

# 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)

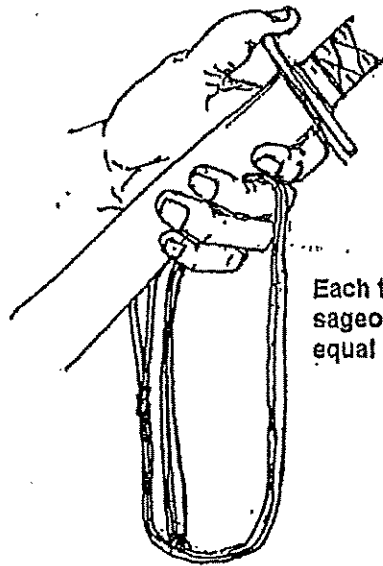
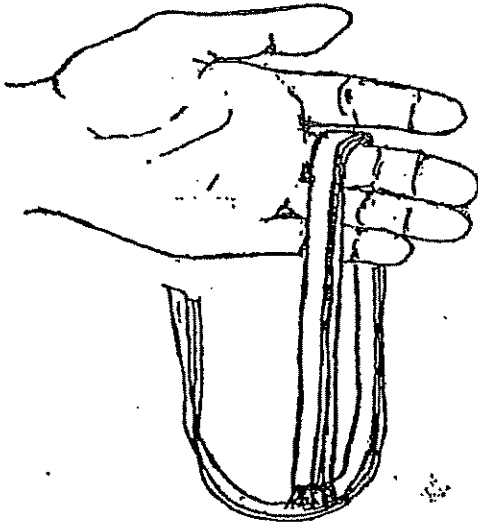
@ Starting with both hand down & finishing with both hand onto Katana.

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

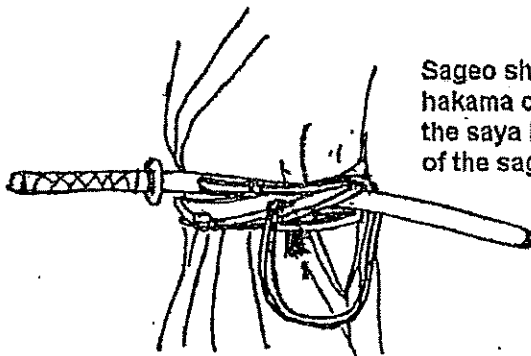
- \* **Ipponme**            **Zenteki Gyakuto**            \* No. 1,      *Forward Oponent Inverse Sword*  
KatateGyakugesa – MoroteKesagiri – ChudanGamae – YokoChiburi – Nohto
- \* **Nihonme**            **Tatekito**                              \* No. 2,      *Multi Oponents Sword*  
MigiMae faint 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。

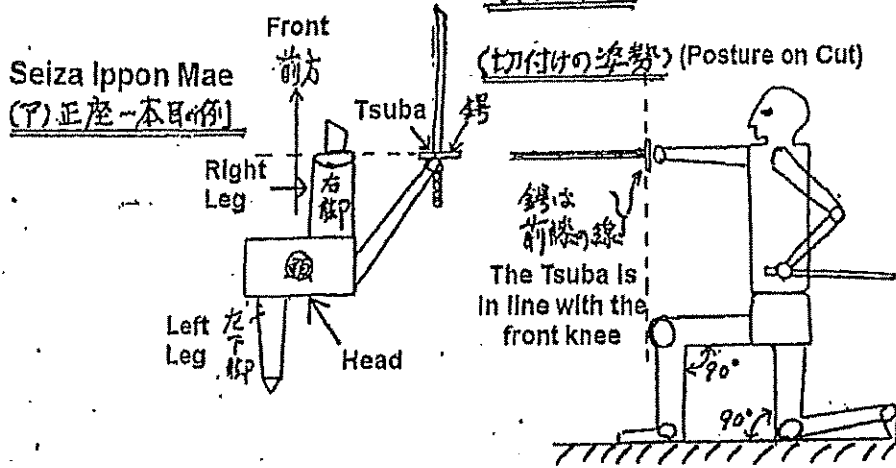


- ② 帯刀したときは、鞘の後方を廻して端末を前に廻して、左斜め前の  
(帯刀した刀の位置の下方辺り) 袴の紐に上から下へ向かって挟む。  
端末は、袴の紐下約三~四纏に止める。

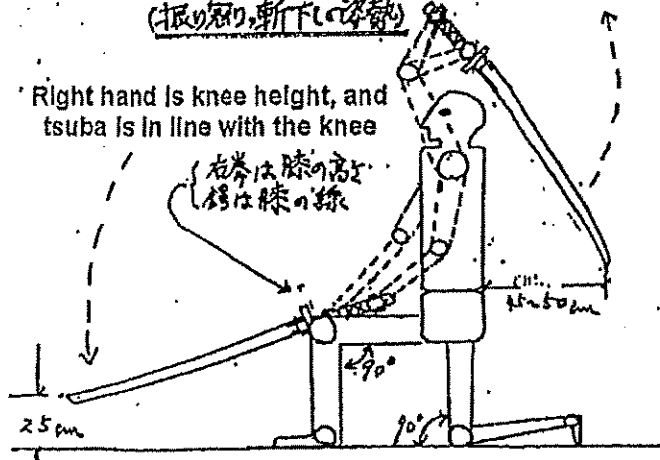


帯刀した刀の位置の下方辺り  
袴の紐に上から下へ

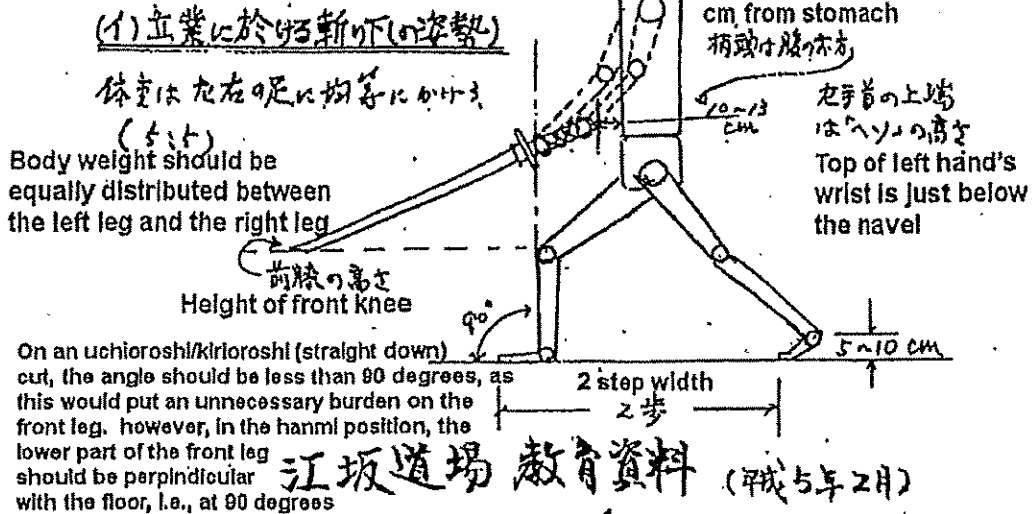
Body Position (Tai Sabaki) 体捌



Posture when performing the kirioroshi cut



Position after having performed a kirioroshi cut in a standing waza



### 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

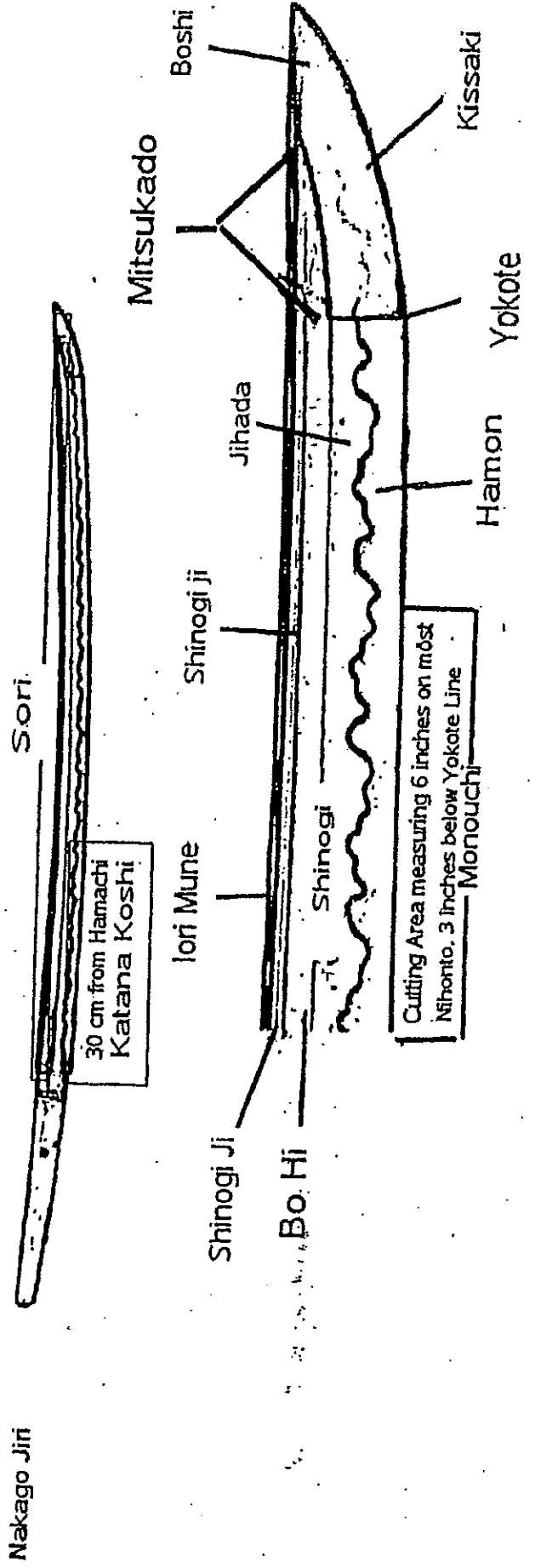
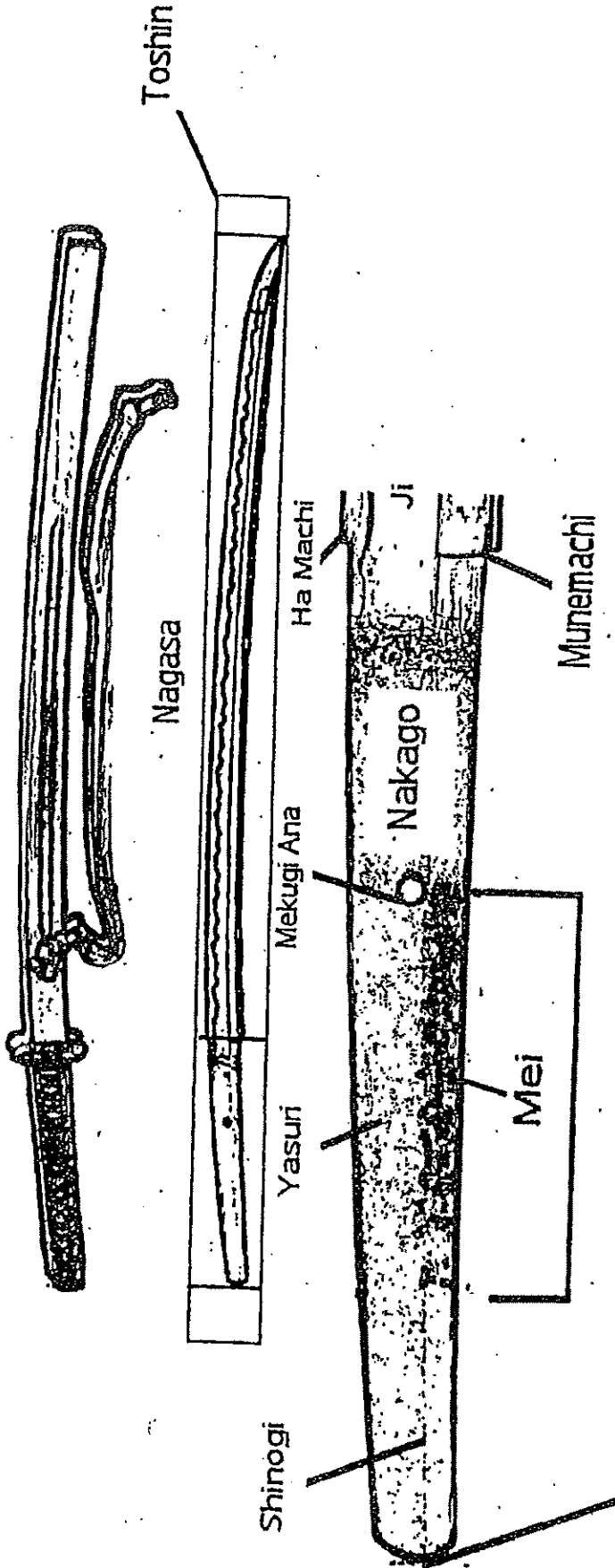
*Shinken/Honmi* - sword with a live blade

*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



## 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 : Keeling 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)