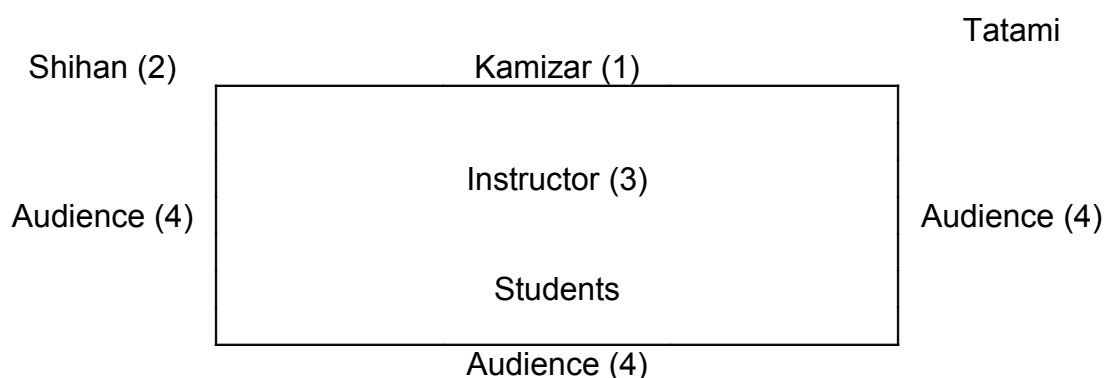


iii. Lining up at the beginning and end of class



- A 3rd Dan ranks above a 2nd Dan Fukushima when lining up
- The person taking the class takes zarie (bow), but offers the bow / class to the highest grade out of courtesy (this is usually declined)
- If a senior grade is on the Tatami (mat) zarie to him . her first, then the class

iv. Order of Zarie at a demonstration:



- Zarie to kamizar (1)
- Zarie to Shihan (2)
- Zarie to Instructor (3) commence demonstration and individual zarie
- Finish zarie to kamizar (1)
- Zarie to Shihan (2)
- Zarie to Instructor (3)
- Zarie to audience (4)
- Wait for Shihan and instructor to leave mat
- Leave mat in orderly fashion



v. Terminology

Japanese	English
Ai	Harmony
Ai Hanmi	Same or Matched Stance
Aiki	Blended or Matched Ki
Aiki Jo	Staff or Stick used in Aikido
Aiki Ken	Sword used in Aikido
Aiki Nage	Aiki throw
Aiki Otoshi	Aiki drop
Aiki Taiso	Aiki Exercises
Aite	Partner or Opponent
Ashi	Foot
Ashi Sabaki	Footwork
Atemi	Strike or Blow
Awase	Blending Movement
Ayumi Ashi	Walking
Batto	Sword Drawing
Bo	Stick larger than a Jo
Bojutsu	Stick Techniques
Bokken	Wooden Sword
Bokuto	Wooden Sword (see Bokken)
Budo	Martial Way
Budoka	Martial Artist
Bujutsu	Martial Technique
Bukidori	Against arms
Bukiwaza	Weapons Techniques
Chikara No Dashikata	The extension of power
Chudan Kamae	Middle Stance
Dakishime	Hug
Dame	Wrong, Bad, Incorrect
Do	Way, Path
Dogi	Training Uniform (Gi, Keikogi)
Dojo	Training Hall
Domo Arigato Gozaimashita	Thank you for teaching me
Doshu	Leader of the Way
Eri	Collar, Lapel
Eri Dori	Collar or Lapel grab
Fuku Shidoin	Assistant Instructor
Futaridori	Attack by two opponents
Futarigake	Attack by two opponents
Gedan	Lower
Gi	Training Uniform, Keikogi, Dogi
Go no keiko	Practice hard
Gokyo	Fifth Principle, Ude Nobashi
Gyaku	Reverse, Opposite
Gyaku Hanmi	Reverse or Opposite Stance
Haishin Undo	After practice back bending exercise
Japanese	English
Hakama	Pleated Skirt
Hanmi	Stance (also Kamae)



Hanmi Handachi	One Standing, One Sitting
Hara	Stomach, Abdomen
Henka Waza	Variation Technique
Hidari	Left
Hito E Mi	Stance (Oblique Hanmi)
Ho	Exercise, method
Ikkyo	First Principle, Ude Osae
Ippan Geiko	General Training
Irimi	Entering Movement
Irimi Nage	Entering Throw
Jo	Staff or Stick
Jo dori	Disarming an opponent armed with a Jo
Jo tori	Disarming an opponent armed with a Jo
Jodan	Upper Position
Jodan No Kamae	Upper Stance with Sword
Jodo	Art of the Jo
Ju no keiko	Practice softly
Ju No Ri	Principle of Gentleness
Juji Garami	Cross entangling method
Juji Nage	See Juji Garami
Jumbi Taiso	Warm Up Exercises
Jyugeuko	Free practice
Jyugi	Free attack and defence
Jyuwaza	Free attack and defence
Kaiso	Morihei Ueshiba, the founder
Kaiten Ashi	Forward step pivot
Kaiten Nage	Rotary Throw
Kamae	Postures for combat
Kansetsu	Joint
Kansetsu Waza	Joint Technique
Kata (1)	Form
Kata (2)	Shoulder
Katadori	Shoulder Grab
Katame Waza	Immobilisation Technique
Katana	Steel Sword
Katate	One Hand
Katatedori	One hand grab
Katatori	Shoulder grab (katadori)
Keiko	Practice, Training
Keikogi	Training Uniform (Gi, Dogi)
Kekka fusi	Sitting position
Ken dori	Against sword
Ki	Spirit
Ki No Musubi	Joining together of Ki
Japanese	English
Ki No Nagare	The flow of Ki
Kiai	Combative shout
Kiritsu	Standing/stand
Kisshomaru Ueshiba	Doshu, son of O Sensei
Kogeki	Attack



Koho tento	Falling backward
Kokoro	Spirit, Heart
Kokyu	Breath
Kokyu ho	Breathing Method
Kokyu Nage	Breath Throw
Kokyu No Henka	Breath changes
Kokyu Ryoku	Breath Power (Kokyu)
Kokyu Tenkan Ho	Breath turning
Koshi Nage	Hip Throw
Kote Gaeshi	Wrist Out Turn or Twist
Kote Hineri	Wrist twist, Sankyo
Kote Mawashi	Wrist In Turn, Nikyo
Kubi	Neck
Kubi shime	Choke, strangle
Kyu	Class, Grade below Shodan
Kyudo	Art of Japanese Archery
Mawatte	Turn
Ma-ai	Distance between two opponents
Men	Head
Menuchi	Head Strike
Metsuke	Eye to Eye contact
Migi	Right
Mochi	Hold, Grasp
Morihei Ueshiba	O Sensei, the founder of Aikido
Moriteru Ueshiba	Second son of Doshu, Waka Sensei
Morotodori	Two Hand Grab
Munedomi	Chest Hold
Nage	Throw
Neko ashi dachi	Cat stance
Nikyo	Second Principle, Kote Mawashi
Nori	Attention stand
Omote	Front
Onegaishimas	Please Teach Me
Oyowaza	Applied Techniques
O-Sensei	Great Teacher, The Founder
Randori	Free Style Practice
Rei	Bow
Renoji dachi	Stance "I"
Renshu	Practice, Training
Renzoku	Continuous
Ritsurei	Standing Bow
Rokkyo	Sixth Principle, Ude Hishigi
Japanese	English
Ryokatadori	Two Shoulder Grab
Ryotodori	Two Hand Grab
Ryu	Style, School
Ryu no keiko	Practice very soft
Sabaki	Movement
Sakuko Ueshiba	Wife of Kisshomaru Ueshiba, Doshu
Sankaku	Triangle
Sankyo	Third Principle, Kote Hineri



Sannindori	Attack by three opponents
Sanningake	Attack by three opponents
Seiza	Seated Position
Sensei	Teacher
Shidoin	Instructor
Shihan	Master Instructor
Shiho Nage	Four Corner Throw
Shikko	Knee Walking
Shisei	Posture
Sho Men Uchi	Front Head Strike
Shumatsu Dosa	After practice back bending exercise
Sode	Sleeve
Sodedori	Sleeve Grab
Sotai Dosa	Paired exercise
Soto	Outside
Suburi	Exercise for Jo & Bokken
Sumi	Corner
Sumi Otoshi	Corner Drop
Suwarewaza	Seated techniques
Tachi	Standing
Tachidori	Sword Taking
Tachiwaza	Standing Techniques
Tai	Body
Tai No Henka	Body Change or Shift
Tai Sabaki	Body Turning Movement
Taijutsu	Body Techniques (Unarmed)
Tanden	Centre of stomach, slightly be
Tandoku Dosa	Solo exercises
Tandoku keiko	Practice by oneself
Taninzudori	Attack by many opponents
Taninzugake	Attack by many opponents
Tanken	Short Sword or Knife
Tanken dori	Against knife
Tanto	Short Sword
Tatami	Straw Mat made from Bamboo
Te	Hand
Te Sabaki	Hand Movement
Tegatana	Hand Blade
Teiji dachi	Stance "t"
Japanese	English
Tekubi	Wrist
Tekubi Kansetsu Junan Ho	Wrist flexibility exercises
Tekubi Osae	Wrist pin, Yonkyo
Tekubi Shindo	Wrist shaking hands held horizontally
Tenchi Nage	Heaven and Earth Throw
Tenkai Ashi	Pivot
Tenkan	Turn
Tori	Person Executing a technique
Tsugi Ashi	Following Steps, shuffle step
Tsuki	Punch
Uchi	Strike



Uchideshi	Live-In Student
Ude	Arm
Ude Hishigi	Arm smashing, Rokkyo
Ude Nobashi	Arm stretch, Gokyo
Uke	One Who receives
Ukemi	Breakfall
Ura	Back
Ushiro	Rear, Behind
Waza	Technique
Yame	Stop, finish or end
Yoko	Side
Yokomen	Side of the Head
Yokomenuchi	Strike to the side of the head
Yonkyo	Fourth Principle, Tekubi Osae
Yoroku Ueshiba	O Sensei's father
Yudansha	Black Belt Student
Yuki Ueshiba	Mother of O Sensei
Za Ho	Sitting method
Zanshin	Awareness, Lingering Spirit
Zarei	Formal Sitting Bow



SALUTATIONS:

UNDO (exercises):

JUMBI UNDO:

TANDOKU UNDO:

- a) SHISEI
- b) TEKUBI JUNAN UNDO
 - Kote geishi ho:
 - Kote mawashi ho:
 - Kote hineri ho:
 - Tekubi shindo:
- c) KOKYU RIKU YOSEI
- d) TAI SABAKI
- e) UKEMI
 - Mae
 - Ushiro
 - Yoko

SO TAI UNDO:

- a) SHISEI
- b) KOKYU RIKU YOSEI
- c) TAI SABAKI
- d) KIAWASE
- e) UKEMI UNDO
- f) SYU MATSU UNDO

BOWS and POSTURE:

RITSUREI:

ZAREI:

SEIZA:

MIGI HANMI:

HIDARI HANMI:

AIHANMI:

GYAKU HANMI:

KEKKA FUSI:

KIRITSU:

NORI:

RENOJI DACHI:

TEIJI DACHI:

NEKO ASHI DACHI:

TENKAN:

TENKAI ASHI:

MAWATTE:

OMOTE:

URA:

"Onegaishimas" - Please teach me
 "Domo arigato gozaimashita"
 - Thank you for teaching me

General preparation of the body
 Exercise educative for oneself

Postures

Suppleness of the wrists

Wrist outward turn (ikkyo)

Wrist in turn (nikkyo)

Wrist twist (sankyo)

Wrist shaking hands held horizontally

Esprit and respiration

Turning movement of the body

Breakfalls

Front

Rear

Side

Educative exercises with a partner

Postures

Esprit and respiration

Turning movement of the body

Harmony with the force of the partner

Breakfalls

Decontraction

Standing bow

Sitting bow, performed as a formal gesture of respect

and gratitude on entering and leaving the dojo

Sitting posture, kneeling, with the back straight

Posture right (oblique)

Posture left (oblique)

Opponents and partners postures same side:

Right to right, right to left

Left to left, right to left

Opponents and partners postures opposite:

Left to right, right to left

Sitting position

Standing/stand

Attention stand

"1" stance

"T" stance

Cat stance

180° turn, pivoting on front foot

180° turn, pivoting on balls of feet

Turn

The attackers front

The attackers rear

STYLES of PRACTICE:

GO NO KEIKO:

To practice hard, with full strength, mostly by basic technique

To practice softly, with principle of non resistance, but still practicing attack and defence

To practice very soft, as running water, there will be no attack or defence, nothing will be opposed between partners, but perfect harmony and peace

To practice by oneself

Free practice

Technique

Free attack and defence

Practice of concentration of power

TANDOKU KEIKO:

JYUGEIKO:

WAZA:

JYUWAZA or JYUGI:

KOKYUHO or KOKYURYOKYU YOUSEIHO:

AREAS of STUDY:

There are two areas of study in Aikido:

PROJECTION:

Shi ho Nage, Kote Gaeshi, Irimi Nage, Kaiten Nage, Tenchi Nage

The Principles: Ikkyo, Nikkyo, Sankyo, Yonkyo.

IMMOBILISATION:

FORMS of ATTACK:

KATATE:

RYOTE:

KATA:

MUNE:

MUNAMOTO:

SODE:

TANINZUGAKE or

TANINZUDORI:

FUTARIGAKE or

FUTARIDORI:

SANNINDORI or

SANNINGAKE:

BUKIDORI:

TANKENDORI:

KENDORI:

JODORI:

JYUWAZA or JYUGI:

USHIRO:

KUBI:

SHIME:

ERI:

DAKISHME:

DORI:

AIHANMI KATATEDORI:

GYAKUHANMI KATATEDORI:

KATATEMOCHI KATADORI:

One hand

Both hands

Shoulder

Chest

Grasp the revers with one hand

Sleeve

Attack by many opponents

Attack by two opponents

Attack by three opponents

Against Arms

Against knife

Against sword

Against stick

Free attack

Behind

Neck

Strangle

Collar

Hug

Take away

Opponents right hand to take partners right hand, or left to left

Opponents right hand to take partners left hand, or left to right

Opponents hand to take partners shoulder



SHOMEN IRIMI NAGE:	Over head entering throw
KOSHIN NAGE:	Hip throw
AIKI OTOSHI:	Aiki drop
AIKI NAGE:	Harmony throw
SUMI OTOSHI or MAE OTOSHI:	Corner drop
SUKERMAN IRIMI NAGE:	Under head entering throw
IRIMI TSUKI:	Form of entering
HUJI SHIME:	Elbow entwine
<u>LESSER USED TERMINOLOGY</u>	
SHUTO UCHI:	Knife hand strike (elbow to little finger)
UDE KIME NAGE:	Cross shaped throw (known as Jujinage)
UDE HISHIGE:	Arm smashing (Rokkyo)
UCHI KAITEN:	Inward rotary
SOTO KAITEN:	Outward rotary
KATAGATAME:	Shoulder pin
SHIHO GIRI:	Four direction cutting
HAPPO GIRI:	Eight direction cutting
MAEGERI:	Front kick
RENZOKU UCHKOMI:	Continuous striking practise with partner
AWASE:	Matching practise
HENKAWAZA:	Variations of specified technique
UCHI IRIMI TENKAN:	Inside entering and turning
BOKUTO:	Same as bokken

ASSISTANTS AND INSTRUCTORS

KENSHUSAI:	Special student, instructors assistant
UKEDESHI:	Student that lives in the Dojo, maintains it and looks after the instructor in every way
FU KU SHIN DO IN:	Junior national coach (2nd dan & above)
SHI DO IN:	Senior national coach (4th dan & above)
SHIHAN:	6th dan professional instructor

KATATEMOCHI MUNEDORI:	Opponent's hand to take partners chest
RYOTEMOCHI KATADORI:	Opponent's both hands to take partners shoulders
RYOTEMOCHI MUNEDAKISHIME:	Opponent's both hands to take partners chest
USHIRO RYOTE ERIDORI:	Opponent's to hug partners chest from behind
USHIRO RYOTEDORI:	Opponent's to take partners collar from behind
USHIRO RYOKATADORI:	Opponent's to take both of partners hands from behind
USHIRO KATATEDORI KUBE SHIME:	Opponent's to take both of partners shoulders from behind
USHIRO KATATEDORI:	Opponent's to take partners hand and neck from behind
USHIRO ERI DORI:	Grasp the collar from behind
SHOMEN:	Centre of head
YOKOMEN:	Side of head
OI TSUKI:	Strike direct
UCHI:	Strike or hit
GERI/KERI:	Kick
TSUKI:	Strike
JODAN:	Upper part
CHUDAN:	Middle part
GEDAN:	Lower part
SHOMEN UCHI:	Opponent's to attack partners centre of head with side of hand (shuto or teitsui)
YOKOMEN UCHI:	Opponent's to attack partners side of head with side of hand
MUNE TSUKI or CHUDAN TSUKI:	Opponent's to attack partners stomach with fist
MEN TSUKI or JODAN TSUKI:	Opponent's to attack partners throat or face with fist
GEDAN TSUKI:	Opponent's to attack below partners stomach with fist
JODAN GERI:	Opponent's to kick above partners throat
CHUDAN GERI:	Opponent's to kick partners stomach
GEDAN GERI:	Opponent's to kick below partners stomach
<u>FORMS OF DEFENCE:</u>	
TACHIWAZA:	Standing technique
SUWARIWAZA:	Sitting technique
HANMIHANDACHI WAZA:	Opponent's standing and partners sitting
FUTARI GEKO:	Hard practice with two attackers
NININ DORI:	Practice with two attackers
SANNIN DORI:	Practice with three attackers
NAGEWAZA:	Throwing or projection techniques
KANSETSUWAZA:	Joint techniques
ATEMIWAZA:	Striking or hitting techniques
IKKYO:	First principle
NIKKYO:	Second principle
SANKYO:	Third principle
YONKKYO:	Fourth principle
GOKKYO:	Fifth principle
ROKKYO:	Sixth principle
SHIMONAGE:	Enter (in) body (mi) throw (nage)
KOTEGAESHI:	Four (shi) direction (rou) throw (nage)
KAITENNAGE:	Small hand (kote) twist (gaeshi)
TENCHINAGE:	Spin (kaiten) throw (nage)
KOKYUNAGE or AIKINAGE:	Heaven (ten) and earth (chi) throw (nage) Breath (kokyu) throw (nage) or iming throw (a way of projection with mind and body as one)