



## TAKEMUSU IWAMA AIKIDO EUROPE

# Reading Zenshin Aikido Club

“Winning means winning over the discord in yourself. Those who have a warped mind, a mind of discord, have been defeated from the beginning”

- Morihei Ueshiba

For further information visit  
[www.aikido-reading.co.uk](http://www.aikido-reading.co.uk) or  
[www.takemusu-iwama-aikido.org](http://www.takemusu-iwama-aikido.org)

This leaflet is intended as a brief introduction to aikido in general and a guide to a typical Reading Zenshin Aikido club practise session in particular.

## What is Aikido?

Aikido is a Japanese martial art which can be loosely translated as “The Way of Harmony (of Spirit)”. The art was created by Morihei Ueshiba, also known as O’Sensei (great teacher) using the principles of non-violence, conflict resolution and harmony. There are many different ‘styles’ of Aikido, dependent on the period and length of time the creator of the new style spent with O’Sensei.

Reading Zenshin Aikido Club practices the Iwama Ryu style as taught by the late Morihiro Saito, who spent 24 years under the tutelage of O’Sensei and whose aim was to teach what he had been taught at the dojo in Iwama without making any changes. The club is affiliated to Takemusu Iwama Aikido Europe who are a Full member of the British Aikido Board. The TIAE is affiliated to the Aikikai Foundation through the Takemusu Aikido Association.

### Introducing the Sensei



John Garmston sensei, 4th dan  
 Started aikido in 1981. Holds a  
 BAB Coach Level 1 award.



Peter Hagger sensei, 3rd dan  
 Started aikido in 1991. Holds a  
 BAB Coach Level 1 award.

### Grading System

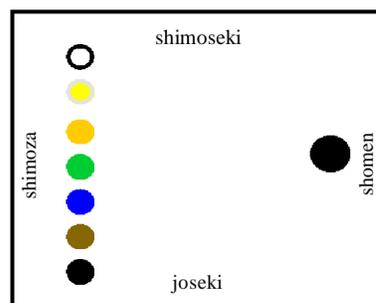
- 6th kyu - White belt
- 5th kyu - Yellow belt
- 4th kyu - Orange belt
- 3rd kyu - Green belt
- 2nd kyu - Blue belt
- 1st kyu - Brown belt + Hakama\*
- 1st dan - Black belt + Hakama
- 2nd dan - Black belt + Hakama
- 3rd dan - Black belt + Hakama
- 4th dan - Black belt + Hakama
- 5th dan - Black belt + Hakama
- 6th dan - Black belt + Hakama
- 7th dan - Black belt + Hakama
- 8th dan - Black belt + Hakama

\* Black or dark blue divided skirt may be worn at 1st kyu if awarded.

### The Practice Hall (Dojo)

The mat is split into 4 areas:-

1. the instructor and the picture of O’Sensei are placed at the shomen (upper seat)
2. the students, (initially) in grade order are at the shimoza (lower seat).
3. the left side of the mat looking towards the instructor is the shimoseki (lower side)
4. the opposite side is the joseki (upper side)



Mat layout

## Dojo Etiquette

To benefit and enjoy training in Aikido, to create an atmosphere of mutual respect among the students and teachers and for reasons of safety, there are certain rules of etiquette that are followed in each dojo.

Upon entering the dojo for the first time a seated bow should be performed and on leaving the dojo students should do a standing bow towards the *shomen*.

Bow towards the *shomen* when stepping on or off the mat.

The class is started and finished with a formal bow towards the *shomen* and the Sensei.

Be on time for class, preferably early but if late bow in alone, after receiving permission to enter the

mat.

From the time you start training in the art of Aikido the instructor will be known to you as Sensei at all times.

Before and after training with partners they should be thanked with a bow, the same also when the Sensei provides personal instruction. Remove all jewellery and piercings before training.

Keep toenails and fingernails clean and short.

Always keep body and *gi* clean.

If a student is cut they should leave the dojo and dress the wound before resuming training.

Ensure feet are clean before stepping onto the mat.

Students thought to be under the influence of alcohol or drugs will not be permitted to train.

The use of bad language is not permitted in the dojo.

Aikido is more than just a physical form of self-defence. It is a physical, mental and spiritual path for growth and development: therefore the greatest understanding is gained when each action is done with mind, body and spirit.

Bowing is a form of paying homage to Aikido, O’Sensei, the dojo, sensei and training partners, and it is the spirit in which it is done which gives it value and meaning. A bow done out of habit is simply a hollow shell.

## A typical lesson

Warm up involving stretching & break fall practise (to allow a technique to be performed without injury) 10 mins

Basic body movements (*tai sabaki*) 5 mins

Introductory bow

Practice turning exercise (*tai no henko*) with partner 5 mins

Practice *kokyū ho* (breathing exercise) with partner 5 mins

Practice techniques:- usually based on a theme such as different techniques from the same attack or vice-versa. 50 mins

Weapons practise - Bokken or Jo 12 mins

*Kokyū dosa* - kneeling breathing exercise 3 mins

Finishing bows

Drinks in the pub !

### Four Lesson Introduction

The 4 lesson introduction allows you to attend any four lessons (Tuesday, Thursday or Saturday) and gives an introduction to basic aikido techniques, ukemi & etiquette.

At the end of the introduction if you wish to continue practising, club membership and insurance must be obtained.

See the website for details of the next beginner course or why not come down to view a practise?

### Practise Times

Tuesday 8.30pm  
 Thursday 8.00pm

Saturday 8.00am (Weapons Practise)

At Palmer Park Sports Stadium, Wokingham Road, Reading

# COMMON TERMS USED IN TAKEMUSU IWAMA AIKIDO

## BODY MOVEMENT

**IRIMI** - An entering movement  
**TENKAN** - Pivoting turn with a step back  
**KAITEN** - Pivoting turn with no step back  
**MA-AI** - Distance between *UKE* & *NAGE*  
**OMOTE** - The front  
**URA** - Reverse (the back)  
**MAE** - Forward  
**USHIRO** - Behind, to the rear  
**SEIZA** - Sitting (kneeling)  
**SHIKKO** - Knee walking  
**TEGATANA** - Handblade (fingers spread apart)

**HANMI** - Stance / Posture  
**AI HANMI** - Stance where both partners have the same foot forward  
**GYAKU HANMI** - Stance where both partners have opposite feet forward  
**TACHI WAZA** - Both attacker & defender are standing  
**SUWARI WAZA** - Both attacker & defender are sitting (kneeling)  
**HANMI HANDACHI WAZA** - attacker is standing whilst the defender is sitting (kneeling)  
**ATEMI** - Strike to disturb opponent's balance  
**UKEMI** - Breakfall

## WEAPONS

**BOKKEN** - Sword  
**JO** - Wooden staff  
**TANTO** - Knife  
**KEN NO KAMAE** - Sword posture  
**HASSO** - Posture where *JO* or *KEN* is held over the shoulder  
**SUBURI** - Solo exercise using *JO* or *KEN*  
**AWASE** - Blending exercise with a partner  
**HAPPO GIRI** - 8 direction cut (*KEN* exercise)  
**KUMI TACHI** - Prearranged sparring exercise (*KEN*)  
**KUMI JO** - Prearranged sparring exercise (*JO*)  
**KATA** - Predetermined exercise

## ATTACKS

**TSUKI** - Straight thrust (to *JODAN*, *CHUDAN* or *GEDAN*)  
**SHOMEN UCHI** - Straight blow to top of the head  
**YOKOMEN UCHI** - A blow to the side of the head  
**KOSA DORI** - Wrist grab where both *UKE* & *NAGE* have the same arm forward  
**KATATE DORI** - Wrist grab where both *UKE* & *NAGE* have opposite arms forward  
**KATA DORI** - *UKE*'s hand takes *NAGE*'s shoulder

**MUNE DORI** - *UKE*'s hand grabs *NAGE*'s chest  
**MOROTE DORI** - both *UKE*'s hands grab *NAGE*'s wrist  
**SODE DORI** - Like *KATATE DORI* but *UKE* grabs *NAGE*'s sleeve  
**RYOTE DORI** - *UKE*'s both hands take both *NAGE*'s hands  
**USHIRO RYOTE DORI** - *UKE* takes both *NAGE*'s hands from behind  
**USHIRO RYOKATA DORI** - *UKE* takes both *NAGE*'s shoulders from behind

**USHIRO KUBISHIME** - *UKE* takes *NAGE*'s hand & neck from behind  
**USHIRO KATATE MUNE DAKISHIME** - Bear hug from behind  
**KATADORI MEN UCHI** - *UKE*'s hand grabs *NAGE*'s shoulder whilst performing a strike to the head  
**(USHIRO) HIJIDORI** - *UKE* grabs both *NAGE*'s elbow (from behind)  
**USHIRO ERIDORI** - *UKE*'s hand grabs *NAGE*'s collar from behind

## TECHNIQUES

**IKKYO** - Arm pin (1st immobilisation)  
**NIKYO** - Wrist twist & pin (2nd immob')  
**SANKYO** - Wrist twist & pin (3rd immob')  
**YONKYO** - Pressure point pin (4th immob')  
**GOKYO** - Arm pin (5th immobilisation)  
**ROKKYO** - Elbow lock & pin (6th immob')  
**IRIMI NAGE** - Entering throw  
**SHIHO NAGE** - Four direction throw  
**KOTE GAESHI** - Wrist twist & throw  
**KAITEN NAGE** - Circular/ rotate throw  
**TENCHI NAGE** - Heaven and earth throw  
**KOSHI NAGE** - Hip throw

**JUJI NAGE** - Elbow lock throw  
**JUJI GARAME** - Elbow lock throw  
**UDE GARAME** - Arm lock throw  
**KOKYU NAGE** - Breath throw  
**SUMI OTOSHI** - Corner throw  
**AIKI OTOSHI** - Leg throw  
**TACHI DORI** - Techniques for disarming an opponent armed with a *KEN*  
**JO DORI** - Techniques for disarming an opponent armed with a *JO*  
**KAESHI WAZA** - Counter technique  
**HENKA WAZA** - To start with one technique and change to another



## MISCELLANEOUS

**SENSEI** - Teacher  
**UKE** - The person "attacking" and receiving the technique  
**NAGE** - Throw / Person performing the technique  
**(KEIKO) GI** - White (practice) suit  
**HAKAMA** - Divided pleated skirt  
**DAN** - Level (black belt)  
**KYU** - Levels below *DAN*  
**MIGI** - Right  
**HIDARI** - Left  
**UCHI** - Inside  
**SOTO** - Outside  
**JODAN** - Above the neck  
**CHUDAN** - Between neck and waist  
**GEDAN** - Below the waist  
**ZAREI** - Kneeling bow  
**ONEGAI SHIMASU** - Please train  
**DOMO ARIGATO**  
**GOZAIMASU** - Thank you very much

一 **ICHI** - One  
 二 **NI** - Two  
 三 **SAN** - Three  
 四 **SHI / YON** - Four  
 五 **GO** - Five  
 六 **ROKU** - Six  
 七 **SHICHI / NANA** - Seven  
 八 **HACHI** - Eight  
 九 **KYU / KU** - Nine  
 十 **JU** - Ten

### A brief guide to Japanese Pronunciation

A is pronounced like the *a* in AT & never like *a* in HAY.  
 E is pronounced like the *e* in PET & never like *e* in EAT.  
 I is pronounced like the *i* in IT & never like *i* in HIGH.  
 O is pronounced like the *o* in COT & never like *o* in GO.  
 U is pronounced like the *o* in "doh!".  
 U is pronounced like the *u* in UP & never like *u* in USE.

U is pronounced like the word "you".  
 AI is pronounced "eye".  
 EI is pronounced "ay" as in HAY.  
 AE is pronounced "eye-eh".

Consonants are pronounced hard, similar to when a child initially learns the alphabet i.e. **not** HAY-BEE-SEE  
 G is pronounced like the *g* in GET & never like GIANT

S is pronounced like the *s* in SET & never like RISE  
 Syllables such as ryo, kyo, gya and kyu etc. indicate here 2 syllables have been joined together, in this case ri-yo, ki-yo, gi-ya & ki-yu, and should be pronounced together.  
 Words written with a double consonant such as ikkyo, indicates a pause immediately after the preceding syllable i.e. I—KI-YO.