



SFU IAIDO CLUB

INTRODUCTION TO IAIDO

WHAT IS IAIDO?

The art of Iaido [pronounced ee-i-do] is elegant and would appear to be simple. The student sits or stands quietly, draws out a blade and cuts through the air all in one motion, then puts the sword back into the scabbard. To the casual observer, there is not a lot to see. Iaido, however, is an exacting art which demands a high level of focus and mental concentration. It is an art of precise motions with only centimetres of tolerance and split second timing. It is also an individual art that involves the student and the sword struggling to achieve perfection of form.

Beyond this physical aspect, Iaido is also "budo" - a philosophically oriented Japanese "martial way". The name "Iaido" itself is composed of three ideograms: "I", "AI" and "DO". "I" means to "reside" or "be" in a certain place; "AI" means "harmony"; and "DO" means "road" or "path". Hence, "Iaido" means the path to finding harmony in any situation in which one finds oneself.

The exact origin of Iaido is not entirely clear but it is apparent that samurai began to develop Iai techniques once they began to wear their swords "katana" style (edge up in the obi), instead of "tachi" style (edge down - more useful for horseback).

The person considered to be the "father of Iai" is Hayashizaki Junsuke Shigenobu, who lived in the late 1500s, although clearly he was not the only swordsman to develop Iai techniques (eg Tenshin Shoden Katori Shinto ryu Iai techniques predate Hayashizaki). However, Hayashizaki travelled broadly, spreading his knowledge widely throughout Japan and as a result, many Iaido schools were influenced by him. Hayashizaki was the founder of the Tosa Iai school, which eventually split becoming Muso Shinden ryu and Muso Jikiden Eishin ryu. Other ryu were also inspired by Hayashizaki, such as Hoki ryu, Tamiya ryu and Shin Muso ryu.

After 1953 when the post war ban on martial arts was lifted, instruction in Iaido resumed, primarily, although not exclusively, under the All Japan Kendo Federation (ZNKR) which supports Kendo, Iaido and Jodo. Ranks were established but the difficulty of comparing one style of Iaido to another in gradings led to the creation of a "representative set" (seitei gata) for the purpose of gradings and competitions.

Twelve top Iaido instructors from various schools were asked to form a group to develop this standardized set, drawing upon the knowledge and techniques of their own koryu (the old being made new). In 1969, the first set of 7 kata were introduced at the Kyoto Taikai martial arts festival at the Budokuden. In 1981, three more kata were introduced. In 2003 the ZNKR Iaido Council added two more kata to complete the full set of 12 kata, known today as Zen Ken Ren Iaido or ZNKR Iaido.

CANADIAN KENDO FEDERATION

The Canadian Kendo Federation (CKF) is a member of the International Kendo Federation and hence affiliated with the ZNKR in Japan. Eventually, SFU Iaido Club members will be expected to become members of the CKF and to grade for ranks with the CKF. Initially, ZNKR Iaido will be taught. As students gain experience, Muso Shinden Ryu will be added to the curriculum.

INSTRUCTORS

Sandra Jorgenson, 6th Dan, rensai CKF

Hiro Okusa, 4th Dan, CKF

David Chiu, 2nd Dan, CKF

ETIQUETTE: DRESS, SAFETY & CONDUCT

DRESS

In Iaido, it is important that students dress correctly. All students should consider the following:

- The hakama and uwagi should be black, dark blue or white;
- The neckline at the front should meet close to the base of the throat and should not loosen;
- T shirts may not be worn under the uwagi but an under gi (juban) is permissible
- The uwagi must be long enough to cover the leg at the side of the hakama;
- The hakama should be the proper length (just touching the top of the foot at the front);
- The obi should match the colour of the hakama;
- Clothing should be clean and unwrinkled;
- Long hair (shoulder length) should be tied back and out of the face;
- Dojo name tags are not required but if worn should be attached to the left chest;
- No jewelry, watches, excessive makeup, or bright nail polish are permitted

SAFETY

The richness and rigidity of Iaido etiquette can be attributed in part to the need to ensure safety when handling weapons. Swords, even unsharpened and wooden swords, can pose a substantial risk to the student and those around him/her. Accordingly, all students should consider the following:

- Be careful in cleaning/inspecting your sword before and after class – sit down and choose a spot with minimal traffic, away from the main entrance to the dojo.
- Inspect the sword before each class to ensure its soundness – in particular, check the tightness of the mekugi, tsuba and other fittings. Also check the saya to ensure it is not split or damaged.
- Wear your hair back off of your face to avoid obscuring your vision.
- Ensure your hakama is not too long and the himo properly tied and tucked away.
- Make sure there is always sufficient space around you during class to execute your techniques without touching another student or their sword. This spatial awareness is critical to learning effective Iaido as well as being important for safety reasons.
- Warm up before class. Do some stretches and warm up exercises without your sword to ensure your muscles and joints are ready for practice.
- If you have an injury or other physical disability, advise the instructor
- Handing a sword to and taking a sword from another person should be performed according to the proper method and with full awareness and care, especially if the sword is unsheathed.
- Do not walk over a sword.
- Do not leave a sword in the middle of the floor – place it close to the wall with the ha to the wall.

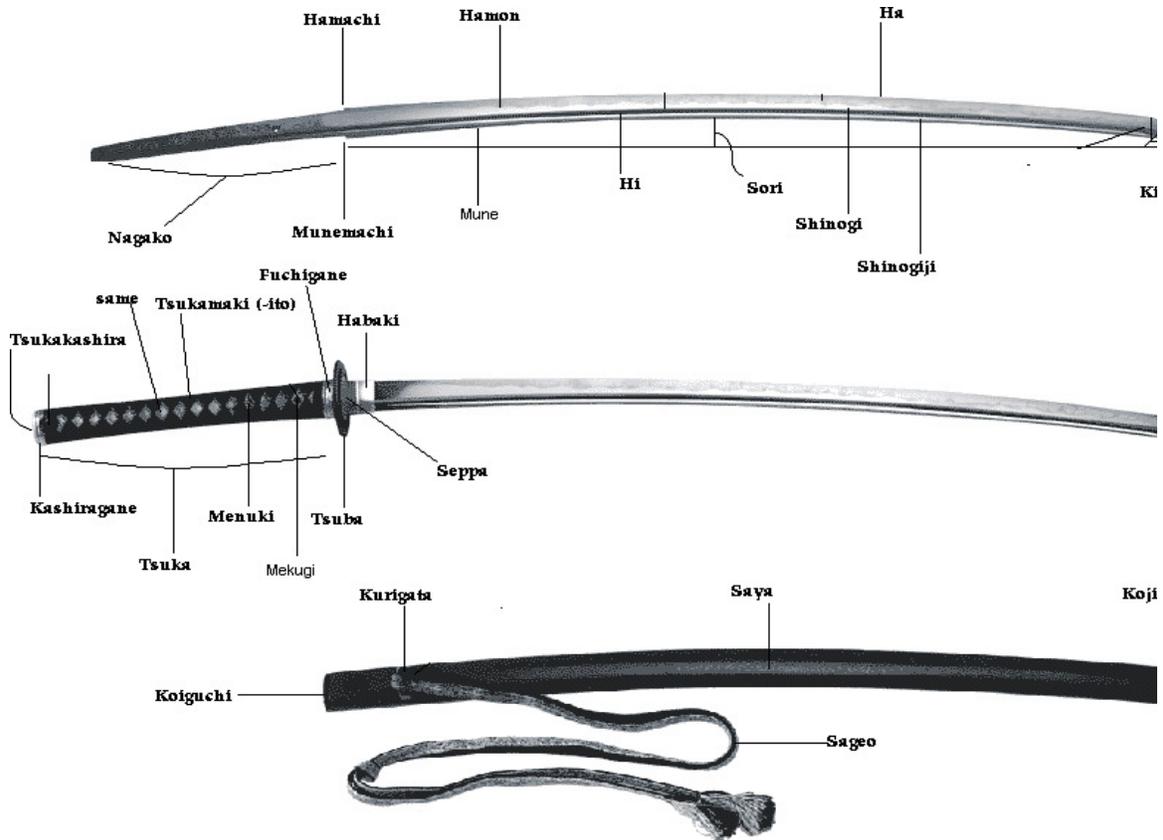
CONDUCT

Etiquette is not only important for creating the proper frame of mind to practice Iaido, it also shows respect for the practice of Iaido and one's fellow students, and in particular, respect for one's instructor.

- When entering and exiting the dojo, perform a short standing bow.
- Perform standing bow to the sword before an informal practice before or after class.
- Perform full shomen ni rei and terei at the beginning and end of the class.
- Do not come late or leave early – while often permitted, it is disruptive and impolite.
- If late for class, perform shomen ni rei and terei near the door before entering the floor to practice. Wait for an instructor to grant permission to enter the floor.
- Do not leave the dojo floor during class without obtaining the permission of the instructor.

- Do not wear shoes on the dojo floor or run on the floor.
- Refrain from excessive talking before class – cultivate an atmosphere of contemplation in preparation for class.
- Ensure that you take your proper position on the dojo floor according to rank. (The lowest rank are usually closest to the dojo entrance).
- During class, listen and watch. Students should refrain from asking excessive questions or questions which are not relevant to other students – such questions can be left to after class.
- Do not bring cell phones into the dojo, or at least turn them off.
- Above all, be respectful to your fellow students.

PARTS OF THE SWORD



BLADE	FITTINGS (KOSHIRAE)	SCABBARD
ha machi - edge notch hamon - temper line ha - blade edge nakago - tang mune machi - back notch mune - blade back hi - groove sori - curve shinogi - blade ridge shinogi ji - blade flat kissaki - tip	tsuka - handle tsuka kashira - handle end same - rayskin tsuka ito - braid fuchi gane - collar habaki - sleeve kashiragane - butt cap menuki - ornaments mekugi - peg tsuba - guard seppa - washers	saya - scabbard sageo - cord kojiri - scabbard tip koiguchi - scabbard opening kurigata - knob

GLOSSARY OF TERMS

<p><u>Techniques</u> form draw & cut - horizontal committed cut finishing cut vertical cut horizontal cut diagonal cut down diagonal cut up thrust to throat or body receive and deflect recovery from nuki to jodan pulling saya back on cut removing hakama from ankles moment sword tip leaves saya blood wiping, shaking large, circular chiburi side chiburi blood wiping on hakama return sword to scabbard</p> <p><u>Iaido Clothing</u> training uniform practice jacket/top under gi pants/skirt straps used to tie hakama back panel on hakama belt hand wiping cloth</p> <p><u>Etiquette</u> Bowling etiquette holding sword at left side bow to sword bow to front bow to each other sitting bow standing bow putting sword in belt taking sword from belt</p> <p><u>Training hall</u> front of dojo school, lineage old school junior student senior student student with dan rank instructor/teacher</p> <p><u>Swordperson</u> opponent abdomen solar plexus centre of balance, below navel</p>	<p><u>Waza</u> Kata Nukitsuke Kiritsuke/nukiuchi Kiriotoshi/Kiri kudashi Makko Yoko giri Kesa giri Kiriage Tsuki Uke nagashi Furi-kaburi Saya biki Hakama sabaki Saya banari Chiburi O-chiburi Yoko chiburi Chinugui Noto</p> <p><u>Iai Gi</u> Keiko gi Uwagi Juban Hakama Himo Koshi ate Obi Tenugui</p> <p><u>Saho</u> Reiho Keito shisei Torei Shomen ni rei Otagai ni rei Za rei Ritsu rei Taito Datto</p> <p><u>Dojo</u> Shomen Ryu Koryu Ko hai Sempai Yudansha Sensei</p> <p>Teki Hara Suigetsu Tanden</p>	<p><u>Stances/Postures</u> natural standing position mid level lower level upper level diagonal – kissaki back, pointed up horizontal – kissaki to back & down sideways posture stable position, hips lowered</p> <p><u>Footwork</u> forward step step back forward foot leads, back foot catches rear foot to front, front moves forward cross step</p> <p><u>Types of Swords</u> long sword, mounted edge up short sword long and short sword worn together sword made just prior to and during WW11 new sword - made 1600 to 1870 old sword – made pre 1600 old style sword, mounted edge down training sword (aluminum blade, not sharp) real sword (steel blade, usually sharp) wooden sword</p> <p><u>Holding the Sword</u> Grip on sword handle cutting hand dead hand - weak grip – no cut block, stop grip one handed cut two handed cut blade angle</p> <p><u>Commands</u> meditation sit on both knees sit on one knee sit on toes bow start, begin stop</p> <p><u>Types of Practice</u> learn old style (practice, training) basics watching practice competition competitive matches test cutting on targets demonstration</p>	<p><u>Kamae</u> Shizentai Chudan Gedan Jodan Hasso Waki Hanmi Iai Goshi</p> <p><u>Ashisabaki</u> Mae Ato Okuri ashi Tsugi ashi Ayumi ashi</p> <p>Katana Wakizashi Daisho Gunto Shinto Koto Tachi Iaito Shinken Bokken/bokuto</p> <p>Te no uchi Kiri te Shinite/nobite Tomete Katate giri Morote giri Hasuji</p> <p>Mokuso Seiza Tate hiza Kiza Rei Hajime Yame</p> <p>Keiko Kihon Mi tori keiko Taikai Shiai Tameshigiri Embu</p>
--	---	---	---

ADDITIONAL INFORMATION

Zen Ken Ren Iaido List of Waza

Forms standardized by the All Japan Kendo Federation

1.	Mae	Front
2.	Ushiro	Back
3.	Uke Nagashi	Block & deflect
4.	Tsuka Ate	Handle strike
5.	Kesa Giri	Diagonal cut
6.	Morote Zuki	Two handed thrust
7.	Sanpo Giri	Three directions cut
8.	Ganmen Ate	Face Strike
9.	Soete Zuki	Hands together thrust
10.	Shiho Giri	Four directions cut
11.	Sou Giri	Many cuts
12.	Nuki Uchi	Draw/strike

Iaido Equipment

- **Bokuto** (wooden sword) – initially supplied by the Club, although supplies are limited. Students should purchase a bokuto as early as possible.
- **Knee pads** – should be purchased by the student as soon as possible.
- **Keiko gi** (uwagi, hakama, obi, and juban) – should be purchased once the student has decided to commit to practicing Iaido. Note that kendo gi is acceptable attire.
- **Sword** (iaito) – no sharp swords are allowed until a student has practiced for many years. Before purchasing an iaito (non sharp practice sword), the student should obtain the advice of one of the Club instructors regarding appropriate weight and length as this will vary from student to student.
- **Books** – the ZNKR Iai Manual published by the All Japan Kendo Federation is recommended but not mandatory. To obtain a copy, go to the ZNKR site listed below.

Equipment Suppliers

The following are some of the online stores that sell Iaido equipment:

Aoi budogu	http://www.budo-aoi.com/
SDK Supplies	http://sdksupplies.netfirms.com/
Dynasty Forge	http://www.dynastyforge.com/index.php
Swordstore	http://www.swordstore.com/
Tozando	http://www.tozandoshop.com/
Ebogu	http://www.e-bogu.com/

Other Internet Sites of Interest

Canadian Kendo Federation (CKF)	http://www.uoguelph.ca/~kataylor/ckfindex.htm
All Japan Kendo Federation (ZNKR) shop.com/en/iai_jodo/index.html	http://zenkenren-
SFU Kendo & Iaido Club	http://www.sfukendo.com/
SFU Home Page	http://www.sfu.ca/
Mu Mon Kai (JCCC Iaido Club)	http://www.jccciaido.com/
Sei do Kai Iaido Club	http://www.uoguelph.ca/~iaido/

Class Schedule

Every Monday and Wednesday, 6:00 pm to 7:30 pm

2011 Winter term: January 24 to April 20