

# EISHIN RYU, BATTO HO

## Kihon no Kata (Basic Form)

@ Starting & ending, left hand onto Katana. @ Nohto: KITSUKI in, ZANSHIN & rest of blade slowly in.

- \* **Ipponme Junto, (SonoIchi)** \* No. 1, Ordered Sword (One)  
Nukitsuke - Kirioroshi (Hidari Mae) - OhChiburi - Nohto
- \* **Nihonme Junto, (SonoNi)** \* No. 2, Ordered Sword (Two)  
Nukitsuke - Tsugi Ashi & Kirioroshi (Migi Mae) - YokoChiburi - Nohto
- \* **Sanbonme Tsuigekito** \* No. 3, Pursuing Sword  
Katate Kesagiri - Head strick - Kirioroshi - JodanGamae - ChudanGamae - YC - N
- \* **Yonhonme Shato** \* No. 4, Diagonal Sword  
Katate Kesagiri (higher) - Morote Kesagiri - Morote Kesagiri(45°) - ChudanGamae
- \* **Gohonme Shihouto, (SonoIchi)** \* No. 5, Four Directional Sword (One)  
MigiMae faint Draw - HidariUshiro Tsuki - M.M. Kirioroshi - H.M. Kirioroshi - Mae Kirioroshi
- \* **Ropponme Shihouto, (SonoNi)** \* No. 6, Four Directional Sword (Two)  
MigiMae faint Draw - HidariUshiro Tsuki - M.M. Kirioroshi - H.M. Kirioroshi - Mae Kirioroshi
- \* **Nanahonme Zantotsuto** \* No. 7, Thrust Stroke Sword  
Katate Kesagiri - ChudanGamae - Morote Tsuki - Kirioroshi - YokoChiburi - Nohto

## Oku no Kata (Secret Form)

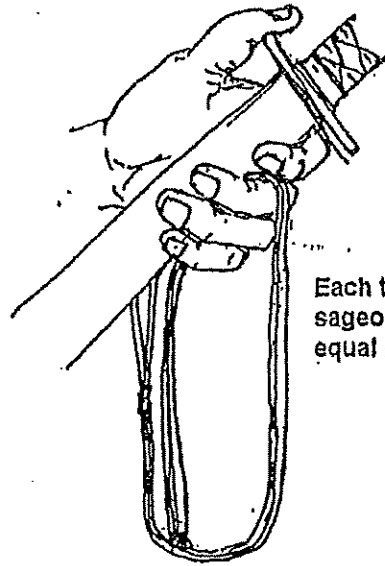
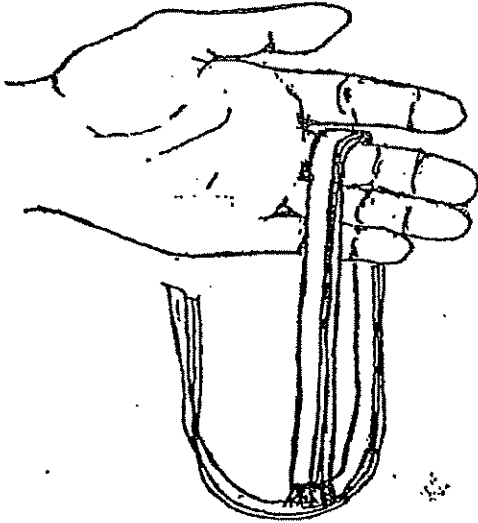
@ Starting with both hand down & finishing with both hand onto Katana.

@ Nohto, 2/3 in quickly & rest of blade in very slowly.

- \* **Ipponme Zenteki Gyakuto** \* No. 1, Forward Oponent Inverse Sword  
KatateGyakugesa - MoroteKesagiri - ChudanGamae - YokoChiburi - Nohto
- \* **Nihonme Tatekito** \* No. 2, Multi Oponents Sword  
MigiMae faint Draw - HidariUshiro Tsuki - MigiMae Kirioroshi - HidariMae Kirioroshi YC - N
- \* **Sanbonme Kouteki Gyakuto** \* No. 3, Rearward Oponent Inverse Sword  
Ushiro KatateGyakugesa - Mae MoroteKesagiri - ChudanGamae - YC - N
- \* **Yonhonme Kouteki Nukiuchi** \* No. 4, Rearward Oponent Strick Draw  
Ushiro KatateKesagiri - Mae MoroteKesagiri - ChudanGamae - YC - N

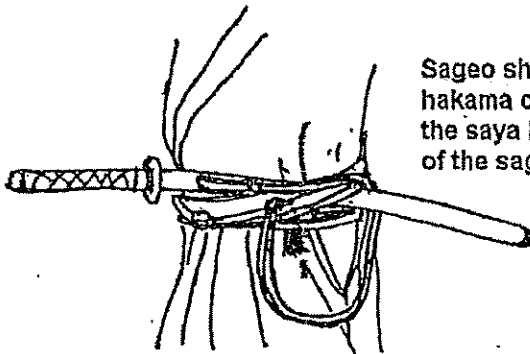
## エ. 下緒捌 Way to Hold the Sageo

- ① 下緒下端より三分の一辺りを食指と中指との間に挟む。  
此の時下緒の下端部分が掌の内側に在るように持つこと。  
全体の長さが均等になる様に輪にして持つ。



Each third part of the sageo should be an equal length

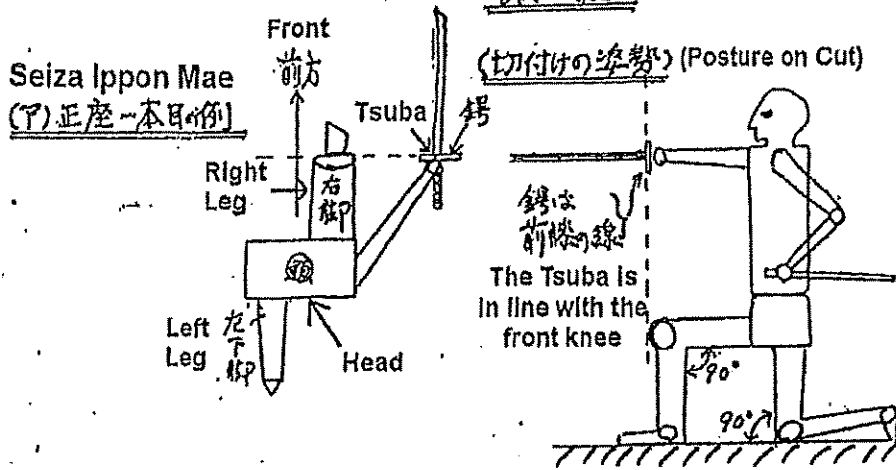
- ② 帯刀したときは、鞘の後方を廻して端末を前に廻して、左斜め前の  
(帯刀した刀の位置の下方辺り) 袴の紐に上から下へ向かって挟む。  
端末は、袴の紐下約三〜四纏に止める。



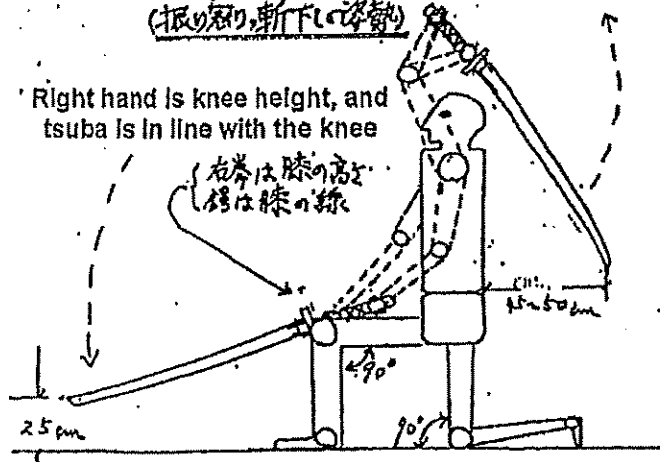
Sageo should be placed from above into the hakama cords in a position just below where the saya is inserted into the hakama. The end of the sageo should stick out by about 3-4 cm.

帯刀した刀の位置の下方辺り  
袴の紐に上から下へ

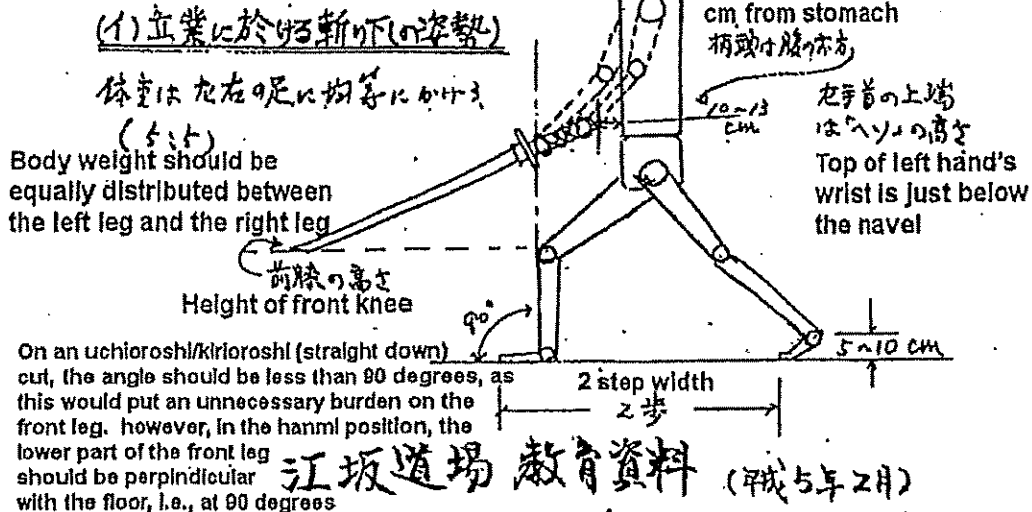
Body Position (Tai Sabaki) 体捌



Posture when performing the kirioroshi cut



Position after having performed a kirioroshi cut in a standing waza



On an uchioroshi/kirioroshi (straight down) cut, the angle should be less than 90 degrees, as this would put an unnecessary burden on the front leg. However, in the hanmi position, the lower part of the front leg should be perpendicular with the floor, i.e., at 90 degrees

### Sword positions (Kamae)

*Seigan / Chudan* – left hand is one fist from the body and just below the belly button; kissaki is at throat height; left foot is immediately behind right foot's heel, and when viewed from the front, feet are about 1 foot's width apart

*Gedan* – same as above except kissaki is at the height of the upper kneecap

*Jodan* – left hand is one fist diagonally in front of forehead and back hand is one fist above head; sword is at a 45 degree angle

*Wakigamae* – feet are in a hanmi position; sword is held to the side of one's body at hip height; blade is horizontal and the kissaki can't be seen from the front; left hand is just below the belly button

*Hasso* – left hand is at mouth height and about one fist from mouth, and right hand gently supports the sword with the right elbow naturally brought up; sword is at a 60 degree angle and the blade is pointing straight ahead

### Clothing

*Keiko-gi / Iai-gi* – practice clothing for upper body (not referred to as just "gi" in Japan, as the word means "to wear")

*Monstuki* – clothing for upper body that has long sleeves and a mon (family crest) on it

*Juban* – undergarment worn below montsuki

*Koshi ita* – piece of board on back of hakama

*Sode* – sleeve

### Commonly-used Japanese phrases

*Arigato gozaimasu / gozaimashita* – thank you

*Yoroshiku onegaishimasu* – "please" (said when asking a favour)

*Otsukaresama deshita* – literally, "You must be tired" (said in appreciation of someone's efforts)

*Shitsurei shimasu* – good-bye (literally means, "I'm doing something rude")

### Miscellaneous

*Eshaku / Mokurei* – bow made by slightly moving one's eyes down (performed as part of reishiki for kata, and in Itomagoi Sonoichi)

*Jo-ha-kyu* – the timing for cuts: first the sword slowly comes out of the saya, then it gradually comes out faster, and "blasts" out of the saya at the moment of the cut.

*Kikentai no icchi* – "oneness of the spirit, sword, and body": essential when doing any kind of swordwork

## Iaido Terminology

### Directions

*Shinzen* - front of the dojo where the iaido "spirit" resides

*Mae* - front

*Hidari* - left

*Migi* - right

*Ushiro* - behind

*Naname* - diagonal (doesn't have to be at a 45 degree angle)

*Nanama mae* - diagonally forward

### Body Parts

*Atama* - head

*Me* - eye

*Kata* - shoulder

*Ude* - arm

*Te* - hand

*Te no hira* - palm

*Tekubi* - wrist

*Yubi* - finger

*Koshi* - hips

*Hara* - stomach

*Oheso* - belly button

*Tanden* - area just below the oheso

*Ashi* - leg/foot

*Kakato* - heel

*Hiza* - knee

*Tsumasaki* - toes

*Kakato* - heel

*Tsuchi fumazu/Sokushin* - arch

*Senaka* - back

*Suigetsu/Mizuochi* - solar plexus

*Sune* - shin

*Kobushi* - fist

*Hito kobushi* - one fist

### Sword parts

*Katana* - sword

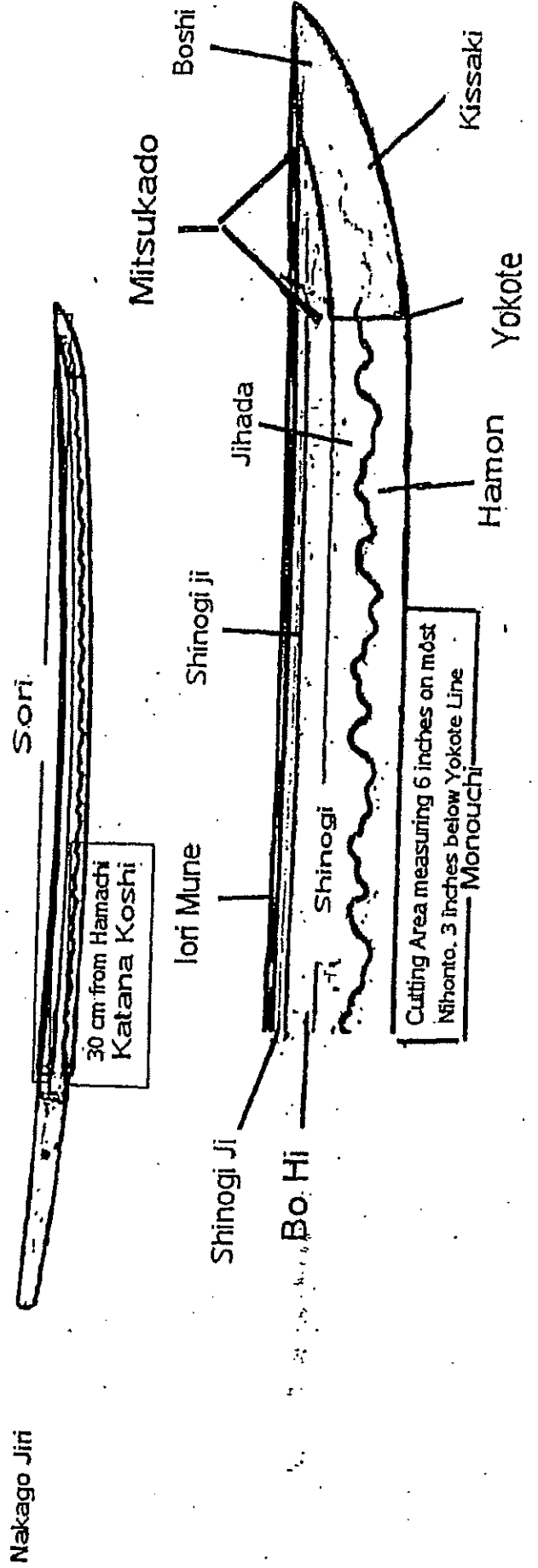
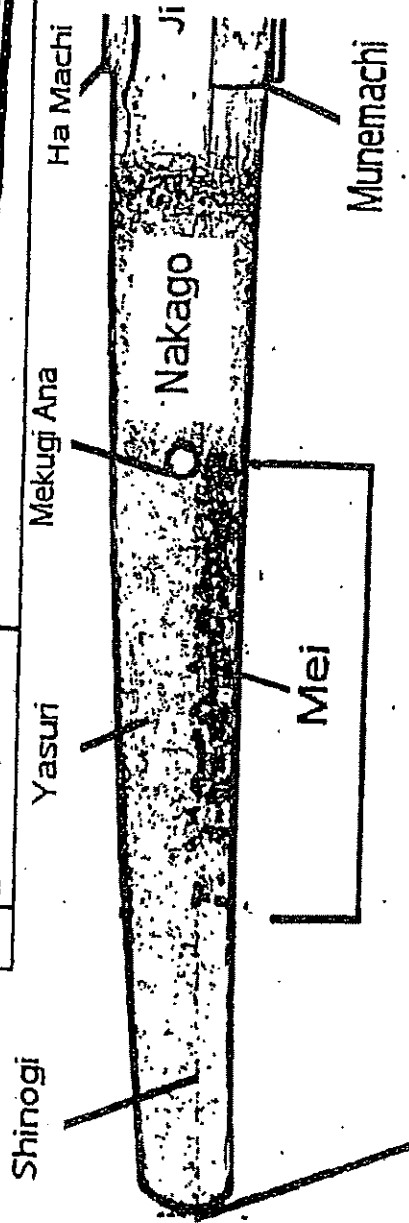
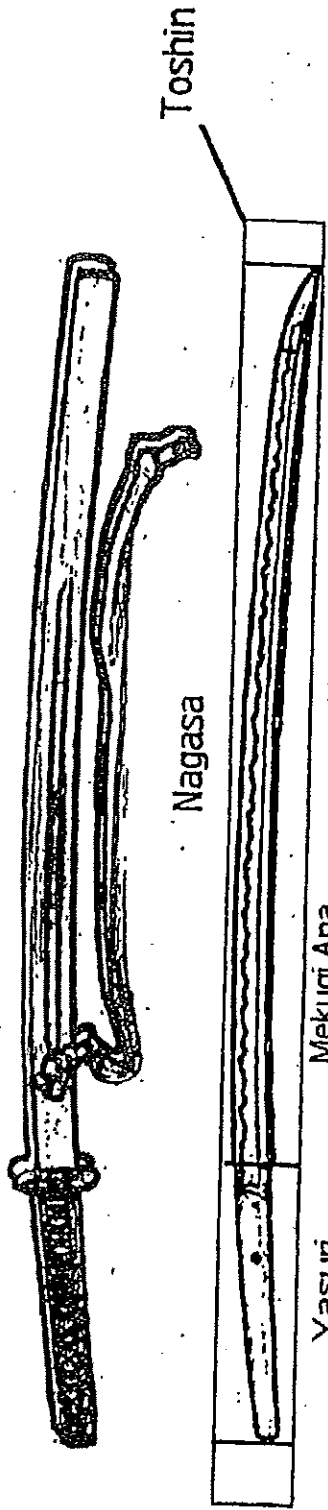
*Shinken/Honmi* - sword with a live blade

*Monouchi* - strongest part of sword, 10 - 20 cm from kissaki; used for cutting

### Technique

*Chiburi* - action of flicking blood off sword

Katana Koshirae/Buke Zukuri



30 cm from Hamachi  
Katana Koshi

Cutting Area measuring 6 inches on most  
Nihonto. 3 inches below Yokote Line

## Japanese Words commonly used at Iaido Class

November 2001, H.I.

### General Use

- \* IAI [居合] : Kneeling and Facing each other with Sword in the scabbard  
(Form of Talking, before Fight)
- \* TACHIAI [立合] : Standing & Facing each other with Sword drawn out.  
(Form of Fighting)
- \* DOJO [道場] : Practice Room \* SENSEI [先生] : Teacher, Instructor
- \* SENPAI [先輩] : Senior Student \* KOUHAI [後輩] : Junior Student
- \* SHINZEN [神前] : Before God \* SHINDEN [神殿] : Small Shrine for God
- \* KAMIZA [上座] : Upper Area of DOJO \* SHOUMEN [正面] : Front
- \* SHIMOZA [下座] : Lower Area of DOJO

### Equipment

- \* KATANA [刀] : Sword (more than 2 feet blade length)
- \* BOKUTO or BOKKEN [木刀] : Wooden Sword
- \* WAKIZASHI [脇差し] : Shorter Sword (less than 2 feet blade length)
- \* TANTO [短刀] : Dagger (less than 1 foot blade length)
- \* KEIKOGI or DOGI [稽古着, 道衣] : Practice Wear \* OBI [帯] : Belt
- \* HAKAMA [袴] : Wide Pleated Long Pants
- \* TABI [足袋] : Foot Wear (Socks) \* HAORI [羽織] : Formal Overcoat
- \* MONTSUKI [紋付き] : Formal Longer Sleeved Jacket with MON (Family Crest)

### Movement

- \* ASHI-SABAKI [足捌き] : Foot Work
- \* TAI-SABAKI [体捌き] : Body Movement
- \* KEN-SABAKI [剣捌き] : Sword Work
- \* HAKAMA-SABAKI [袴捌き] : Hakama Arrangement
- \* REI [礼] : Bow \* MOKUREI [目礼] : Light Bow (Bow with Eyes)
- \* ZAREI [座礼] : Kneeling Bow \* TACHIREI [立ち礼] : Standing Bow
- \* SEIZA [正座] : Kneeling \* TATEHIZA [立て膝] : Kneeling with one Knee up
- \* IWAZA : Kneeling Technique \* TACHIWAZA : Standing Technique

### Stance

- \* SEITAI [正体] : Straight Stance \* HANMI [半身] : Diagonal Stance
- \* CHUUDAN GAMAE [中段構え] : Standard Fighting Stance (Sword on the Middle)
- \* JOUDAN GAMAE [上段構え] : Upper Fighting Stance (Sword higher up)
- \* GEDAN GAMAE [下段構え] : Lower Fighting Stance (Sword Tip down)
- \* HASSOU GAMAE [八双構え] : Side Fighting Stance (Sword beside of one's Face)
- \* WAKI GAMAE [脇構え] : Lower Side Fighting Stance (Sword besides one's Hip)