

Shibumi Aikikai



AIKIDO

THE WAY OF HARMONIOUS ENERGY

Aikido is:

- **Non-violent self-defence**
- **Non-competitive martial arts**
- **Builds flexibility in mind and body**
- **Gives a sense of balance**
- **Fun**

AIKIDO is a modern martial art in that it was *created* by the Founder Morihei Ueshiba, respectfully called **O-Sensei** by all aikidoka. It came into being after many years of study in various martial disciplines by O-Sensei. In seeking a practice that encompassed many of the tenants and principles that he felt were essential to the healthy growth of the human community. The result is an art that avoids the aggressor by re-directing their energy into a less destructive path. It is by avoiding the path of violence that we as Aikido practitioners blend with that force and diffuse it.

Not designed for competition, there are none. Its purpose is to compete with one's self and win that match by finding improvement. The movements are flowing and circular. They require balance and centre rather than strength and force. The very nature of the art is to practice in concert with a partner we help each other in finding better balance and flow. Being relaxed is the central key to successful Aikido.

Aikido does not rely on size or strength for its effectiveness, but rather uses timing, body dynamics, and centred movement. Moving from the centre creates relaxed posture as well as physical and mental balance.

Training harmonises body, mind, and spirit and enables the student to encounter stressful circumstances without being thrown off kilter. It also creates a resiliency of the body and an openness of the mind—qualities needed in our society, and our daily lives.

Students start Aikido for physical fitness, for self-defence, or because they are fascinated by the philosophy. Any reason to start is a good one. They often find, as they continue to practice, that they are enjoying themselves, because Aikido is fun.

It is an art whose principles embrace balance, harmony and elegance. Aikido does have application as a method of self-defence in that it re-directs the energy of an aggressive advance. It is however a great form of self-enhancement; practised by both men and women well into their 60's and 70's. This is possible because Aikido is adaptable to each person and their needs.

What can you expect when you join Shibumi Aikikai?

- Membership in **Shibumi Aikikai**, an Aikido club affiliated with the Ontario and Canadian Aikido Federation
- Concern with your well being and learning
- Good instruction and a vigorous work-out
- Periodic guest instructors from the local Aikido community, giving you opportunities to broaden your exposure to Aikido

What is expected of you?

- A desire to learn,
- Respect for fellow practitioners and towards Aikido,
- Arriving on-time for class,
- Partaking in at least two classes per week,
- Staying focused during the class, (no unnecessary distractions, talking, noise etc.)
- Concern for the safety and well-being of others (no rough-play, bullying etc.)
- Join **Shibumi Aikikai** – annual membership fee - \$20.00 per person.
- Take out individual membership in the Canadian Aikido Federation – annual membership fee - \$10.00 per person.
- Wear a proper uniform (Judo gi) after your 5th class

About Your Instructor

Peter Gelberger is a Brampton resident, and has been involved in Aikido for over 30 years. He has also studied Chito-ryu Karate and Judo.

Y. Yamada, 8th – dan, President of the US Aikido Federation, awarded him his black belt in Aikido in 1993.

He founded Shibumi Aikikai in 1997.

How to Get More Information

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Training Schedule at the Brampton YMCA

| | | |
|-----------------|---------------------------------|---------------------------|
| Tuesday: | 7:30 – 9:00 | Open - weapons |
| | At Fallbrook Trail Ranch | |
| Friday: | 6:15 – 7:15 | Kids Class |
| | 7:15 – 9:00 | Advanced – randori |
| Sunday: | 1:30 – 2:30 | Kids Class |
| | 2:30 – 4:00 | Advanced class |

Dojo Etiquette

The word **dojo** means practice hall. In the Martial Arts it also carries a greater meaning. It represents a place of learning that in a way holds it's own identity. It is here that we share our knowledge and experience in Aikido. At the front of the dojo is a picture of O-sensei who was the founder of Aikido. The place where the founders' photo is displayed is referred to as the **shomen**.

Being an Asian art we retain the system of manners that is used there. The bow in Japan is a demonstration of politeness, same as we use the handshake. In greeting someone you would bow each in turn to be polite. In the dojo we bow on entering and leaving the room as well as a formal bow (from seiza, kneeling) when coming on and leaving the mat surface. This is to show respect to the mat as a place of learning and to demonstrate respect to the founder and the life that he committed to Aikido.

You should always be on the mat a few minutes before class begins. This helps prevent late arrivals from distracting the class and disrupting the lessons. It is also considered common politeness in Japanese culture to be punctual. Also, for reasons of safety you should not wear any loose jewellery, e.g. necklaces, earrings, rings and don't chew gum or eat candy.

Leading the class, the instructor will bow the shomen as a sign of respect. The instructor will then turn and bow to the students and the students will return the courtesy. All will say together **onegai shimasu**, which means, "I request the favour (of your instruction/co-operation in training)". The students and the instructor are each demonstrating their mutual respect for the other in the sharing of Aikido.

Class Begins.

The instructor will call for the assistance of a student to act as **uke** or opponent to demonstrate the technique to be practised. After demonstrating 4-5 times the **Sensei** (instructor) will call to choose partners and practice begins. Each student bows to his or her partner and they move to a clear space to practice. This will be repeated throughout class as we work together to improve our Aikido.

Class Ends

At the end of class the instructor will call for students to "stretch backs", as a final loosening up exercise and the students will line up facing the Shomen. The steps to begin class are repeated except that when the instructor bows to the class the sensei and students will say **domo arigato gozaimashita** meaning, "I am very much/humbly obliged to you".

At this point Sensei may call for everyone to "make a circle", and ask everyone in the class to bow to partners. You as a student will find and bow to all of your partners from that class, saying thank you in English or Japanese. It is a further courtesy at the end of class. While all members are in a circle the instructor may have announcements concerning the dojo or welcomes to extend to visiting students. It is important to recognise that in the circle all may offer comments and announcements. It is an opportunity to share.

Types of Classes

A variety of class types are offered to allow training in all aspect of the art, and in ways suitable to different levels of advancement.

| | |
|-------------------------|--|
| Open | all are invited to attend. The emphasis is on the basics of Aikido. |
| Open Weapons | all ¹ are invited to attend. The focus is on the use of traditional weapons of Aikido: bokken, jo and tanto. |
| Advanced | students who have achieved 4 th kyu and above are invited. More complex techniques are explored in these classes. |
| Advanced Weapons | students who have achieved 4 th kyu and above are invited. More complex weapons techniques are explored in these classes. |
| Advanced randori | students who have achieved 2 nd kyu and above are invited. This is highly specialized class, allowing students to practise the free flow of continuous randori. |

The Social Contract

In Aikido we are practising physical and sometimes rather fast techniques. We must respect this and always remember that we are working together using each other's bodies to achieve this. That simple rule that we learned as children that we must always put things back the way we found them applies very well here. When a partner lends you the use of a wrist or arm you are expected to return that limb in the same state in which you borrowed it. In this way we may expect the same to be done when it's your partners turn to practice on your limbs. No pain no gain? As much as this is said it doesn't always apply. In practice it is often better to look at pain in this way:

- It does not build character
- It is not good for the soul
- It rarely strengthens us

To put it mildly, pain has no socially redeeming qualities what so ever. So avoid it.

Rank and Testing

The ranks below the black level are known as **kyu** ranks, and are normally designated by a number counting down from 6 to 1. Black-belt ranks are know as **dan** ranks, and are numbered from 1. In following the tradition of Japan, all the ranks preceding **sho-dan** (first-degree black belt) wear white. The black belt actually signifies that you have truly become proficient in the basics of Aikido and may now work to refine your technique and yourself.

All students are eligible for grading, provided that they have participated as a minimum, in the number of classes shown in the grading requirements page of this handout. After a successful grading, the count of the number of classes attended is reset and the count begins towards the next level. Gradings are held several times a year. The specific dates will be determined and announced in advance. Gradings are an excellent opportunity to test yourself as your own opponent. By grading we work toward a goal and achieving that goal tells us that we have succeeded in improving our technique and ourselves.

¹ The minimum requirement for open weapons class is to have attended 10 Aikido classes.

Japanese Lexicon

Movement / Position

| | |
|---------------|-------------------------|
| irimi (omote) | entering |
| tenkan (ura) | turning |
| tenshin | retreat |
| tenkai | slide-in and rotate hip |
| uchi | inside |
| soto | outside |
| shikko | knee walking |
| ukemi | break fall, roll |

Stances

| | |
|----------------|--|
| hamni handachi | Uke standing and Nage kneeling |
| suwari waza | Both Uke and Nage kneel |
| ai hamni | similar stance (Uke and Nage same foot forward) |
| gyakyu hamni | mirror image stance (Uke and Nage opposite foot forward) |
| seiza | Japanese style sitting on knees |
| kiza | seiza, up on balls of feet |

Attacks

| | |
|----------------------|---|
| atemi | strike |
| katate-tori | one wrist grabbed by one hand |
| kata-tori | one shoulder grabbed by one hand |
| morote-tori | one wrist grabbed by two hands |
| kata-tori-men-uchi | grab opponent's shoulder with one hand and strike his head with the other |
| ryo-kata-tori | grab both shoulders of opponent |
| ryo-te-tori | grab both wrists of opponent |
| kubi-shime | choke |
| tsuki | punch, thrust |
| ushiro | attack from behind |
| ushiro-waza | attacks from behind |
| ushiro-kubi-shime | rear choke with free hand grabbing wrist |
| usiro-tekubi-tori | grab both wrists from behind |
| ushiro-ryo-kata-tori | grab both shoulders from behind |
| shomen-uchi | overhead strike to the head |
| yokomen-uchi | diagonal strike to the head |
| randori | free style (any attack) |

Techniques

| | |
|-------------|--|
| ikkyo | elbow and wrist control |
| nikyo | control by wrist compression |
| sankyo | control by wrist turning in |
| yonkyo | control by pressure point on wrist |
| gokyo | elbow and wrist control, with hand on wrist in opposite orientation to ikkyo |
| kote-gaeshi | wrist turn-out |
| irimi-nage | entering throw controlling head |
| shiho-nage | four directional throw |
| tenchi-nage | heaven and earth throw |

| | |
|-------------|---|
| kokyu-nage | breathing throw (any number of techniques where blending is the main element) |
| kokyu-ho | a specific example of kokyu-nage |
| kaiten-nage | wheel throw |
| ju-ji-nage | lock opponent's elbows against each other and throw |
| tachi-tori | disarm a sword wielding attacker |
| jo-tori | disarm a staff wielding attacker |
| tanto-tori | disarm a knife wielding attacker |
| henka waza | switching from one to another technique |
| kaeshi waza | counter techniques |

Weapons

| | |
|--------|--------------|
| ken | sword |
| bokken | wooden sword |
| jo | staff, stick |
| tanto | knife |

The Uniform

| | |
|--------|-------------------------------|
| do-gi | practice uniform |
| obi | belt |
| hakama | outer garment worn over do-gi |

The People

| | |
|--------|------------------------|
| dan | black belt level(s) |
| kyu | ranks below black belt |
| nage | person defending |
| sensei | teacher |
| uke | person attacking |

General

| | |
|--------|--|
| ai | meet, join, blend |
| ki | universal energy |
| do | way, path |
| dojo | place of martial arts practice |
| ma'ai | distance between attacker and defender |
| suburi | sword cuts |
| waza | technique |

Grading Requirements

6th Kyu (30 days)

1. Mae Ukemi (front-roll)
2. Ushiro Ukemi (back-roll[two styles])
3. Hard-fall with wrist support
4. Movements – irimi, tenkan, tenkai, tenshin
5. Shiko (knee-walking)
6. Shomenuchi Ikkyo (Omote)
7. Katatetori Shihonage (Omote)

5th Kyu (50 days)

1. Shomenuchi Ikkyo (Omote & Ura)
2. Shomenuchi Iriminage
3. Katatetori Shihonage (Omote & Ura)
4. Ryotetori Tenchinage
5. Tsuki Kotagaeshi
6. Ushiro Tekubitori Kotegaeshi
7. Morotetori Kokyuho

4th Kyu (80 days)

1. Shomenuchi Nikkyo (Omote & Ura)
2. Yokomenuchi Shihonage (Omote & Ura)
3. Tsuki Iriminage
4. Ushiro Tekubitori Sankyo (Omote & Ura)
5. Ushiro Ryokatatori Kotegaeshi
6. Suwari Waza:
 - Shomenuchi Ikkyo
 - Katatori Nikkyo (Omote & Ura)
 - Katatori Sankyo (Omote & Ura)

3rd Kyu (100 days)

1. Yokomenuchi Iriminage (2 ways)
2. Yokomenuchi Kotegaeshi
3. Tsuki Kaitennage
4. Ushiro Ryokatatori Sankyo (Omote & Ura)
5. Morotetori Iriminage (2 ways)
6. Shomenuchi Sankyo (Omote & Ura)
7. Suwari Waza:
 - Shomenuchi Iriminage
 - Shomenuchi Nikkyo (Omote & Ura)
8. Hanmi Handachi:
 - Katatetori Shihonage
 - Katatetori Kaitennage (Uchi & Soto*)

2nd Kyu (200)

1. Shomenuchi Shihonage
2. Shomenuchi Kaitennage
3. Yokomenuchi Gokyo
4. Ushiro Tekubitori Shihonage
5. Ushiro Tekubitori Jujinage
6. Ushiro Kubishime Koshinage
7. Morotetori Nikkyo
8. Hanmi Handachi:

- Shomenuchi Iriminage
 - Katatetori Nikkyo
 - Yokomenuchi Kotegaeshi
9. Randori: 2 ukes

1st Kyu (300 days)

1. Katatori Menuchi - 5 techniques
2. Yokomenuchi - 5 techniques
3. Morotetori - 5 techniques
4. Shomenuchi - 5 techniques
5. Ryotetori - 5 techniques
6. Koshinage - 5 techniques
7. Tantor
8. Hanmi Handachi:
Ushiro Waza - 5 techniques
9. Rondori: 3 ukes

Shodan (400 days)

1. All of 1st Kyu requirements
2. Tachitori
3. Jotori
4. Henka Waza **
5. Rondori: 4 ukes

Nidan (600 days)

1. All of Shodan requirements
2. Tachitori - 2 ukes
3. Kaeshi Waza ***
4. Rondori: 5 ukes

San-dan (700 days)

Subject of exam to be determined by the examiner at the time of the exam.

Notes:

Day requirements are counted from the last test.

From 3rd Kyu onward, you must attend at least 2 seminars per year to qualify for testing in the next rank.

* Uchi & Soto Mawari - Both inside (uchi) & outside (soto) movements.

** Henka Waza - Switching from one technique to another.

*** Kaeshi Waza - Counter Techniques: Uke applies the technique to Nage. The examiner will call the original technique. i.e. To apply sankyo against nikkyo.