

AiShinKai - Iaido Program

425-771-6816 • www.aishinkai.com

Affiliations

All United States Kendo Federation
Pacific Northwest Kendo Federation
Hajime Kai, Tokyo, Japan
Pacific Northwest Budo Association, *Founding member*

Practice Schedule

Thursday	7:15-8:45pm	Iaido	Spartan Dance Room
Saturday	1:30-3:00pm	Iaido	Spartan Dance Room
Private lessons	Schedule with Sensei	AiShinKai members	Edmonds Bannister Dojo

AiShinKai members are encouraged to schedule private study time in the Edmonds Dojo, and avail themselves of private, one-on-one monthly training. Donation \$30/hr (discount cards available).

Our Mission

AiShinKai Iaido Kai is dedicated to fostering character development and the creation of better citizens through the study of the principles, techniques, history, and ideals of modern Japanese swordsmanship. Our primary sources are the basic kihon and kata of All Japan Kendo Federation Iai (ZNKRF Seitei Gata), AiShinRyu Aiki-Ken/Aiki-Jo, and Muso Shinden Ryu Iaido. The balance we recommend in these disciplines is as follows:

Breathing / Meditation	5%
Mind-Body Coordination	10%
AJKF Iai	40%
Muso Shinden Ryu Iai	20%
AiShinRyu Aiki-Ken/Aiki-Jo	20%
Kiatsu Ryoho	5%

AiShinKai programs are unified by the following guiding principles:

AiShinKai Basic Principles for Life

- Create a Calm Center
- Be Comfortably Relaxed
- Practice Dependable Posture
- Unify Body, Mind and Spirit

- Strive for Excellence
- Be Loyal, Brave and Sincere
- Seek the Simplest Solution
- Smile and Be Natural

AiShinKai Basic Principles of Weapons Practice

- Correct Stance
- Proper Grip
- Sharp Footwork
- Correct Motion
- Proper Strike Angle

- Control Distance and Timing
- Understand the Scenario
- Correct Technique
- Correct Form
- Continuous Awareness

Dr. Jonathan Bannister, *Founder & President*

All Japan Kendo Federation Iaido Zen Nihon Kendo Renmei Iaido

Tachi-no-reiho
Hajime-no-torei

History, purpose, and scope of learning
Sword Terminology
Basic Principles for Life
Basic Principles of Weapons Training

Kihon

Nukitsuke, kiri-otoshi, yoko-chiburi, noto
Crouching lunge (1,2,3 steps - *Noguchi*)
Crouching: nukitsuke, kiri-otoshi, yoko-chiburi, noto (alternating legs)
Kiri-otoshi no suburi (horse stance)
Standing: nukitsuke, kiri-otoshi, kesa-chiburi, noto (16 steps)
Shomen-uchi and Kiri-otoshi (forward and backwards)
Hasuji (cutting angles): right, left, alternating
Footwork
 Kiri-otoshi no Okuri-ashi (Tsugane)
 Kiri-otoshi no Ayumi-ashi (Tsugane)
 Direction-changing and turning (Eura)

AJKF Iai Waza

Ipponme: Mae*	Nannahonme: Sanpo Giri
Nihonme: Ushiro	Hachihonme: Ganmen Ate
Sanbonme: Uke Nagashi	Kuhonme: Soete Tsuki
Yohonme: Tsuka Ate	Jupponme: Shiho Giri
Gohonme: Kesa Giri	Juipponme: So Giri
Ropponme: Morote Tsuki*	Junihonme: Nuki Uchi

**Recommended beginner waza preparatory for yonkyu*

Owari za-no-torei

AiShinRyu Aiki-ken/Aiki-Jo Curriculum

AiShinKai Basic Principles for Life
Mind-Body Coordination Exercises
AiShinKai Basic Principles of Weapons Practice
Individual Bokuto / Jo Kihon
Partner Exercises

AiShinRyu Aiki-Ken / Aiki-Jo Kata

Happo-Giri Kata
First Jo Taigi
Kamae Kata
Second Jo Taigi
Shomenuchi Kata
1st Jo Kata
Yokomenuchi Kata
2nd Jo Kata
Sword Taigi

Waza and Tori: jo, bokken, kodachi, tanto

Muso Shinden Ryu Curriculum

Omori Ryu (Shoden)

Shohatto (First Sword)
Sato (Left Sword)
Uto (Right Sword)
Atarito (Hitting Sword)
Inyo Shintai (Yin-Yang Mind-Body)
Ryuto (Flowing Sword)
Junto (Kaishakku)
Gyakuto (Reverse Sword)
Seichuto (Strong Middle Stance Sword)
Koranto (Wild Tiger Sword)
Gyakuto Inyoshintai Kaiwaza (Reverse Yin-Yang Mind-Body Alternate Technique)
Nuki Uchi (Avoid and Strike)
Nuki Uchi Kaiwaza (Avoid and Strike Alternate Technique)

Hasagawa Eishin Ryu (Chuden)

Yoko Gumo (Cloud Bank)
Tora Isoku (Step of the Tiger)
Inazuma (Lightning Flash)
Uki Gumo (Floating Cloud)
Yama Oroshi (Falling Down the Mountain)
Iwanami (Wave against Rock)
Uroko Gaeshi (Swerve of the Carp)
Nami Gaeshi (Turn of the Wave)
Taki Otoshi (Cascading Waterfall)
Nuki Uchi (Suddenly Draw the Sword)

Shin Muso Hayashizaki Ryu Okuden (Oku-iai)

Tatehiza-no-bu

Kasumi (Nadegiri) (Haze)
Sunagakoi (Protecting the shin)
Shihogiri (Cut in four directions)
Tozume (Towards the sliding door)
Towaki (Next to the sliding door)
Tanashita (Under the floor)
Ryozume (Impeded on both sides)
Torabasiri (Running tiger)

Tachi-no-bu

Yuki Zure (Walking Together)
Tsure Dachi (Going Together)
So Makuri (Complete resolve)
Sodome (Complete Finish)
Shinobu (Hiding)
Yuki Chigai (Passing)
Sode Suri Gaeshi (Brushing sleeves)
Moniri (Entering the gate)
Kabe Zoe (Impeded by a wall)
Uke Nagashi (Flowing parry)
Oikakegiri (Following and cutting)
Ryoshi Hikitsure (Escorted by two samurai)

Seiza-no-bu

Itomagoi (I am leaving) #1, #2, #3

Intro to Japanese Swordsmanship

First Class

Introductions
History and Scope of Learning
Hajime no Reiho (Tachi-no-torei)
Proper Grip, Proper Action, Proper Angle, Proper Distance
How to Cut
 Power
 Accuracy
 Speed
Happo Giri Kata
Owari no Reiho

Second Class

Mukuso/Reiho
Kihon
Happo Giri Kata
Partner Exercises
Mokuso/Reiho

Third Class

Mukuso/Reiho
Kihon
Happo Giri Kata
Seated waza, *Mae*
Standing Waza. *Morote Tsuki*
Partner Exercises
Mokuso/Reiho

Fourth Class

Mukuso/Reiho
Kihon
Happo Giri Kata
Mae
Tsuka Ate
Morote Tsuki
Partner exercises
Mokuso/Reiho

Fifth Class

Mukuso/Reiho
Kihon
Happo Giri Kata
Mae
Tsuka Ate
Kesa Giri
Morote Tsuki
Partner Exercises
Mokuso/Reiho

Sixth Class (*Identify those who might like to continue and discuss the future and equipment*)

Mukuso/Reiho
Kihon
Happo Giri Kata
Mae
Ushiro
Tsuka Ate
Kesa Giri
Morote Tsuki
Ushiro
Partner Exercises
Mokuso/Reiho

Seventh Class

Mukuso/Reiho
Kihon
Happo Giri Kata
Mae
Ushiro
Uke Nagashi
Tsuka Ate
Kesa Giri
Morote Tsuki
Line Exercises
Mokuso/Reiho

Eighth Class

Mukuso/Reiho
Kihon
Happo Giri
Mae
Ushiro
Uke Nagashi
Tsuka Ate
Kesa Giri
Morote Tsuki
Sampo Giri
Kamae Kata
Sword show
Mokuso/Reiho

Party: *Discuss testing, tournaments, Japan and the adventures awaiting those who wish to continue.*