

Tsubomi Seishin Kan Dojo - Iaido Program

A Branch of the Tsubomi Seishin Kan Iaido Kai, Tokyo, Japan
425-771-6816 • www.tsubomidojo.com

Practice Schedule

Thursday	6-7:00pm	Aiki-ken/Aiki-jo	Spartan Olympic Room
Thursday	7:15-8:45pm	Iaido	Spartan Dance Room
Saturday	1:30-3:00pm	Iaido	Spartan Dance Room
Private lessons	Schedule with Sensei	Tsubomi members	Edmonds Dojo

Every member is encouraged to schedule private study time in the Edmonds Dojo, and avail themselves of private, one-on-one monthly training. Suggested donation \$20/hr.

Our Mission

Tsubomi Seishin Kan Dojo *Iaido Kai* is dedicated to fostering character development and the creation of better citizens through the study of the principles, techniques, history, and ideals of modern Japanese swordsmanship. Our primary sources are the basic kihon and kata of All Japan Kendo Federation Iai, Tsubomi Aiki-Ken/Aiki-Jo, and Muso Shinden Ryu Iaido. The balance we recommend in these disciplines is as follows:

AJKF Iai	50%
Muso Shinden Ryu Iai	25%
Aiki-Ken/Aiki-Jo	25%

The curriculae for each segment of our program is detailed on the subsequent pages.

Tsubomi Seishin Kan Dojo **Basic Principles for Life**

- Create a Calm Center
- Be Comfortably Relaxed
- Practice Dependable Posture
- Seek the Simplest Solution
- Smile and Be Natural

Tsubomi Seishin Kan Dojo **Basic Principles of Swordsmanship**

- Correct Footwork
- Correct Grip
- Correct Sword Motion
- Correct Blade Angle
- Correct Distance

Jonathan Bannister, *Founder & President*

All Japan Kendo Federation Iaido

Zen Nihon Kendo Renmei Iaido

Tachi-no-reiho
Hajime aa-no-torei

History, purpose, and scope of learning

Sword Terminology

Basic Principles for Life

- Create a Calm Center
- Be Comfortably Relaxed
- Practice Dependable Posture
- Seek the Simplest Solution
- Smile and Be Natural

Basic Principles of Swordsmanship

- Proper Grip
- Proper Action
- Proper Angle
- Proper Distance

Kihon

- Seiza: nukitsuke, kiri-otoshi, yoko-chiburi, noto
- Crouching lunge (1,2,3 steps - *Noguchi*)
- Crouching: nukitsuke, kiri-otoshi, yoko-chiburi, noto (alternating legs)
- Kiri-otoshi no suburi (horse stance)
- Standing: nukitsuke, kiri-otoshi, kesa-chiburi, noto (16 steps)
- Shomen-uchi and Kiri-otoshi (forward and backwards)
- Hasuji (cutting angles): right, left, alternating
- Footwork
 - Kiri-otoshi no Okuri-ashi (Tsugane)
 - Kiri-otoshi no Ayumi-ashi (Tsugane)
 - Direction-changing and turning (Eura)

Waza

- Ipponme: Mae*
- Nihonme: Ushiro**
- Sanbonme: Uke Nagashi**
- Yohonme: Tsuka Ate**
- Gohonme: Kesa Giri**
- Ropponme: Morote Tsuki*
- Nannahonme: Sanpo Giri**
- Hachihonme: Ganmen Ate
- Kuhonme: Soete Tsuki
- Jupponme: Shiho Giri
- Juipponme: So Giri
- Junihonme: Nuki Uchi

**Recommended beginner waza preparatory for nikkyu*

***Recommended waza preparatory for ikkyu*

Owari za-no-torei

Aiki-ken/Aiki-Jo Curriculum

Basic Principles and Ki Tests

Correct Footwork

Correct Grip

Correct Sword Motion

Correct Blade Angle

Correct Distance

Kihon

Partner Exercises

Kata

Happo-Giri Kata

First Jo Taigi

Kamae Kata

Second Jo Taigi

Shomenuchi Kata

1st Jo Kata

Yokomenuchi Kata

2nd Jo Kata

Bokken Taigi

Waza and Tori: jo, bokken, kodachi, tanto

Muso Shinden Ryu Curriculum

Omori Ryu (Shoden)

Shohatto (First Sword)
Sato (Left Sword)
Uto (Right Sword)
Atarito (Hitting Sword)
Inyo Shintai (Yin-Yang Mind-Body)
Ryuto (Flowing Sword)
Junto (Kaishakku)
Gyakuto (Reverse Sword)
Seichuto (Strong Middle Stance Sword)
Koranto (Wild Tiger Sword)
Gyakuto Inyoshintai Kaiwaza (Reverse Yin-Yang Mind-Body Alternate Technique)
Nuki Uchi (Avoid and Strike)
Nuki Uchi Kaiwaza (Avoid and Strike Alternate Technique)

Hasagawa Eishin Ryu (Chuden)

Yoko Gumo (Cloud Bank)
Tora Isoku (Step of the Tiger)
Inazuma (Lightning Flash)
Uki Gumo (Floating Cloud)
Yama Oroshi (Falling Down the Mountain)
Iwanami (Wave against Rock)
Uroko Gaeshi (Swerve of the Carp)
Nami Gaeshi (Turn of the Wave)
Taki Otoshi (Cascading Waterfall)
Nuki Uchi (Suddenly Draw the Sword)

Shin Muso Hayashizaki Ryu Okuden (Oku-iai)

Tatehiza-no-bu

Kasumi (Nadegiri) (Haze)
Sunagakoi (Protecting the shin)
Shihogiri (Cut in four directions)
Tozume (Towards the sliding door)
Towaki (Next to the sliding door)
Tanashita (Under the floor)
Ryozume (Impeded on both sides)
Torabasiri (Running tiger)

Tachi-no-bu

Yuki Zure (Walking Together)
Tsure Dachi (Going Together)
So Makuri (Complete resolve)
Sodome (Complete Finish)
Shinobu (Hiding)
Yuki Chigai (Passing)
Sode Suri Gaeshi (Brushing sleeves)
Moniri (Entering the gate)
Kabe Zoe (Impeded by a wall)
Uke Nagashi (Flowing parry)
Oikakegiri (Following and cutting)
Ryoshi Hikitsure (Escorted by two samurai)

Seiza-no-bu

Itomagoi (I am leaving)

Intro to Japanese Swordsmanship

First Class

Introductions
History and Scope of Learning
Hajime no Reiho (Tachi-no-torei)
Proper Grip, Proper Action, Proper Angle, Proper Distance
How to Cut
 Power
 Accuracy
 Speed
Happo Giri Kata
Owari no Reiho

Second Class

Mukuso/Reiho
Kihon
Happo Giri Kata
Partner Exercises
Mokuso/Reiho

Third Class

Mukuso/Reiho
Kihon
Happo Giri Kata
Seated waza, *Mae*
Standing Waza. *Morote Tsuki*
Partner Exercises
Mokuso/Reiho

Fourth Class

Mukuso/Reiho
Kihon
Happo Giri Kata
Mae
Tsuka Ate
Morote Tsuki
Partner exercises
Mokuso/Reiho

Fifth Class

Mukuso/Reiho
Kihon
Happo Giri Kata
Mae
Tsuka Ate
Kesa Giri
Morote Tsuki
Partner Exercises
Mokuso/Reiho

Sixth Class (*Identify those who might like to continue and discuss the future and equipment*)

Mukuso/Reiho
Kihon
Happo Giri Kata
Mae
Ushiro
Tsuka Ate
Kesa Giri
Morote Tsuki
Ushiro
Partner Exercises
Mokuso/Reiho

Seventh Class

Mukuso/Reiho
Kihon
Happo Giri Kata
Mae
Ushiro
Uke Nagashi
Tsuka Ate
Kesa Giri
Morote Tsuki
Line Exercises
Mokuso/Reiho

Eighth Class

Mukuso/Reiho
Kihon
Happo Giri
Mae
Ushiro
Uke Nagashi
Tsuka Ate
Kesa Giri
Morote Tsuki
Sampo Giri
Kamae Kata
Sword show
Mokuso/Reiho

Party: Discuss Japan and adventures awaiting those who wish to continue