

# Redlands Aikikai

## Beginners & Intermediate Weapons Class Schedule

	1 <sup>st</sup> Week 1 <sup>st</sup> through 7 <sup>th</sup> of the month	2 <sup>nd</sup> Week 8 <sup>th</sup> through 14 <sup>th</sup> of the month	3 <sup>rd</sup> Week 15 <sup>th</sup> through 21 <sup>st</sup> of the month	4 <sup>th</sup> Week 22 <sup>nd</sup> through 28 <sup>th</sup> of the month
<b>Mondays</b>		<i>Beginning I: Weapons</i>	<i>Intermediate II: Weapons</i>	
<b>Thursdays</b>	<i>Intermediate II: Weapons</i>			<i>Beginning I: Weapons</i>
<b>Saturdays</b>	<i>Beginning I: Weapons</i>	<i>Intermediate II: Weapons</i>		

Between the 29<sup>th</sup> and the 31<sup>st</sup> we cover arts not done earlier in the month

### Notes on Weapons/Striking Techniques covered in Beginner I and Intermediate II classes

The notes that follow are meant to be a general guide and will make sense only *after* you have experienced the techniques in class. Beginners I Weapons class includes arts for both 6<sup>th</sup> and 5<sup>th</sup> kyu; Intermediate II Weapons class includes arts for 6<sup>th</sup>, 5<sup>th</sup> and 4<sup>th</sup> kyu. This is so that students will have ample practice time to get ready to demonstrate the arts during their tests.

#### 6<sup>th</sup> 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.

**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.

#### 5<sup>th</sup> Kyu Requirements

**Sword Deflections:** *Falling spiral deflection*: Off of both shomen and tsuki (static – start with touch; dynamic). Must continue to tsuki to chest, kote or shomen/yokomen.

*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.

**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.

**Basic Sword Form:** *Uchitachi:* Shomen, Do, Yokomen, Kote, ashi, Tsuki. *Uketachi* receives and deflects each while stepping back.

**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.

**Jo Suburi #1-10 (Saito Sensei) As in "Aiki Jo":** TSUKI: 1. Choku Tsuki 2. Kaeshi Tsuki 3. Ushiro Tsuki 4. Tsuki Gedan Gaeshi 5. Tsuki Jodan Gaeshi UCHI: 1. Shomen Uchikomi 2. Renzoku Uchikomi 3. Menuchi Gedan Gaeshi 4. Menuchi Ushiro Tsuki 5. Gyaku Yokomen Ushiro Tsuki.

#### **4<sup>th</sup> Kyu Requirements**

##### **Further strikes, Kicks and Sweeps**

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

**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**

*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.

*Additional Optional Material not required during 6<sup>th</sup>, 5<sup>th</sup> and 4<sup>th</sup> kyu tests:*

**Bokken Suburi (Saotome Sensei) As in "The Sword of Aikido" video:** 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 shomen uchi 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.

**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.