



## **IAIDO** pronounced ee-eye-do

I=being AI=harmony DO=way "The way of harmonising oneself in action".

**Domo arigato gozaimashita** - *Thank you very much* (said at the end of class to each other)

**Dozo** - *Please go ahead*

**Sumimasen** - *Excuse me*

**Hajime** - *Start*

**Yame/Owari** - *Stop*

**Hai** - *Yes*

### **Types of cuts:**

**Kesa giri** - diagonal downward cut

**Katate kesagiri** - one-handed diagonal cut

**Morote kesagiri** - two-handed diagonal cut

**Kirioroshi** - downward cutting motion straight down

**Nukitsuke** - drawing the sword from its scabbard

**Furi kaburi** - raising the sword above the head

**Sune gakoi** - block to protect the leg (shin)

**Tsuki** - thrust

**Yoko ichi monji** - horizontal cut

### **Ranks and titles:**

**Soke** - Head Master of a style

**Sensei** - Instructor/Teacher

**Sempai** - Senior student (everyone who has started iaido before you)

**Kohai** - Junior student (everyone who has started iaido after you)

**Dan** - Degree (Black belt), from 1 to 10

shodan, nidan, sandan, yondan, godan, rokudan, nanadan, hachidan, kudan, judan

**Yuudansha** - Members with dan grades

**Iaidoka** - Someone who practices iaido

### **Events:**

**Embu** - Demonstration

**Keiko** - Practice

**Taikai** - An event with competition

**Shinsa** - Dan test

### **Bowing:**

**Shinzen ni rei** - Bow to shrine (said by sempai)

**Sensei ni rei** - Bow to teacher(s)

**Mokuso** - Close the eyes, meditation (said by sensei)

**To Rei** - Bow to sword

### Sword Work

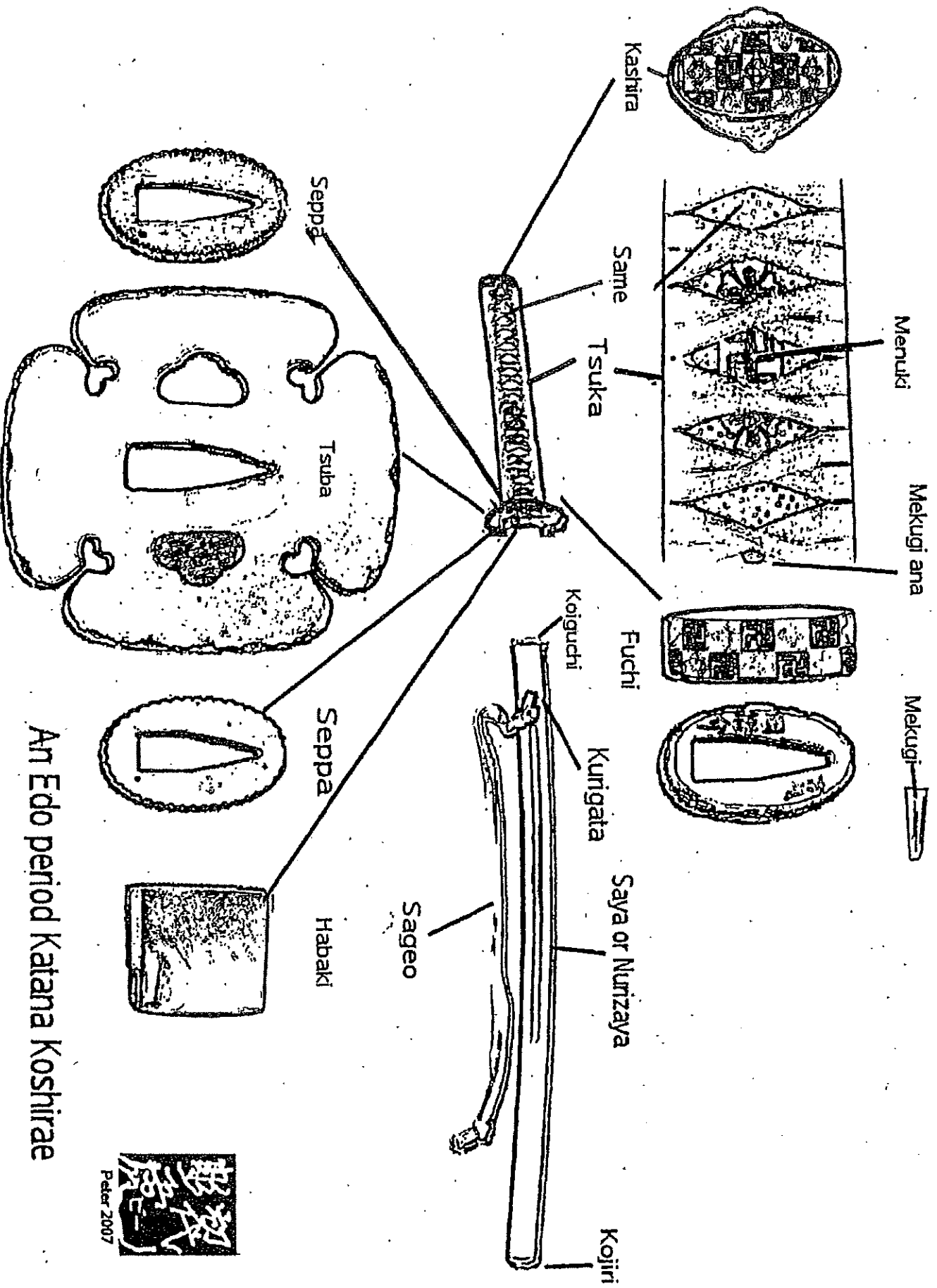
- \* BATTO [抜刀] : Drawing Sword
- \* NOHTO [納刀] : Sheathing Sword
- \* NUKITSUKE or KIRITSUKE [抜き付け, 斬り付け] : Horizontal Cut
- \* KIRIOROSHI or UCHIOROSHI [斬り下し, 打ち下し] : Vertical Cut
- \* KESAGIRI [袈裟斬り] : Diagonal Cut
- \* TSUKI [突き] : Thrust
- \* FURIKABURI [振り冠り] : Sword over Head Position (before Cutting down)
- \* CHIBURI [血振り] : Shaking Blood Motion
- \* KATATE [片手] : One Hand
- \* RYOUTE [両手] : Both Hands (on each)
- \* MOROTE [諸手] : Both Hands (on One Object)
- \* WAZA [業、技] : Technique (Sword Form)
- \* IWAZA [居業] : Kneeling Technique
- \* TACHIWAZA [立ち業] : Standing Technique

- TENOUCHI [手の内] : Inside of Palm
- SAYANOUCHI [鞘の内] : Inside of Scabbard
- ZANSHIN [残心] : Awareness

{ Those words can not be exactly translated into English by one word }

### Other Words

- \* OHAYOU GOZAIMASU [お早よう御座います] : Good morning
- \* ONEGAI SHIMASU [お願いします] : Please do so (Please practice with me)
- \* KATANA WO MOTTE [刀を持って] : Take your Katana or Bokuto
- \* JUNBITAISOU [準備体操] : Warming up Exercise
- \* HAJIMEMASU [始めます] : Let's begin
- \* HAJIME [始め] : Begin, Start
- \* OWARIMASU [終わります] : Let's finish
- \* YAME [止め] : Stop
- \* OTAGAINI [お互いに] : Each other
- \* MO-ICHIDO [もう一度] : Once more
- \* DOUMO ARIGATOU GOZAIMASHITA [どうも有り難う御座いました] :  
Thank you very much
- \* SAYOUNRA [さようなら] : Good bye



An Edo period Katana Koshirae



O-chiburi - big chiburi

Yoko-chiburi - horizontal chiburi

Noto - sheathing the sword

Hayaosame - faster version of regular noto; performed during advanced ("oku") waza

Mokuso - period of focus/concentration before and after practice

### Breathing Method

Hito kokyu ippuku - breathe in and out once, then breathe in once (then start waza)

Futa kokyu ippuku - breathe in and out twice, then breathe in once (then start waza)

### Footwork

Ayumi ashi ("walking foot") - walking regularly, placing one foot in front of the other

Tsugi ashi ("connecting foot") - moving forward with one foot (either left or right)

always in front and pulling the back foot forward

Nusumi ashi ("secret steps") - moving foot before body: an incorrect kind of footwork

Tora bashiri ("tiger running") - running in small steps, placing one foot in front of the other

Hanmi - front foot is pointing straight ahead and back foot is at a 45-60 degree angle

Ni ho haba - two foot width from front to back foot

Seigan no ashi - back foot is directly behind front foot's heel

Hanzoroi - back foot is half overlapping with front feet

### Swordwork (Ken-sabaki)

Yoko ichi monji - horizontal cut

Uchioroshi / Kirioroshi / Makko - cutting down

Katate kesagiri - one-handed diagonal cut

Morote kesagiri - two-handed diagonal cut

Dogiri - cutting the do (line below the armpit going diagonally across)

Koshi guruma - cutting in a horizontal line just below the belly button, as in Shihogiri

Nadegiri - cutting in a horizontal line just below the belly button, but "softer" than

koshiguruma (as "naderu" means "to stroke" in Japanese). This cut is performed in Somakuri (waza in okuiai tachiwaza).

Tsuki - sword thrust.

Sunegakoi ("shin protection") - performed in Yaegaki and Toraissoke

Ukenagashi ("parry") - performed in Ukenagashi

Suri otoshi ("touch-fall") - performed in Tsukekomi, Somakuri, Kabezoe

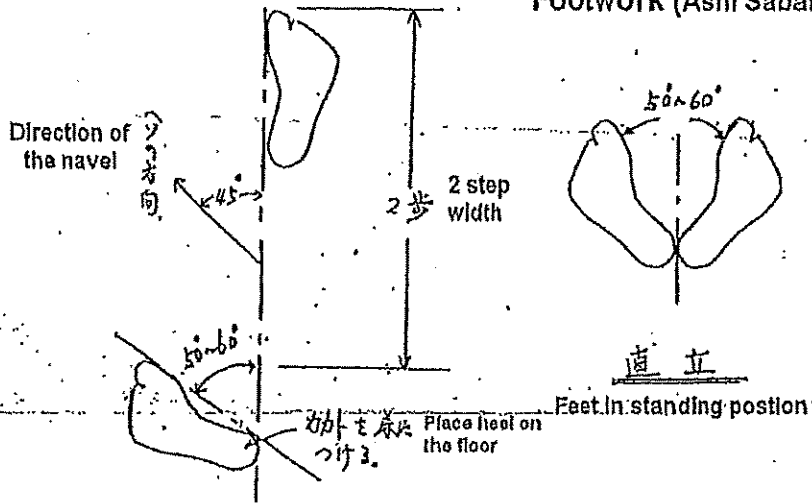
Hiki mawashi ("pull-around") - performed in Ukiyomo

Hiki taoshi ("push over") - performed in Oroshi, Iwanami

Sayabanare ("leaving the saya") - the moment the kissaki leaves the saya; this is a very important part of a cut

# Kihon Diagrams

## イ. 足捌 Footwork (Ashi Sabaki)



### Footwork for Hanmi 半身の足捌 (above)

① 前足の指先を軸  
後足を踵を軸  
軸心として90度回転  
二つの足は平行  
になる。

② 前足を軸趾を軸  
後足はかかとを軸  
の中心を軸(廻す)。

\* 廻り始めは前足の  
つま先を起す  
と廻りやすい。

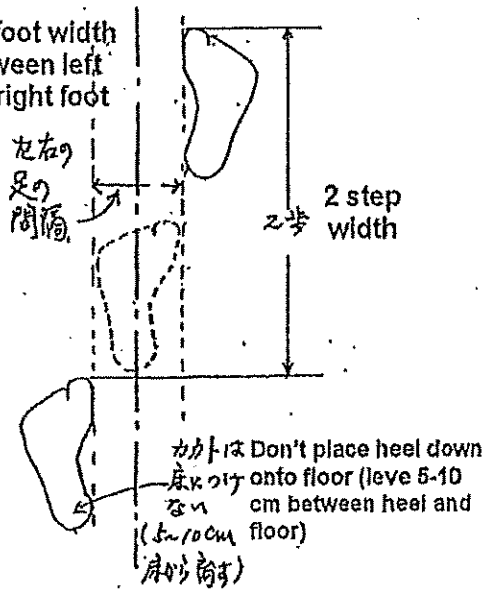
1. (1st) 90 degree rotation:  
rotate the front foot by  
pivoting on your heel,  
and rotate the back foot  
by pivoting on your toes;  
the feet are parallel and  
both facing left (in the  
diagram) at this point.

2. (2nd) Another 90 degree  
rotation: rotate the front foot  
by pivoting on your toes and  
rotate the back foot by  
pivoting on your heel.

前後回転の足捌  
Footwork when  
reversing directions

江坂道場 教習資料 (平成5年2月)

One foot width  
between left  
and right foot



### 正面に付く足捌 Footwork when facing forward

Swordwork (Ken Sabaki)

ウ. 劍 捌

How to Grip the Tsuka

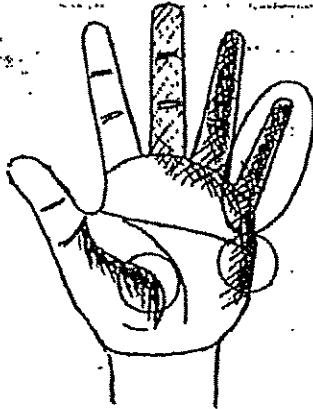
柄の握り方



右手は、  
縁金と外に握る。  
Grip the right hand  
just below the  
fuchigane

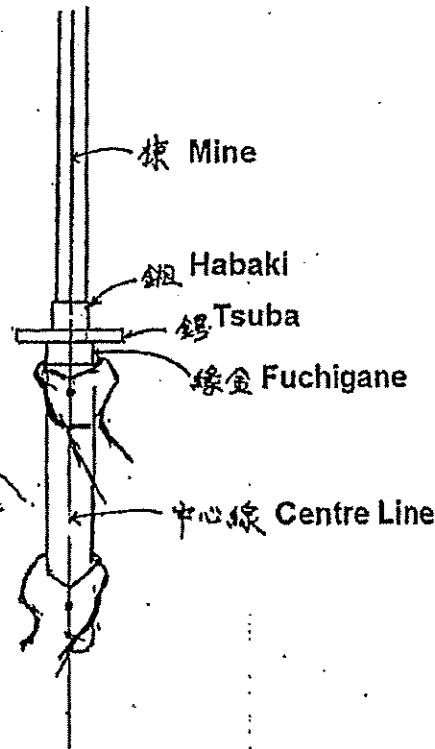
The tip of the little finger of the left  
hand grips the diamond shaped  
part where the arrow is pointing

左手小指の  
先端はこの  
菱形の部分を握る



柄を握るときは、左右の手は  
丸い部分に力を入れて、  
しっかりと握ること。  
特に○部分が重要。

One should make sure that, for both  
hands, the tsuka is gripped by the  
shaded parts. Pay attention to the  
circled parts, as they are especially  
important.

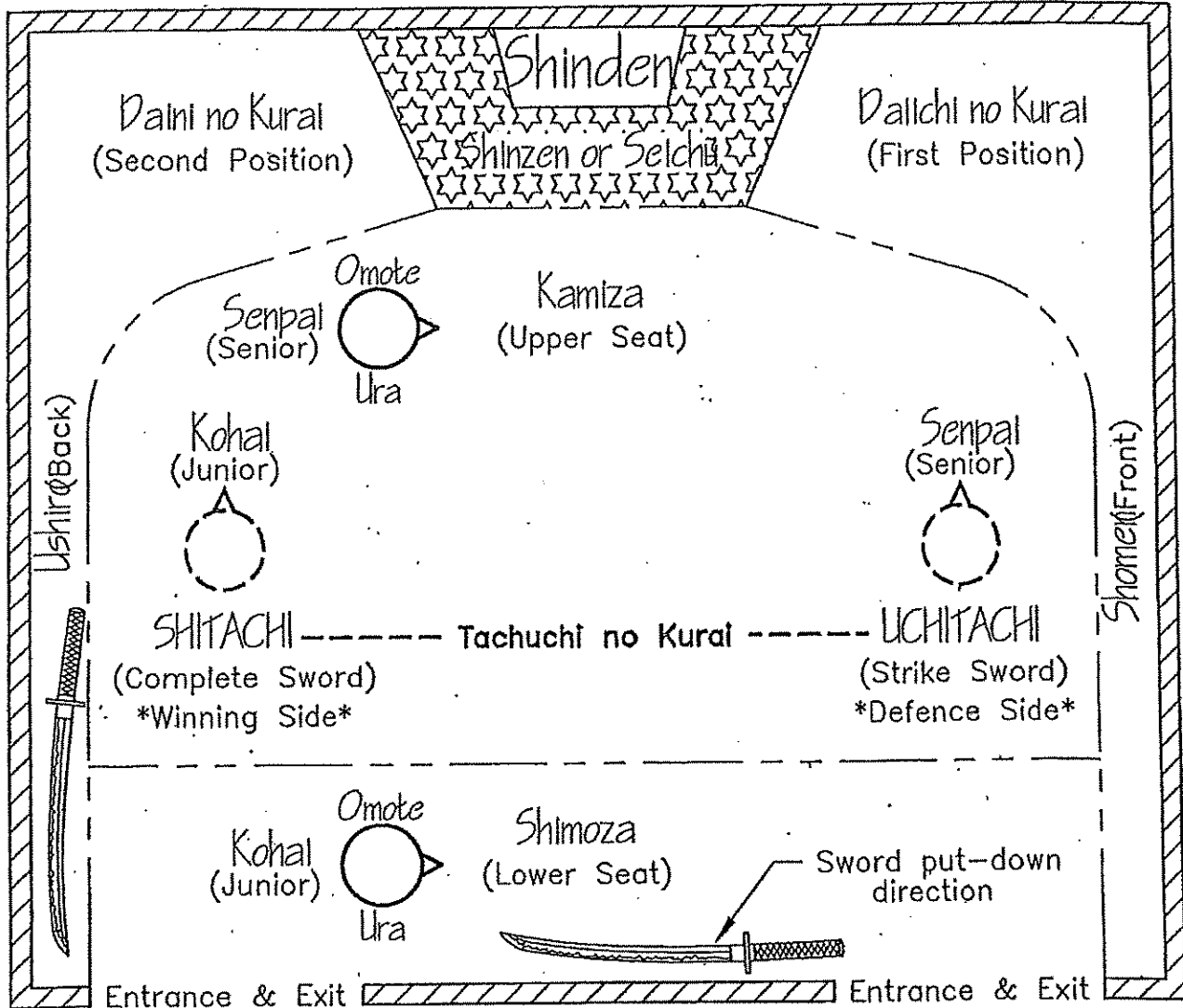


木の外  
3373押す

It is fundamental to push here:  
the joint where the thumb's bone and  
the index finger's bone meet

# IAI-DO DOJO CHART

Oct. '97, H.I.



## BASIC RULES of DIRECTION.

\* In KOBUDO (Traditional Martial arts), HIDARI (left) means OMOTE (Face or Heaven) and MIGI (right) means URA (Tail or Earth).

\* SHINZEN or SEICHU is the most respectable place in the DOJO.

\* Never draw a sword or cut directly toward SHINZEN.

Therefore, the proper direction of practice is facing SHOMEN, SHINZEN is on your left (OMOTE).

◎ SENPAI (Senior) on KAMIZA (Upper Seat) & KOHAI (Junior) on SHIMOZA.

Note : Above are the basic rules, however under various conditions of room arrangement, practice facing SHIZEN is allowable.

In this case, avoid cutting or thrusting directly toward SHINZEN.

◎ SENPAI on SHOMEN (Front) & KOHAI on USHIRO (Back).