

Redlands Aikikai: Notes on Weapons & Striking Techniques

The notes that follow are meant to be a general guide and will make sense only *after* you have experienced the techniques in class. Beginning/Intermediate I class includes arts for both 6th and 5th kyu; Focus class includes arts for 6th, 5th and 4th kyu; and Intermediate II includes arts from 4th and 3rd kyu. Advanced class and our seminars will cover arts from 1st and 2nd kyu. This is so that students will have ample practice time to get ready to demonstrate the arts during their tests.

6th Kyu Requirements

Empty-Hand Strikes: Done in three modes: pulled at the partner's body, full-force in the air next to a partner and full-force against a focus mitt or bag: Tsuki (basic karate), Shomenuchi, Yokomenuchi.

Sword Kamae: *Gedan (shodan)*: low; *Seigan (chudan)*: middle; *Jodan*: high. *Hasso*: to the side (near shoulder or hip). *Gyaku*: opposite. *Migi*: right; *Hidari*: left; *Waki*: to the side.

Sword/Jo Strikes: *Shomen Uchi*: strike to the top of the head; *Yokomen Uchi*: strike to the temple or neck (side of head); *Tsuki*: thrust to the chest: heart or solar plexus. *Kesagiri*: diagonal strike down; *Kiriage*: diagonal strike up; *Yokogiri*: horizontal strike, also called *Do*.

Basic Jo Form (7 movement kata): Tsuki, deflect, tsuki, deflect, Yokomen, Gyaku Yokomen, Ushiro, Ashi, twirl, repeat.

5th Kyu Requirements

Bokken Suburi (Saito Sensei):

#1. Shomen cut from seigan to ½ jodan to chudan; #2. Same with slide back of right foot (i.e., a true jodan position); #3. Shomen from hasso gedan, ½ jodan to chudan; #4. Shomen with step, each side; #5. Yokomen cuts, each side of the line, with shielding; #6. Shomen-tsuki, same side foot; 7. Shomen-tsuki, opposite side foot.

Happo Giri: Bow. **(Iai)** with full circle cut, **(1)** shomen to 12 O'clock (N), **(2)** 6 O'clock (S), **(3)** 9 O'clock (W), **(4)** 3 O'clock (E), **(5)** 4:30 O'clock (SE), **(6)** 10:30 O'clock (NW), **(7)** 1:30 O'clock (NE), **(8)** 7:30 O'clock (SW), **(Chiburi)** right hand to head and chiburi while facing 12 O'clock (N). Return sword to scabbard. Bow.

Sword Deflections: *Falling spiral deflection*: Off of both shomen and tsuki (static – start with touch; dynamic). Must continue with tsuki to chest, kote or men. *Rising spiral deflection*: Uchitachi stands square with sword in right hand. Uketachi does shomen and uchitachi goes to jodan and then shomen, no foot movement.

Basic Sword Form: *Uchitachi*: Shomen, Do, Yokomen, Kote, ashi, Tsuki. *Uketachi* receives and deflects each while stepping back (No step back for the first attack, shomen).

Jo Suburi #1-5 (Saito Sensei) As in "Aiki Jo" video: TSUKI: 1. Choku Tsuki 2. Kaeshi Tsuki 3. Ushiro Tsuki 4. Tsuki Gedan Gaeshi 5. Tsuki Jodan Gaeshi

4th Kyu Requirements

Empty-Hand Strikes: Done in three modes: pulled at the partner's body, full-force in the air next to a partner and full-force against a focus mitt or bag: Backfist, Roundhouse (both fist & slap), Upper Cut, Elbow strikes (to face and body).

Kumitachi (Saotome Sensei) As in "The Sword of Aikido" video: Numbers 1 through 3.

Jo Suburi #6-10 (Saito Sensei) As in "Aiki Jo" video: UCHI: 6. Shomen Uchikomi 7. Renzoku Uchikomi 8. Menuchi Gedan Gaeshi 9. Menuchi Ushiro Tsuki 10. Gyaku Yokomen Ushiro Tsuki.

31 Jo Kata (Saito Sensei) As in "Aiki Jo" video: Also at <http://www.youtube.com/watch?v=gqgoiRkmTtE>
In the following, L refers to starting in left hanmi; R to starting in right hanmi

1. **L** Kaeshi Tsuki 2. **L** Deflect above head 3-5. **L** Tsuki Jodan Gaeshi 6. **R** Gyaku Yokomen 7-8. **L** Turn 180° and **R** Renzoku Uchikomi 9. **L** w/jo near shoulder, Ushiro Barai (facing forwards again) 10. **L** Sweep up over head 11. **R** Gyaku Yokomen 12. **L** Switch hands and gather in chudan 13-15. **L** Tsuki (high) Jodan Gaeshi 16-17. **R** Ushiro, gedan gaeshi 18. **L** Twirl, switch hands 19-20. **L** Tsuki (low) jodan gaeshi, kneel 21. **R** Ushiro 22. **L** Draw forwards and "underhand" Tsuki 23. **L** Twirl, switch hands 24. **L** Tsuki 25-27. **L** Tsuki Gedan Gaeshi 28. **R** "underhand" Tsuki (high) 29. **R** Twirl and deflect downwards 30 **R** Tsuki 31. **R** Gyaku Yokomen Uchi.

Kumijo (Saotome Sensei) As in "The Staff of Aikido" video: Numbers 1 through 3.

3rd Kyu Requirements

Bokken Suburi (Saotome Sensei) As in "The Sword of Aikido" video:

1. Shomen cut from seigan to ½ jodan to shodan;
2. Hasso Jodan and Gyaku Hasso Jodan cuts;
3. Continuous Hasso cuts, left and right;
4. Start shomenuchi and then alternately shield-yokomen;
5. Hasso gedan, tsuki, shomen (with back step);
6. From hasso gedan through jodan down to shodan, cutting to the left;
7. Hasso cut, reverse blade, cut back up hasso.

3rd Kyu Requirements (Continued)

Bokken Awase (Saotome Sensei) As in "The Sword of Aikido" video:

1. Shomen suburi, out of phase and in phase;
2. Repeated hasso and gyaku hasso cuts, uketachi doing shomen;
3. Looping suburi, 4 cuts (2 each side) , uketachi doing shomen;
4. Tsuki, step back: both partners;
5. Both start in seigan, deflect and do kote, step back;
6. Yokomen suburi, out of phase and in phase;
7. Large circular cuts over head, 3-4 each side, uketachi doing shomen.

Kumitachi (Saotome Sensei) As in "The Sword of Aikido" video: Number 4.

Jo Suburi #11-20 (Saito Sensei) As in "Aiki Jo" video: KATATE: 1. Katate Gedan Gaeshi 2. Toma Katate Uchi 3. Katate Hachi no Ji Gaeshi HASSO: 1. Hasso Gaeshi Uchi 2. Hasso Gaeshi Tsuki 3. Hasso Gaeshi Ushiro Tsuki 4. Hasso Gaeshi Ushiro Uchi 5. Hasso Gaeshi Ushiro Harai; NAGARE: 1. Hidari Nagare Gaeshi Uchi 2. Migi Nagare Gaeshi Tsuki.

31 Jo Kata (Saito Sensei) As in "Aiki Jo" video: Interactive

Kumijo (Saotome Sensei) As in "The Staff of Aikido" video: Number 4.

2nd Kyu Requirements

Kicks: Side, roundhouse, mule, front push, to Knee, Knee strikes to chest/torso/legs, Mui Thai kick, Body slap kick; Basic Leg Sweep

Kumitachi (Saotome Sensei) As in "The Sword of Aikido" video: Number 5.

Kumijo (Saotome Sensei) As in "The Staff of Aikido" video: Numbers 5 and 6.

1st Kyu Requirements

Kumitachi (Saotome Sensei) As in "The Sword of Aikido" video: Numbers 6 through 12.