



STUDENT GUIDE

合氣道



Welcome to the Aikido School of Athens.

Ultimately the Aikido practitioner (Aikido-ka) strives to harmonize with the power of space and time, blending with his universe to escape adversity unscathed. Using the momentum of the attacker, Aikido is simply used to redirect the energy in a controlled manner. Aikido is a practice that people of all ages and strengths can participate in. Both novices and experienced martial artists alike will benefit from the training. Techniques are taught at the individual pace of each Aikido-ka. As all people are different and unique, so is their training.

Martial Arts are physically and mentally demanding. The uniform, dojo etiquette and ambiance are to clear your mind of the outside world and put you into a state of relaxation and concentration. The techniques you will learn are powerful and dangerous so it is imperative that you be alert and aware of your surroundings. Remember Aikido is a circle and what you put into it you will get out of it.

The word dojo translates as “place where you learn the way”. It is your dojo and it will only be as you make it. Bring in good positive energy and the dojo will grow and flourish because you are there. As Aikido is a self-defense martial art, it is occasionally painful and often difficult to learn thus, a good attitude and regular attendance is imperative. We, as instructors want your experience to be a fun and productive one. We make classes fun and informative but we also need students to be mindful of their fellow students and receptive to instruction.

You have chosen to start on the path of Aikido like many before and many after. This is an admirable decision and we applaud you for making it. If you ever have a problem in or out of the dojo that you feel we as your instructors should be aware of don't hesitate to speak to any of us. We are not above reproach and we understand that we need you as much as you need us. Once again, welcome to the Aikido School of Athens.

What is Aikido?

Aikido translated means Ai (harmony)-Ki (universal energy)-Do (way). Thus Aikido means “the way of harmony with the universe. In Aikido, one blends with an attacker’s energy, redirects their movements and then either throws or controls them in a joint lock. In most martial arts, the practitioner blocks and strikes the attacker meeting force with force. This philosophy tends to lend itself to “the strongest and fastest wins”. Aikido is an art that uses the speed and strength of the attacker to execute technique. This is beneficial in two ways:

1. The defender uses little to none of his/her energy to execute technique.
2. An Aikido-ka is always in a self-defense mode, never the aggressor.

Aikido has its roots in Daito-ryu Aiki-jujutsu. This was the secret martial art of the feudal era Samurai. The majority of Japanese martial arts were developed over the last several hundred years. Aikido is the newest and fastest growing martial art in the world. The word Aikido was first used as an umbrella term for all martial arts. It was soon however used to describe a new form of martial art developed in the middle part of the twentieth century. Many different styles of Aikido came out of Japan at this time but the man who was mostly responsible with the worldwide spread of the art was Ueshiba Morihei or “O’Sensei” which means “great teacher”. Another pioneer of Aikido was a man named Shodo Morita . There were others who were less known and there are countless styles existing and developing all the time. This makes sense as many refer to Aikido as an evolving art.

Some styles of Aikido are very gentle with big flowing circles. Some styles are more brutal with tight circles. Some styles make it more of a sport while some make it a strict self-defense art. The differences are sometimes slight and sometimes stark. That is one of the beauties of the art.

One other aspect of Aikido is the tradition of the dojo. Aikido dojos stress the wearing of formal attire (hakamas) by the instructors and observe traditions such as formal bowing and décor.

Sensei Theron Bennett and Sensei Heather Bennett trained in Nihon Goshin Aikido since 1998. After years of training and teaching, they opened the Aikido School of Athens as an independent school to spread their love of teaching and the art. They run the school very traditionally. They are dedicated to guiding their students on the path of Aikido by providing classes that are fun, energetic and challenging. They continue to train and learn as much as possible to further develop in the martial arts. They each bring a unique view to the art and are continually evolving in their style.

List of Junior Techniques

Junior White Belt Techniques:

Choke Defenses:

Upward Smash Break
Overhand Arm Swing Elbow Smash
Front Wrist Throw off choke
Leg Bridge Block
Leg Sweep off Rear Choke

Four Bear Hug Defenses:

From the Front Arms Free
From the Rear Arms Free
From the Front Arms Pinned
From the Rear Arms Pinned

Miscellaneous Techniques:

Front Wrist Throw off Straight Punch
Headlock Break

Junior Yellow Belt Techniques

Arm Bar Throw off of Straight
Mugger's Grip
Leg Sweep off of Choke
Pivot Take Down off of Roundhouse
Reverse wrist off of Backhand
Elbow Chop off of Straight
Wheel Throw off of Straight Punch
Center Throw off of wrist grab
High Bridge off of Roundhouse
Arm Bar off of Choke

Junior Blue Belt Techniques

Mugger's Throw

Front Wrist Throw- Roundhouse punch

Kick Defense- rear strike from straight kick

First Wrist Technique- cross grip

Four grip breaks (straight, cross, two hands-over/through)

Hair pull from rear

Reverse Armbar- two hands gripping two wrists

Full Nelson break

Armbar- Roundhouse punch

Spin Around- Backhand strike

Junior Green Belt Techniques

Formal sitting (kokyu-dosa)

Elbow Chop- Roundhouse punch

Whip throw- Straight punch

Center Throw- Two hand shove

First wrist- front grab

Jacket grab- straight punch

Lift Up- Straight push

Low Bridge- Straight push

Kick Defense- Spin around

Arm bar- Backhand strike

Junior Purple Belt

Preparation for Adult Rank

List of Classical Senior Techniques

Roku-kyu to Go-kyu Level

Kokyudosa (Formal Sitting, Breath Direction)
Ikkyo (First Principle, arm bar)
Nikyo (Second Principle, first wrist technique)
Nikyo 2 (jacket grab)
Kokyunage (Elbow Chop)
Kote Gaeshi (Front Wrist Throw)
Osotogari (Leg Sweep)
Sokumen Irimi Nage (Unbendable Arm Throw)
Kata Otoshi (Mugger's Throw)
Ude Garami (Arm Entanglement, Come-along Throw)
Yonkyo Nage (Fourth Principle, Whip Throw)

Go-kyu to Yon-kyu Level

Kokyu Nage (Center Throw)
Hiza Otoshi (Knee Drop, High Bridge)
Yoko Wakare (Side Sacrifice, Low Bridge)
Shihonage (Four directions throw, Pivot Take-down)
Gakyu Kote Gaeshi (Peel Off)
Nikyo 3 (Reverse Wrist Technique)
Kote Age (Lift Up)
Shomen Iriminage (Front Entering Throw, Spin Around)
Ikkyo Nage (Arm-bar Throw)
Kaiten Nage (Wheel Throw)

Yon-kyu to San-kyu Level

Ude-Kime (Arm Lifting Throw)
Kokyunage (Throw to the Front)
Kokyunage (Throw to the Side)
Sankyo (Third Principle, handshake)
Ryote Gokyo (Two Hand Lift up)
Katate Gokyo (Single Hand Lift up)
Kokyunage (Two on One)
Ryote Kaiten-Nage (Two Hand Wheel Throw)

Ryote Kote Gaeshi (Reverse Palms Lift-up)
Katate Kotegaeshi (Reverse Palms single hand)
Koshi Nage (Over the back Throw)
Nikyo 4 (Third Set Wrist Technique)
Ushiro Enno Iriminage (Pull-down from the Rear)

San-kyu to Ni-kyu Level

Tenchi Nage (Heaven and Earth Throw)
Kokyunage (Slap to the Side of the Head)
Shiho Koshinage (Pivot over the Back)
Sokumen Iriminage (Side entering throw, Scoop Throw)
Irimi Nage (Arm Over the Shoulder)
Kokyunage (Pulling the Head Down, Underneath the Arm)
Haishin Nage (Back Breaker)
Ushiro Kata Otoshi (Bear-hug Throw)
Sukui Nage (Outside Scoop Against the Kick)
Ashikubi Gaeshi (Twisting the Ankle Against the Knee)
Sokumen Iriminage (Unbendable Arm Against the Kick)
Aiki-Otoshi (Double Leg Drop)

Ni-kyu to I-kyu Level

Kesa Sode Otoshi (Reverse Pivot Take Down)
Juji Nage (Crossed Arms Throw A)
Kokyunage (Spinning Hip Throw)
Seionage (Shoulder Throw)
Kokyunage (Cross-body Wrist Throw)
Sudori (Body Block)
Hara Guruma (Groin Block)
Juji Nage (Crossed Arms Throw A and B)
Tobi Basami (Jumping Scissors)
Sumi Otoshi (Corner Drop)
Shomen Ate (Head strike, Lead down)

Glossary

Aiki-otoshi - entering more deeply and picking up uke's offside leg.

Ashi - leg

Atemi waza - techniques to strike a vital point.

Atemi - strikes

Bokken – wooden practice sword

Budo - martial way

Chudan-zuki - a punch to the abdominal region

Chudan - middle sword position

Dan - advanced or instructor ranks

Dojo - “way place”- place to learn the way

Gedan - lower sword position

Gokyo - 5th principle

Hai - yes

Haito - ridge hand

Hajime - start

Hakama - wide legged pants

Hanashi waza - techniques from holds

Hanmi-handachiwaza - one standing, one sitting

Hanmi - half forward stance

Hara - the abdomen-stomach

Henka waza - varied technique. Especially beginning one technique and changing to another in mid execution

Hito-e-mi-blending with motion of attack

Hitoemi - equal stance, feet parallel forward

Hitori-waza - invisible partner practice

Iai goshi - hips lowered, stable position

Idori - techniques practiced from seiza

Ikkyo - first principle

Irimi nage -Entering throw (20 year technique)

Irimi - entering

Jiyu waza –Free style defense. One or more uke attacking however they like. Two Aikidoka attacking each other.

Kaeshi-waza - counter techniques

Kashaki-uchi - continuous attack

Katate dori - one hand holding one hand

Keido gi, do gi, gi – practice uniform

Kiai – a shout for purpose of focusing all of one's energy

Kokyu nage – breath throw

Koshi nage – hip throw

Kotegaeshi – wrist turn out

Kyu – student grades

Maai – combat engaging distance

Mae-no-sen – attacking the instant your opponent thinks of attacking you

Maki-otoshi – mugger's throw

Men-uchi – strike to head

Morote-dori – two hands holding one hand

Mudansha – members with kyu grades

Munedori – one or two hand lapel hold

Nagashi waza – flowing from one technique to another

Naka ni – to the center

Nikkyo - #2 principle

Obi – belt

Randori – free style

Rei – bow

Ritsurei – a standing bow

Ryote dori – two hands holding two hands

Seiza – kneeling on both calves

Sensei – instructor, teacher

Shi waza – a counter technique

Shihan – senior teacher, professor

Shinai – bamboo sword

Shomen uchi – overhead strike to head

Sodedori – sleeve grab

Suwari waza – techniques executed with both uke and nage in a seated position

Tachi dori – sword takeaways

Tachi waza – standing techniques

Taisabaki – body movement

Tanin-geiko – practice with multiple attackers

Tanto dori – knife takeaways

Te-waza – hand techniques

Tenkan – pivot

Uchi-deshi – live in student

Yame – stop

Yudansha – members with dan grades

Aikido Terms

Grips:

Katate Dori – One hand gripping same side wrist

Kosa Dori - One hand cross grip

Ryote Dori – Two hands gripping two wrists

Morote Dori – Two hands gripping one wrist

Mune Dori – One or two hands gripping lapel

Kata Dori – Gripping the shoulder

Ryokata Dori – Gripping both shoulders

Sode Dori – Gripping the sleeve

Kubi Shime – Choking the neck

Kakaedori – Bear hug

Ushiro – From the rear, i.e. *Ushiro Kubi Shime*(rear choke)

Strikes

Shomen Uchi – Overhand strike to the head

Yokomen Uchi – Diagonal temple strike

Yoko Uchi – A sideward strike. Roundhouse punch

Gakyu Yoko Uchi – Reverse side strike. Backhand strike

Mune Tsuki – Straight punch to stomach or solar plexus

Jodan Zuki – Upward strike. Upper cut

Men Uchi – Straight punch to the head

Chudan Tsuki – Straight punch to chest area

There are many combinations of grips and strikes. This is a basic list.

General Rules of Conduct

1. No shoes on the mat.
2. Pagers and cell phones must be on silent or vibrate in the dojo.
3. No hats, no offensive clothing.
4. No conversations between people on the mat and those in the viewing area.
5. No food, drink or gum chewing is permitted in the dojo except water during breaks as designated by Sensei.
6. No profanity, sexist, racist or political or religious words in dojo.
7. No singing or whistling in dojo.
8. Respect others at all times.
9. No talking or excessive noise during bowing in or out of class.
10. No crossing mat unless instructed by a senior instructor.

Dojo etiquette

1. Empty your cup upon entering the dojo. This means empty your mind of preconceived notions and frustrations of the day.
2. Bow to the Kamiza before entering the training area and before exiting.
3. Always be on time for class. If you are late wait at the edge of the mat until Sensei motions you across.
4. Make sure your uniform is clean, that you are clean and that your Fingernails and toe nails are cut and clean. Good hygiene is extremely important in the dojo.
5. When Sensei is speaking and teaching focus on exactly what he or she is saying and demonstrating.
6. If you have a question regarding class, don't call across the mat to get Sensei's attention. Continue with the exercise until Sensei is near you or until Sensei asks for questions.

7. Always respect your training partner. If you are Uke, don't grip too tight and don't resist the technique. If you are Nage, don't wrench Uke's wrist or speed up your technique.
8. If you feel your training partner is not respecting you and hindering your learning or is in danger of hurting or injuring you, it is your duty to raise your hand and ask to train with someone else.
9. Never leave the mat without permission. Unless you have an urgent emergency, it is extremely disrespectful and potentially dangerous to simply walk off the mat.
10. Respect those of higher rank. Never argue about technique.
11. If you know the technique being studied, you may help guide a student new to it. Do not attempt to correct or instruct your training partner if you are not of higher, Yudansha rank.
12. Keep talking on the mat to a minimum.