



# DAIRYUKAI AIKIDO/IAIDO

## IAIDO

### GUIDE FOR BEGINNERS

In all martial arts, the code of conduct is very important and Aikido is no exception. This guide summarizes practical information to help new students.

Respect is one of our DOJO's (practice location) main values. Please respect each other's differences.

#### **TO REMEMBER:**

- Please be punctual;
- Make sure that your GI (kimono) is clean and does not smell at all times;
- Bow to the kamiza before entering the practicing room;
- Bow the kamiza before entering the TATAMI (mat surface);
- If you are late, please wait outside until the instructor gives you the authorization to access the mat surface;
- A few minutes before the class starts, sit in SEIZA (on your knees) to the kamiza. The student with the highest rank sits on the extreme left of the line and the most junior student sits on the extreme right of the line;
- Before each class bow to the kamiza and then to your instructor;
- At the end of each class bow to your instructor and then to the kamiza.
- When your instructor shows you something during the class, sit in SEIZA and thank him after the demonstration by bowing to him;

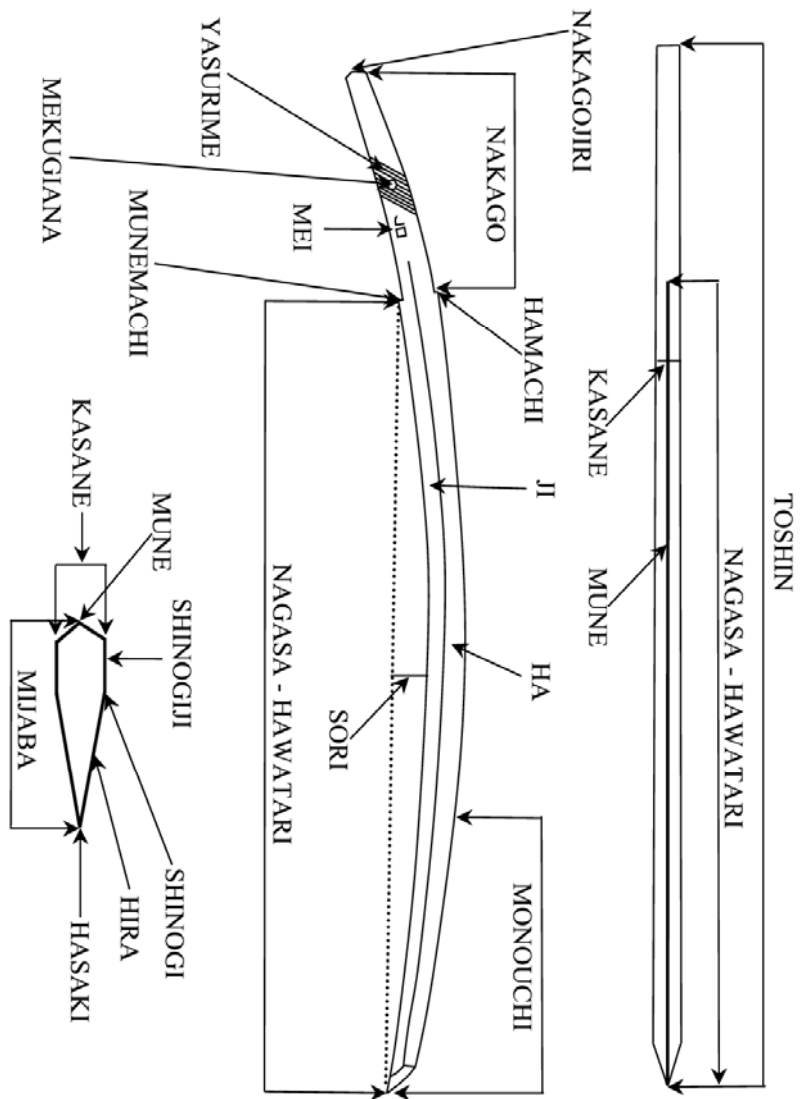
- When training with a partner make sure not to injure him;
- Keep your toe and finger nails short;
- Do not wear jewellery during class;
- If you wish to leave the TATAMI (mat surface) during class, please ask your instructor's authorization;
- Do not leave the TATAMI during class to drink;
- If you sweat a lot while you are training, keep a handkerchief on you;

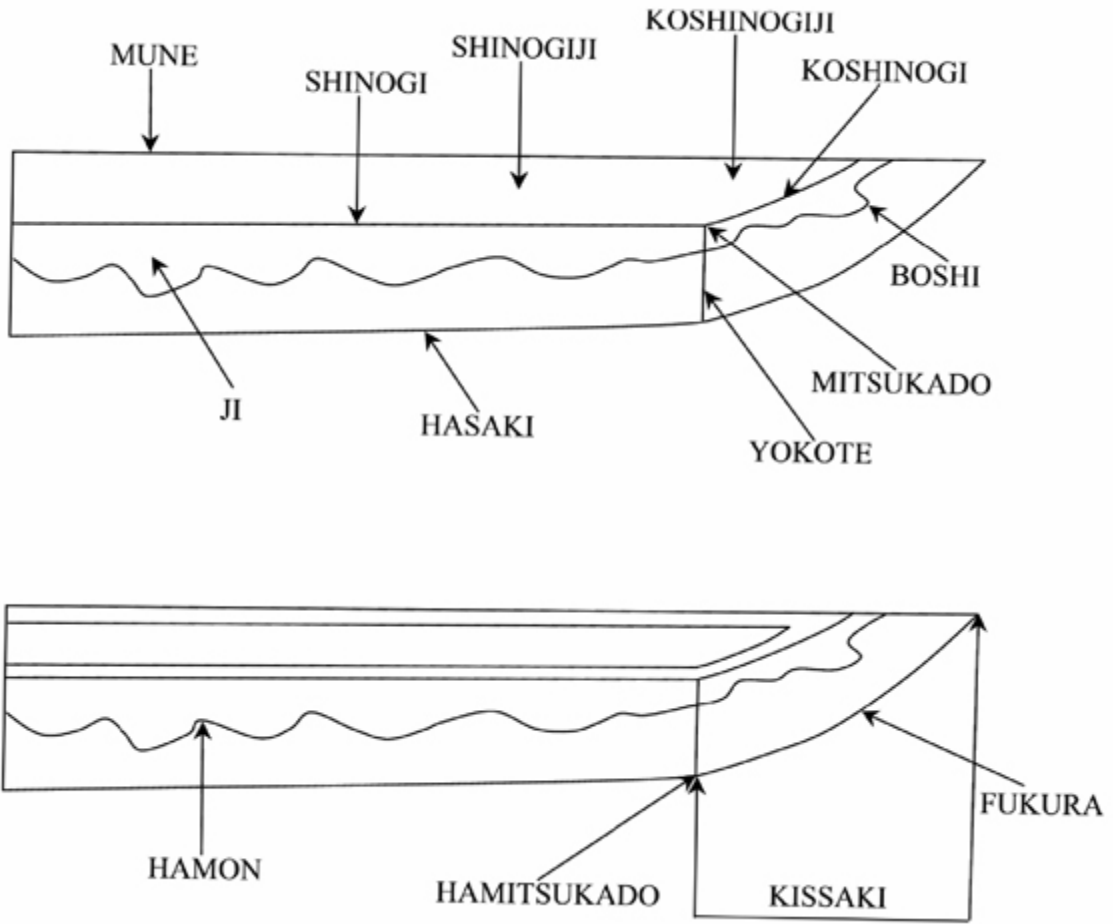
The well being of each student is very important for us, therefore, if there is anything which bothers you, please talk to one of your instructors about it.

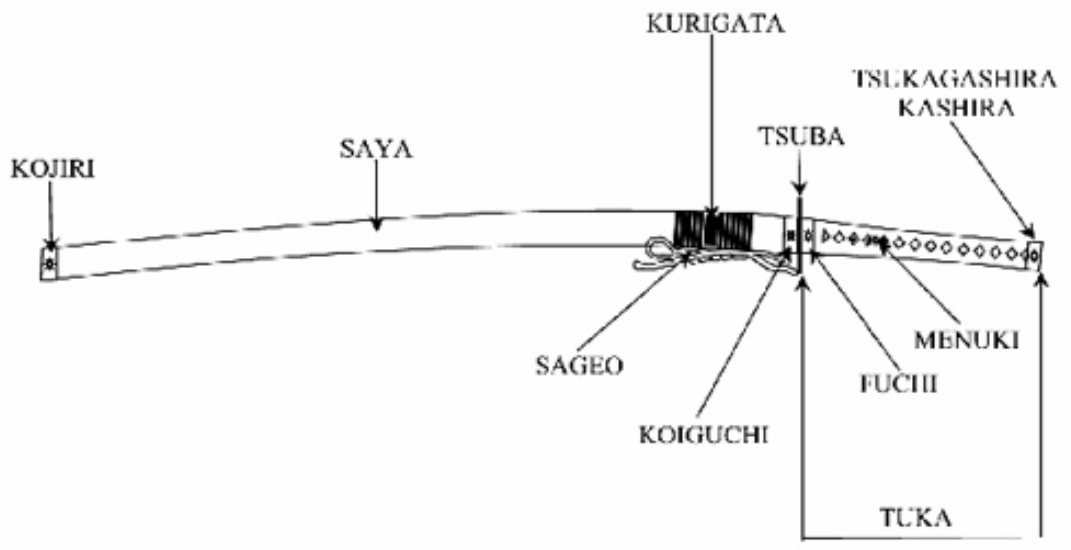
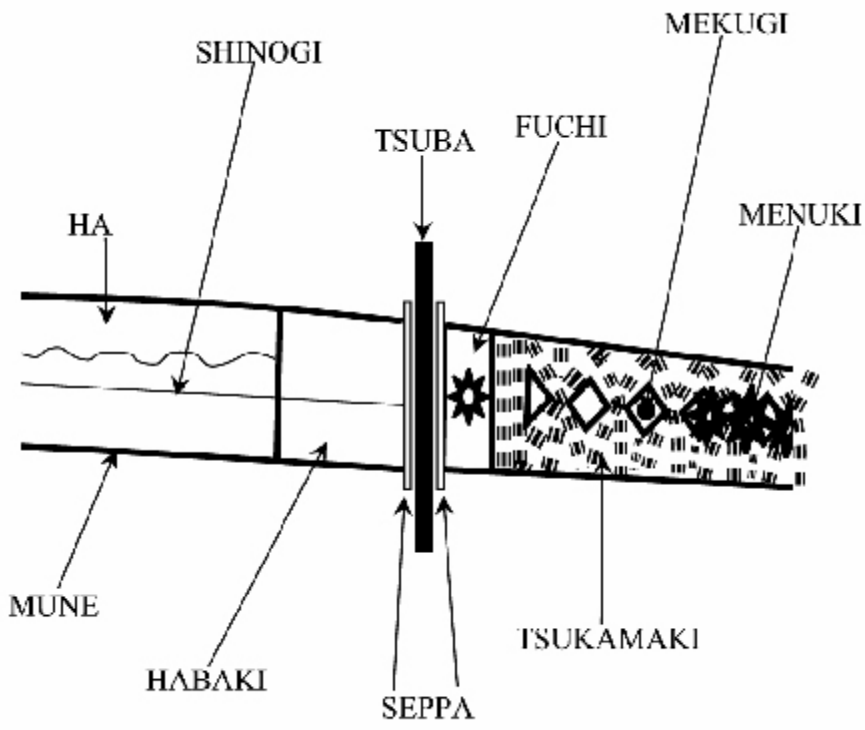
ENJOY TRAINING!!!

## COUNTING

|    |                       |    |             |      |
|----|-----------------------|----|-------------|------|
| 1  | ICHI                  | 一  | IPPONME     | 一本目  |
| 2  | NI                    | 二  | NIHONME     | 二本目  |
| 3  | SAN                   | 三  | SANBONME    | 三本目  |
| 4  | YON ( SHI )           | 四  | YONHONME    | 四本目  |
| 5  | GO                    | 五  | GOHONME     | 五本目  |
| 6  | ROKU                  | 六  | ROPPONME    | 六本目  |
| 7  | NANA ( SHICHI )       | 七  | NANAHONME   | 七本目  |
| 8  | HACHI                 | 八  | HAPPONME    | 八本目  |
| 9  | KYU ( KU )            | 九  | KYUHONME    | 九本目  |
| 10 | JU                    | 十  | JUPPONME    | 十本目  |
| 11 | JU ICHI               | 十一 | JUIPPONME   | 十一本目 |
| 12 | JU NI                 | 十二 | JUNIHONME   | 十二本目 |
| 13 | JU SAN                | 十三 | JUSANBONME  | 十三本目 |
| 14 | JU YON ( JU SHI )     | 十四 | JUYONHONME  | 十四本目 |
| 15 | JU GO                 | 十五 | JUGOHONME   | 十五本目 |
| 16 | JU ROKU               | 十六 | JUROPPONME  | 十六本目 |
| 17 | JU NANA ( JU SHICHI ) | 十七 | JUNANAHONME | 十七本目 |
| 18 | JU HACHI              | 十八 | JUHAPPONME  | 十八本目 |
| 19 | JU KYU ( JU KU )      | 十九 | JUKYUHONME  | 十九本目 |
| 20 | NI JU                 | 二十 | NIJUPPONME  | 二十本目 |







MUSO SHINDEN RYU CURRICULUM

**MUSO SHINDEN RYU**

夢想神伝流

**OMORY RYU**

大森流

**SHODEN**

初伝

|               |                     |             |
|---------------|---------------------|-------------|
| 1. IPPONME    | SHOHATTO            | 一本目 初発刀     |
| 2. NIHONME    | SATO                | 二本目 左刀      |
| 3. SANBONME   | UTO                 | 三本目 右刀      |
| 4. YONHONME   | ATARITO             | 四本目 当刀      |
| 5. GOHONME    | INYOSHINTAI         | 五本目 陰陽進退    |
| 6. ROPPONME   | RYUTO               | 六本目 流刀      |
| 7. NANAHONME  | JUNTO               | 七本目 順刀      |
| 8. HAPPONME   | GYAKUTO             | 八本目 逆刀      |
| 9. KYUHONME   | SEICHUTO            | 九本目 勢中刀     |
| 10. JUPPONME  | KORANTO             | 十本目 虎乱刀     |
| 11. JUIPPONME | GYAKUTE INYOSHINTAI | 十一本目 逆手陰陽進退 |
| 12. JUNIHONME | BATTO               | 十二本目 拔刀     |