

Etiquette

Bring your weapons to every class. Regular Aikido classes may contain a weapons component at any time.

Weapons should be placed on the floor (off the mat) at the edges of the mats.

Weapons should always be placed such that the handle is toward O' Sensei's photograph, blades facing away from the mat.

Place the smallest weapon closest to the mat, largest further away.

Typically the weapon closest to the mat is the tanto, then bokken, then jo.

Avoid stepping on or over someone's weapons.

Do not borrow someone else's weapons (including club weapons) without asking permission.

Keep weapons away from the areas of the mats where students and instructors typically step onto the mat.

As much as possible, treat the bokken and tanto as you would a real weapon.

Never lean on your bokken, avoid grasping the blade.

If you line up with one or more weapons, place them to your left side for the bow, smallest closest to you, handle toward O'Sensei, blade facing away from you.

Always take your weapons with you at the end of class.



Beginners

At a beginner's level (8th to 4th kyu), students are introduced to all the weapons we use. They learn how to hold a weapon at rest, how to draw the weapon to kamae or ready stance, one or more basic cuts, and putting the weapon away. Focus is on solo forms, and a few techniques with a partner. Skills learned include understanding correct distance or ma-ai, moving in harmony with a partner and correct body movements.

Intermediate

At the intermediate level (3rd to 1st kyu), students learn to be comfortable being attacked with a weapon.

Focus is on defense and evasion while enhancing skills in timing and generating power in strikes.

Advanced

At the advanced level students learn how to apply their skills in attack - counter attack and free style situations.

Skills in technique, power, and timing are enhanced and applied in both static and dynamic situations.

Learning how to break fall with a weapon is also a key skill at this level!

AIKI BUDO CENTRE WEAPONS PROGRAM



Class Times

Tuesdays 8:00pm-9:00pm

Saturdays 11:00am-12:00pm





Weapons Program

The hand techniques we use in Aikido evolved from weapons practice over many centuries. Our weapons techniques improve our understanding of these hand techniques. The principles of attack, grip, evasion and control can all be seen in the weapons program. Studying weapons techniques can be challenging and exciting on its own, but even for beginners, some weapons training will contribute to your understanding and application of Aikido.

Bokken

The bokken is a wooden version of the traditional Japanese sword. Our training covers basics in handling the weapon, attacks, disarms, and defenses. Many of the origins of Aikido can be observed in the bokken techniques and some teaching will serve to emphasize the relationship between our hand techniques and the weapons style they originated from. At advanced levels in Aikido it is necessary to defend against the bokken in free style training.

Jo

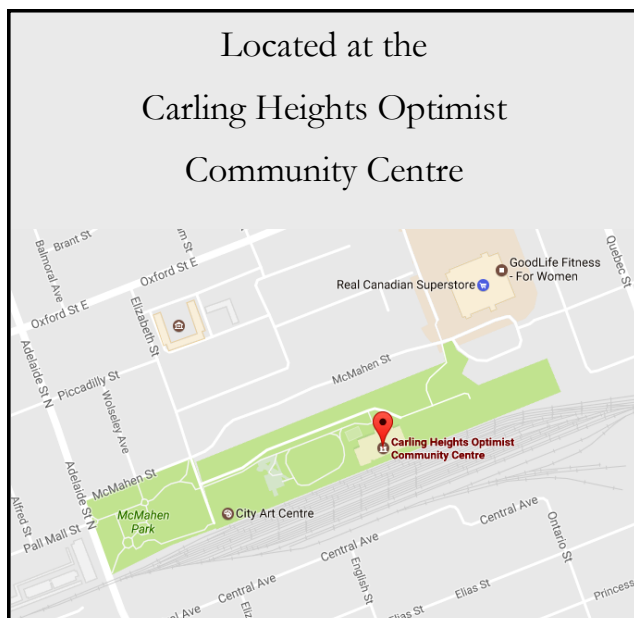
The Jo is a wooden staff approximately the height of your armpit and about 1 inch in diameter. Jo techniques include solo forms, techniques with a partner as well as defenses from attack with a staff and defending with a staff.

Tanto (wooden knife)

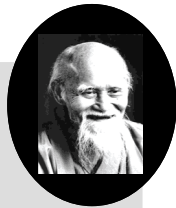
The tanto is a wooden knife. Our study includes empty hand disarms as well as use of the tanto against another weapon such as bokken or tanto. Several solo techniques emphasize the correct handling of the weapon, correct form of attack and changes in direction. At advanced levels in Aikido it is necessary to defend against the tanto in free style training.

Training

All weapons techniques improve our understanding of the hand techniques we use in Aikido as these techniques evolved from weapons practice over many centuries. The principles of attack, grip, evasion and control can all be seen in the weapons program. Studying weapons techniques can be challenging and exciting on its own, but even for beginners, some weapons training will contribute to your understanding and application of Aikido.



“To injure an opponent is to injure yourself. To control aggression without inflicting injury is the Art of Peace.”



~Morihei Ueshiba (Ō-Sensei)

Founder of Aikido

Not ready to join?

Come and try a class for free!

Still not sure?

Sign up for our Japanese Swordsman-ship class (12 weeks) offered through the London Spectrum program.



www.london.ca/residents/recreation/registration/pages/registration.aspx

Class times

Tuesday at 8:00pm-9:00pm

Saturday at 11:00am-12:00pm