

VALLEY AIKIDO

MEMBERS GUIDE

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Design: Liz Greene

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RL Sarafon, Skip Chapman Sensei and the Greater Aikido Community**



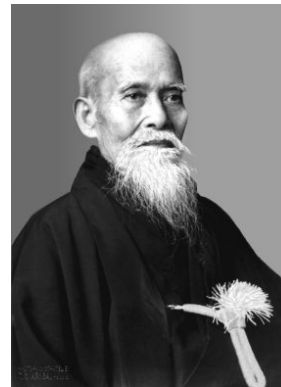
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合気道

WHAT IS AIKIDO?

Aikido is a traditional Japanese martial art practiced for self development and defense. The word Aikido means “the way of harmony with ki.” Ki is hard to translate, but can be understood as breath power, spirit or universal life force.



Morihei Ueshiba, or O-Sensei (great teacher) created Aikido in the early 1940s. A master of several classical Japanese martial arts (budo) including judo, kendo and jujitsu, O-Sensei developed Aikido to respond to the modern world.

According to his son, Kisshomaru Ueshiba, Aikido is orthodox because it inherits the spiritual and martial tradition of ancient Japan . But O-Sensei

concluded that the true spirit of bu do cannot be found in a competitive atmosphere where brute force dominates and the goal is victory at any cost. Instead, the path of Aikido leads to “victory over self” and is realized in the quest for self perfection of body, mind and spirit.

Thus, unlike martial sports, Aikido avoids competition and does not allow tournaments. Instead, it stresses collaborative practice allowing all students to pursue their individual potential in an atmosphere of shared knowledge. Aikido movements are circular and flowing and emphasize redirecting your partner's energy using leverage and balance instead of brute force. It has been likened to moving Zen.

O-Sensei said, "Aikido is the principle of nonresistance. The best strategy relies upon unlimited responses." To learn how to apply this principle, students work with partners and typically practice pre-arranged attacks and defenses emphasizing techniques that can be modified intuitively and spontaneously to fit the specific dynamics of a real attack. Students must observe carefully and as any speaking, including verbal explanations, should be kept to a minimum. The responsibility of learning is on you, the student, through sincere, repetitive practice. As you advance, you will internalize the forms and learn to execute multiple attacks. Ultimately, you will pass beyond strict adherence to form and discover that your mind, body and spirit are one.



Aikido practice and its protocols may be different from anything you have experienced before. We prepared this packet of information to help you get started and feel welcome at Valley Aikido. Although the only way to truly understand Aikido is through regular and sincere practice, we hope this guide will help you get oriented, introduce you to some basic vocabulary and etiquette, and answer your basic questions.

VALLEY AIKIDO

Valley Aikido was founded by Paul Sylvain, shihan in 1985 to advance aikido in the Connecticut River Valley. It is an outgrowth of Amherst Aikikai, which Sylvain co-founded with Lorraine DiAnne sensei in 1979 after they returned from three years of intensive practice at Aikido Headquarters in Tokyo, Japan.



Dianne Sensei and Paul Sylvain Shihan, top row, second and third from left

From its inception, Valley Aikido has been a member dojo of the United States Aikido Federation led by Y. Yamada Shihan.



Y. Yamada Shihan and Paul Sylvain Shihan

Sylvain is the first American to be granted the title of shihan, or "master teacher" and the only American to receive this honor from O-Sensei's son, Kisshomaru Ueshiba.



Paul Sylvain Shihan

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虎
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Sylvain shihan started practicing Aikido with Taitetsu Unno at the University of Massachusetts in 1969. He later became a student of M. Kanai, shihan who inspired him to move to Japan to study at Aikido Headquarters. There Sylvain became a special apprentice to T.K. Chiba, shihan and continued that affiliation until his death in 1996. After his death, Sylvain's wife and senior-most students assumed leadership and teaching. Valley Aikido remains dedicated to continuing Sylvain's traditional approach to Aikido and upholding the standards of excellence that he established over his 25 years of dedicated instruction.

TEACHING STAFF

Valley Aikido's teaching staff is certified by the United States Aikido Federation and is recognized by Aikido Headquarters in Tokyo, Japan.



Larry Levitt sensei began training in 1980 after Lorraine DiAnne, and the late Paul Sylvain Senseis, returned from Japan to found Amherst Aikikai. Levitt sensei helped Sylvain shihan found Valley Aikido in 1986 and received a teaching license under Sylvain sensei's direction in 1993.

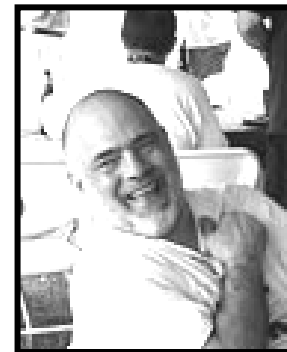
The Chief Instructor is Larry Levitt who holds the rank of rokudan (6th degree black belt) and was certified as shidojin in 1996.



T.K. Chiba Shihan



M. Kanai Shihan
photo by Ishiyama Sensei



Larry Levitt Sensei 2006

DAILY PRACTICE

Entering the Dojo

When you enter the dojo, give a standing bow. The bow is a sign of respect, not of religious significance – and helps you focus and concentrate. Bowing as you enter the dojo helps you let go of the outside world and open yourself up to your training.

As soon as you enter the dojo, take off your shoes and put them on the shoe rack. Please keep a pair of zoris (slippers/sandles) on the rack to wear inside the dojo. If you are wearing a hat, please take it off. The dojo is a special – even sacred – space. Please treat it with respect.

Julia Freedgood sensei began training in 1982 at Amherst Aikikai, also under the direction of DiAnne and Sylvain senseis, then as a student of the late M. Kanai sensei, 8th dan shihan, founder of New England Aikikai. She helped found Valley Aikido and married Sylvain sensei in 1987.



Julia Freedgood is Dojo Cho (dojo head) and holds the rank of yondan (4th degree) and is a certified shidoin.



Robert LaPalme (shodan) directs the children's program. He also is a direct student of Sylvain shihan.

Bob LaPalme 2007



Student entering the mat area with a kneeling bow

Membership



Classes are open to men, women and teenagers of any age or physical ability.

The Children's Program is open to children aged five through 12. Youths aged 11 and 12 may practice in adults' class with instructor permission. Children's classes are held twice a week for children aged 6 and up during the academic school year.

Regular Membership includes unlimited practice in all basic and mixed-level classes, and any intermediate classes with instructor permission.

Valley Aikido offers new students a special introductory Beginner Series on Tuesday and Thursday evenings at 6:00 p.m. Generally, after two or three months students have gained a foundation of basic foot movement, techniques and falling and are ready to transition into regular membership. Although most adults start practicing in the Beginner Series, this is not a requirement. You are welcome to join as a regular member as soon as you choose.



Special rates are available for new beginners, students with a valid ID and families (see separate Fee Schedule and calendar for updated information.)

A list of members' names and an attendance sheet are located at the front desk. Mark the list with an "X" every day you come to practice to record your attendance. If you attend a seminar or an affiliated class somewhere else, you can mark the list the next time you come to the dojo.

The attendance list is a helpful way for you to track your own training and also is used by the senseis to assess eligibility for promotions. Promotional tests are held when a group of students are ready to move to the next level – typically in the spring and fall.

Paying Dues

Your dues support and maintain our school and we depend on our students to pay for rent, utilities, telephone, hot water, etc. Paying dues on time is essential! While officially due on the 1st day of each month, students are encouraged to pay dues during the last week of the month. Dues received after the 1st are considered late and should be accompanied by a \$10.00 late fee. Please put your dues in the wooden dues box located on the wall near the front desk. Sorry, we don't accept credit cards.

What to wear

Aikido students wear white judo or karate uniforms, or keikogis. The judo gi is heavy and quilted; the karate gi is lighter-weight and plain fabric. Undergarments should be simple and discrete, such as a black or white T-shirt. Instructors and senior students wear blue or black hakamas – pleated skirt-like pants, which are worn over their gis.

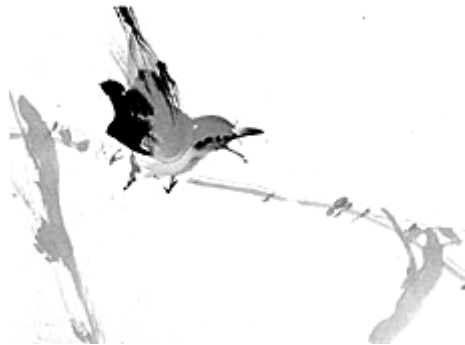
Kyu grade students wear white belts; dan grade students wear black. Children practicing in the children's program are awarded colored belts after promotional events.



Typical Aikido Gi

Aikido Hakama

You may – but don't need to buy a gi right away. If you don't, bring loose, comfortable clothing to wear for practice. Make sure you have long sleeves and long pants. For more details, ask a senior student.



Sempai/Kohai

Sempai are students senior to you, and kohai are students junior to you. As a rule, seniority is based on rank, length of study and age. The expression of this relationship is significant at every level of aikido and it is an important art to honor and acknowledge it. For example, sempai are expected to take responsibility for helping kohai and kohai are encouraged to seek out sempai to practice.

It is respectful for kohai to bow lower than sempai and to make an effort at the end of class to bow first to their seniors as a way to say "thank you." This is especially true when students address or bow to their instructors.



However formal this may seem at first, eventually it becomes second nature. In the meantime, don't worry about making mistakes and expect gentle, often nonverbal reminders. The best way to learn is to open your mind and watch carefully.

That said, feel free to approach your sempai to ask any questions you may have – whether about etiquette, technique, cleaning the dojo or paying dues. This is not an imposition – it is an important part of the practice. And sooner than you think you will become sempai to someone and return the favor!

A Typical Class

Aikido is a martial art and relies on many combinations of attacks and defenses. It is a practice to prepare us to resolve conflict – not by avoidance or compromise, but by reconciling the forces that created the clash to begin with. According to O-Sensei “Aiki is not a technique to fight with or defeat the enemy. It is a way to reconcile the world and make human beings one family.”



Freedgood Sensei

An important aspect of Aikido is the development of self-awareness – both of mind, body and spirit. This awareness comes from proper posture, position and purpose. To help develop these, we teach foot movements, attacks, immobilizations and throws to defend against the attacks. Basic principles of ukemi – or falling – are taught for self preservation.

Before class begins

When you enter the mat, always perform a formal bow. Kneel with your bottom down on your heels and your back straight. Place your left hand down on the mat followed by your right, to form a triangle in front of you. Keeping your back straight, lower your whole body to bow. Then return to kneeling posture or seiza by placing your right hand on your thigh, then your left, always keeping your back straight. Don't let your bottom rise up when you bow!



Stretch freely and practice ukemi and/or techniques until 3-5 minutes before class begins. When somebody claps, or the senior students sit down, line up. Instructors and senior students sit to the left (as you view the kamiza) and beginners to the right. If the line is long, start a second one, beginning from the left, behind the senior students. If you are in the front line, and someone sempai to you arrives, please make room for them.

If your knees hurt and you need to sit cross-legged, sit in the second line. Sit quietly until the instructor starts class. Don't fidget!



Beginning Class

At the beginning of every class, the instructor and students perform a formal bow toward the kamiza. Then students bow to the instructor and say, “Onegai shimasu” or “please help share with me.” (See basic vocabulary.)



Bowing is usually followed by 10 – 15 minutes of warm ups and breathing exercises. Usually, this is followed by ukemi (or falling) practice. Generally, the first technique taught is something basic, such as a back stretch, to give students a chance to begin moving and centering themselves before undertaking more vigorous practice.

Bow to a partner to initiate practice. You are encouraged to bow to your sempai and ask them to help you learn. Especially in basics classes, they will be looking for you, too.



Basic Training

Typically the instructor chooses several techniques that follow a common theme or illustrate a common principle. S/he will demonstrate each technique individually and partners practice it quietly. Attacks typically involve strikes or grabs and the techniques used to respond to them include immobilizations and throws.



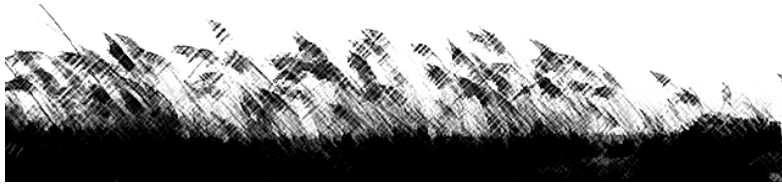
Sempai David with uke Chris Krull

Aikido is learned through your body. Don't worry about how you look but focus instead on the dynamic relationship between yourself and your partner as you practice the techniques. Talking is discouraged and should be kept to a minimum.

The instructor will offer observations or corrections to you to improve and deepen your technique and to make sure you fall correctly. Sometimes these are offered verbally, other times they are demonstrated physically.

Ending Class

The last technique often is a partner-based breathing exercise called “sitting kokyū-ho,” followed by a back-to-back stretch.



Then students line up facing the kamiza and follow the instructor with a formal bow just as you did at the beginning of class, finishing with a formal bow toward the instructor and saying “Domo arigato Gozaimashita sensei.” (See Basic Vocabulary.)



ETIQUETTE

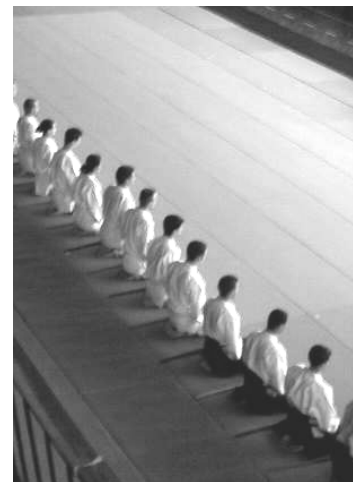
Make sure you are fully dressed in practice clothes before you leave the locker room. Make sure your hands, feet and gi are clean when you enter the mat.

Bow with awareness. Much of aikido starts and finishes with a bow so observe other students closely. Some details of bowing are explained in the section: A Typical Class.

Never sit with your back directly toward the kamiza. Sitting at an angle with your back toward the kamiza is fine. Never lean against the wall or sit with feet extended in front of you.

Be on time. However, if you arrive 10 – 15 minutes late for class, change into practice clothes and wait by the side of the mat until the instructor recognizes you and invites you to join class.

Stay alert and avoid chatting during practice.



When the instructor claps to change techniques, bow to your partner and thank them. Then line up to watch the demonstration.

If the instructor gives an individual demonstration or makes a correction, sit to the side of the mat and observe. When s/he is finished, perform a kneeling bow and say, “thank you, Sensei.”

After Class

When class is over and the instructor has bowed off the mat, bow and thank all your partners starting with the most senior.



After you have bowed to all your partners, you are welcome to stay on the mat to practice ukemi, review techniques or engage in free practice. This is encouraged, but be sure to make room for people cleaning the mat and to leave the mat before students line up for the next class.

Never undress on the mat, wait until you get into the locker room. Learn to fold the instructor's hakema and offer to do at the end of class.

Please help clean the mat after practice.



Cleaning the Dojo

All students participate in keeping the dojo clean. This is an important part of your training. So after class, please wipe down the mat and spend a couple of minutes cleaning the dojo. Feel free to take initiative for specific tasks yourself, or ask your sempai for guidance. (The only exception is in the case of the kamiza, please ask dojo cho for permission first.)

Suggestions on daily cleaning:



- Wipe down the mat.
- Dust.
- Vacuum the carpets – including the office.
- Vacuum or sweep in the locker room.
- Empty the trash.
- Scour the bathroom: floor, sink and toilet.
- Clean the shower.
- Sweep the outside entrance.

If you have questions about cleaning, etiquette or something you learned in class, find a senior student and ask. They will be happy to help you!

When you leave the dojo, perform a standing bow.

"Excellence is an art won by training and habit. We do not act rightly because we have virtue or excellence, but we rather have those because we have acted rightly. We are what we repeatedly do. Excellence then is not an act but a habit."
Aristotle

HYGIENE AND HEALTH

Hygiene and safety are important to you and to your training partners. Aikido techniques are powerful and potentially injurious. It is essential to practice with care and attention. Physical or medical conditions that could affect your training should be noted on your registration card and brought to the attention of the instructors.

You are responsible for your own health and safety and for the health and safety of others. Please respect other people's injuries. And if you suspect that you have an injury that could impair your ability to practice safely, or if you have a wound or illness that might affect others, please refrain from practice until you are no longer at risk. If you have a question about the seriousness of your condition, please discuss this with the instructor before you start class.

Make sure:

- Your finger and toe nails are cut short;
- Your hands and feet are clean (nail polish comes off on the mat);
- Your gi – or practice clothes – are clean and in good repair;
- You bandage or tape any cuts or scrapes – even a hangnail that could potentially bleed.
- If you have an injury, place a piece of red tape on your gi over the injury to alert your partners to be careful.
- If you suffer an injury during practice, please inform the instructor immediately.
- If you realize after class that an injury occurred, please call us to advise you.

Blood Policy



Make sure you let the instructor know if you have to leave the mat during practice.

If you are bleeding – even if it's very minor – please leave the mat immediately to dress the wound. Valley Aikido's policy on blood-borne pathogens is posted above the first aid supplies.

If you can tell the instructor without spreading any blood on the mat or your partner, please do. Otherwise, ask your partner to tell the instructor.

First aid supplies are located in the file cabinet just off the mat.



Emotional Wellbeing

Aikido can enrich your wellbeing, reduce stress and lead to self development. At the same time, it is common for training to raise a wide range of emotional responses and issues. These are as natural as your physical responses and as important to your practice.

If you reach a point where you feel challenged or stuck addressing these feelings, please seek out the advice of your sempai or instructors. If you have special issues surrounding physical contact or violence, please approach a member of the teaching staff for consultation.



BUILDING BRIDGES

EVENTS AND NOTICES

O Sensei believed that Aikido could foster peaceful connections between human beings. He felt Aikido had the power to unify communities and build bridges between cultures.

As you enter the dojo, you will find our bulletin board on your left. There we list important dojo events, notices and training seminars.



Aikido seminars are held nationally and internationally. Valley Aikido makes it a practice to participate in as many seminars as possible. Seminars offer practical insight into the greater world of Aikido technique, teaching and community.



In addition to our bulletin boards, Valley Aikido posts events and special workshops on our website: www.valleyaikido.org

The Dojo Community

Valley Aikido considers training more than just physical exercise. More than joining a gym, aikido students are joining a community. We not only experience this community on the mat; we also strengthen this bond by demonstrating our respect and humility off the mat.

The best way to participate in the Valley Aikido community is to get involved. Keeping the dojo clean is both an honor and a responsibility for students. A clean dojo, much like our own cleanliness, is a direct reflection of our attitude about our training and our teachers. Helping to promote our dojo outside amongst our friends and families provides opportunities for others to train. We ask that all students get involved at some level. Everyone has something offer. Please talk with a sempai to discuss ways to give back to the dojo.



Training Obstacles

Aikido training improves all areas of our lives. Often new students dive in with good intention, but don't know how to integrate Aikido into their lives for the long term.

Many daily distractions can turn into obstacles in our training. It is easy to skip one day of training, but then that day easily turns into a week or more. When this happens, the student misses the benefits that consistent Aikido training has to offer.



Valley Aikido recommends choosing several classes each week and committing to them. Let these classes be a symbol for improving your life. Feel free to ask a sempai for their experience overcoming training obstacles.

Common Questions Asked By New Students

Q: I feel awkward, clumsy and confused – what am I doing wrong?

A: Nothing! It can take months for students to feel comfortable with basic body movements and ukemi – and years to feel confident. According to T.K. Chiba shihan, “shoshin (or beginner’s mind) is not only the state of mind required for a beginner, but it must be present through every stage of training.” So relax and observe yourself without judgment – if you could do it all already, there would be no reason to practice!

Q: What’s the difference between basic and mixed classes?

A: Basic classes emphasize the principles of aikido movement and ukemi. Mixed level classes may involve more advanced applications and tend to be more dynamic.

Q: When can I start weapons classes?

A: Regular Members are welcome to attend the basic weapons class. If you are not sure you are ready, please ask a chief instructor. Students must receive permission from the chief instructors to attend intermediate weapons classes.

Q: I’m going on vacation, can I pay reduced dues?

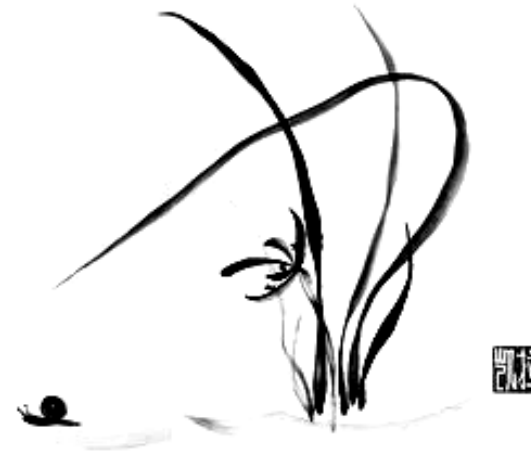
A: The dojo relies on your dues to pay our bills! Regular Members pay for unlimited practice and are expected to pay dues even if they will be away for part of the month. Students leaving on extended vacations are asked to notify the instructors and request a leave of absence if they will be away for more than a month.



BASIC VOCABULARY

The word aikido comes from three Japanese characters: Ai, which means harmony or blending; ki, which is energy, universal life force or spirit; and do, a road or a path, as in a way of life. It has many English translations, such as “the way of harmony with the spirit of the universe.”

According to O-Sensei, “The secret of Aikido is to harmonize ourselves with the movement of the universe and bring ourselves into accord with the universe itself.” While this may sound esoteric or profound, aikido training is in fact a very practical process, learned step by step and day by day, that emphasizes both self defense and self development.



The following pages offer a list of terms you are likely to read or hear when you start practicing aikido. Please review them as this will help you follow what the instructors are trying to teach you.

Aikido (eye-key-do)
The art of peace; the way of harmony

Ai (eye)
harmony, coming together

Aikidoka (eye-key-doe-kah)
aikido practitioner

Aiki-Ken (eye-ki-ken)
swordsmanship in the principles of Aikido

Ai-Hamni (eye-hom-knee)
equal/same stance

Atemi (ah-tem-ee)
strike to offset your opponent

Atemi waza (ah-tem-ee-wah-zah)
striking techniques

Ai Uchi (eye-oo-chee)
mutual strike

Ashi (ah-she)
foot, leg

Awase (ah-wah-zah)
blending

Bokken (bow-ken)
Wooden training sword

Budo (boo-dough)
traditional Japanese martial arts

Bushido (boo-she-doe)
Warrior's code

合氣道

Bushin (boo-shin)
highest level of spiritual communion

Chudan (chew-dahn)
middle position of the hands

Dan (dahn)
grade or rank – degree of black belt

Deshi (deh-she)
student, disciple

Do (doe)
the path

Dojo (do-joe)
training hall where martial arts are practiced

Dojo Cho (doe-joe-choe)
head of the dojo

Doshi (doe-she)
friend

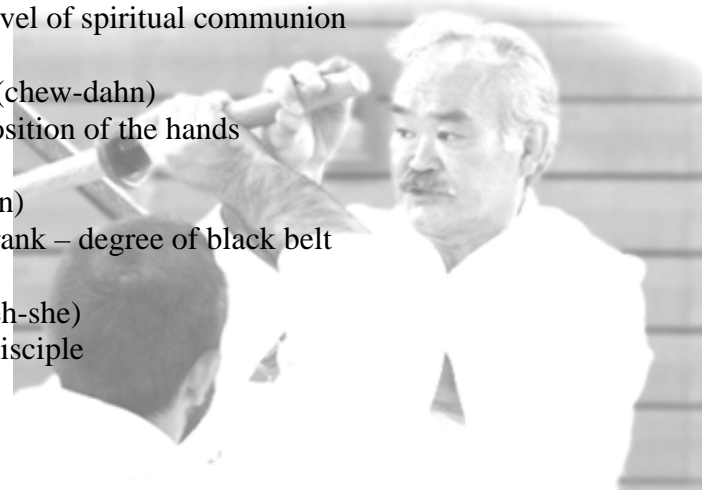
Doshu (doe-shoe)
honorary title given to the head of Aikido

Fuku Shiodoin (foo-koo-she-doe-in)
first level instructor

Gaeshi (guysh)
to reverse, twist

Gyaku Hamni (gahk-you-ham-knee)
opposite stance

Gedan (gay-don)
low-position



Gi (dogi or keikogi) (ghee)
training uniform - pants and top

Hai (hi)
Yes

Hajimae ha-jih-may)
Begin!

Hakama (ha-kah-mah)
a divided, wide skirt worn over a gi typically worn by yudansha

Hamni (hahm-nee)
basic triangular stance

Hamni-Handachi (ham-knee-han-dah-chee)
nage is kneeling and uke standing

Hara (harah)
center point just below the navel

Henko Waza (hen-ko-wah-zah)
switching from one technique to another

Hidari (he-dah-ree)
left

Hiji (hee-jee)
elbow

Hiza (hee-zah)
knee

Iaido (ee-eye-doe)
the art of drawing the sword



Iaito (ee-eye-toe)
Practice sword for Iaido

Iie (ee-aye)
No

Jiyu Waza (gee-you-wah-zah)
free-style techniques with one attacker

Jo (joe)
short wooden staff

Jodan (joe-dahn)
High position

Ju (jew)
Principle of flexibility

Kaeshi Waza (kay-she-wah-zah)
Reverse techniques

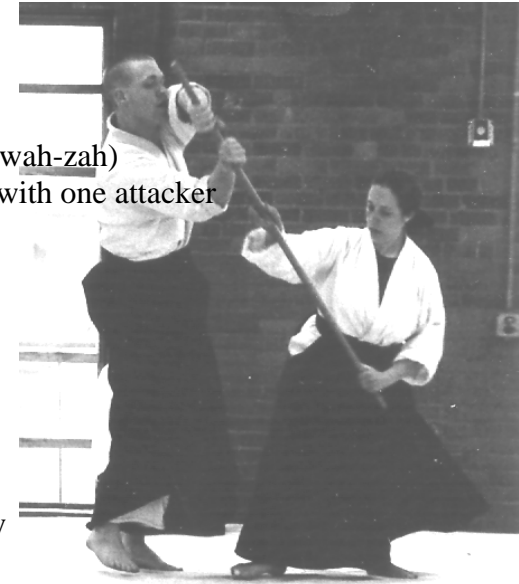
Kamae (kah-may)
Posture or stance of readiness

Kamiza (kah-mee-zah)
the altar at the front of the mat. Literal translation is “spirit seat”

Kancho (kahn-cho)
Supervisor or director of school

Kata (kah-tah)
Solo set of movements

Kata (kah-tah)
Shoulder



Keiko (kay-ee-koh)
Study, practice, refinement returning to origin

Ken (ken)
Sword

Ki (key)
Spirit, life force, breath

Kiai (key-eye)
Spirit expressed from hara through sound, often created to offset and opponent, projection of ki

Kihon (key-hon)
Static, most fundamental aspect of training

Kihonagare (key-hon-nah-gah-ree)
Blending of ki, more flowing aspect of training

Kimusubi (key-moo-sue-bee)
Blending of ki

Kohai (koh-hi)
Junior student. Sempai should help and support them

Kokyu (koh-kyew)
Power of breath and life force

Koshi (koh-she)
Hip, pelvis, waist

Kote (koe-tay)
Wrist

Kubi (coo-bee)
Neck



Kuiru (coo-ee-rew)
Feeling of shame

Kyu (cue)
rank below dan grade or black belt

Ma-ai (mah-eye)
space or distance between uke and nage

Men (men)
Head

Misogi (miss-oh-ghee)
purification practice

Mushin (moo-shin)
Movement of a spiral, no mind

Musubi (moo-soo-bee)
Process of unification of opposites of the same reality

Nage (nah-gay)
the person who throws and performs the technique

O-Sensei (oh-sen-say)
Morehei Ueshiba, founder of aikido, the great teacher

Obi (oh-bee)
Belt

Omote (oh-moe-tay)
To the front

Randori (ran-door-ee)
Free-style with multiple attackers



Seiza (say-zah)
proper kneeling position, sitting on heels, back straight

Sempai (sem-pie)
students senior to you

Sensei (sen-say)
teacher – to be used when speaking or referring to teaching staff

Shihan (she-hahn)
Teacher of teachers (6th dan or above)

Shido-in (she-doe-in)
Certified instructor

Shiho (she-ho)
four directions

Shikko (she-koe)
knee walking

Shodan (show-dahn)
First degree black belt

Shomen (show-men)
Upper seat of kamiza housing spirit of Aikido; also: front or top of head

Soto-Deshi (soe-toe-desh-ee)
Outside student

Suburi (sue-boar-ree)
Single movement using sword or staff in solo practice

Suburito (sue-burr-ito)
Heavy wooden training bokken



Suwari Waza (sue-war-ee-wah-zah)
Seated techniques

Tachitori (tah-chee-to-ree)
Sword taking/ attacking

Tachi waza (tah-chee-wah-zah)
Standing techniques

Tai No Henko (tie-no-henk-ko)
Pivoting of the body

Tai-sabaki (tie-sah-bak-ki)
Body movements

Tanden (than-den)
One-point, center of body below navel

Tanto (tahn-toe)
Knife

Tanto tori (than-toe-tor-ree)
Techniques to disarm attacker using a knife

Te (tay)
Hand

Tegatana (tay-ga-tah-nah)
sword edge or blade of hand

Tekubi (tay-cu-bee)
Wrist

Uchi (oo-chee)
Inside



Uchi-deshi (oo-chee-desh-ee)

Devoted, personal student; apprentice to the chief instructor who lives in and cares for the dojo

Uke (oo-kay)

person who attacks; the one who is being thrown

Ukemi (oo-kem-me)

receiving technique and falling away from harm

Ura (oo-rah)

to the rear

Waza (wah-zah)

techniques

Yame (yah-may)

quit, give up, stop

Yubi (you-bee)

fingers



Yudansha (you-dahn-sha)

holder of a black belt degree

Zanshin (zan-sheen)

“follow-through” of a technique, solid stance, unbroken concentration

Zazen (zah-zen)

meditation posture and practice

禪

KEY PHRASES

“Arigato Gozaimasu” (ah-ree-gah-toe, go-zah-ee-mah-su)

Thank you – polite.

“Domo arigato” (doe-moe- ah-ree-gah-toe)

Thank you.

“Domo arigato Gozaimashita sensei.”

(doe-moe- ah-ree-gah-toe, go-zah-ee-mah-she-tah, sen-say)

Thank you very much, teacher – most polite.

“Gomen Nasai” (Go-men nah-sigh)

I’m sorry, excuse me.

“Onegai shimasu” (oh-nigh-guy shee-mahs)

“Please share with me” or “I make a request”

GLOSSARY OF AIKIDO ATTACKS

Hanni-Handachi Nage kneeling, uke standing

Henkawaza Switching from one technique to another

Katatetori Wrist grab (mirror image)

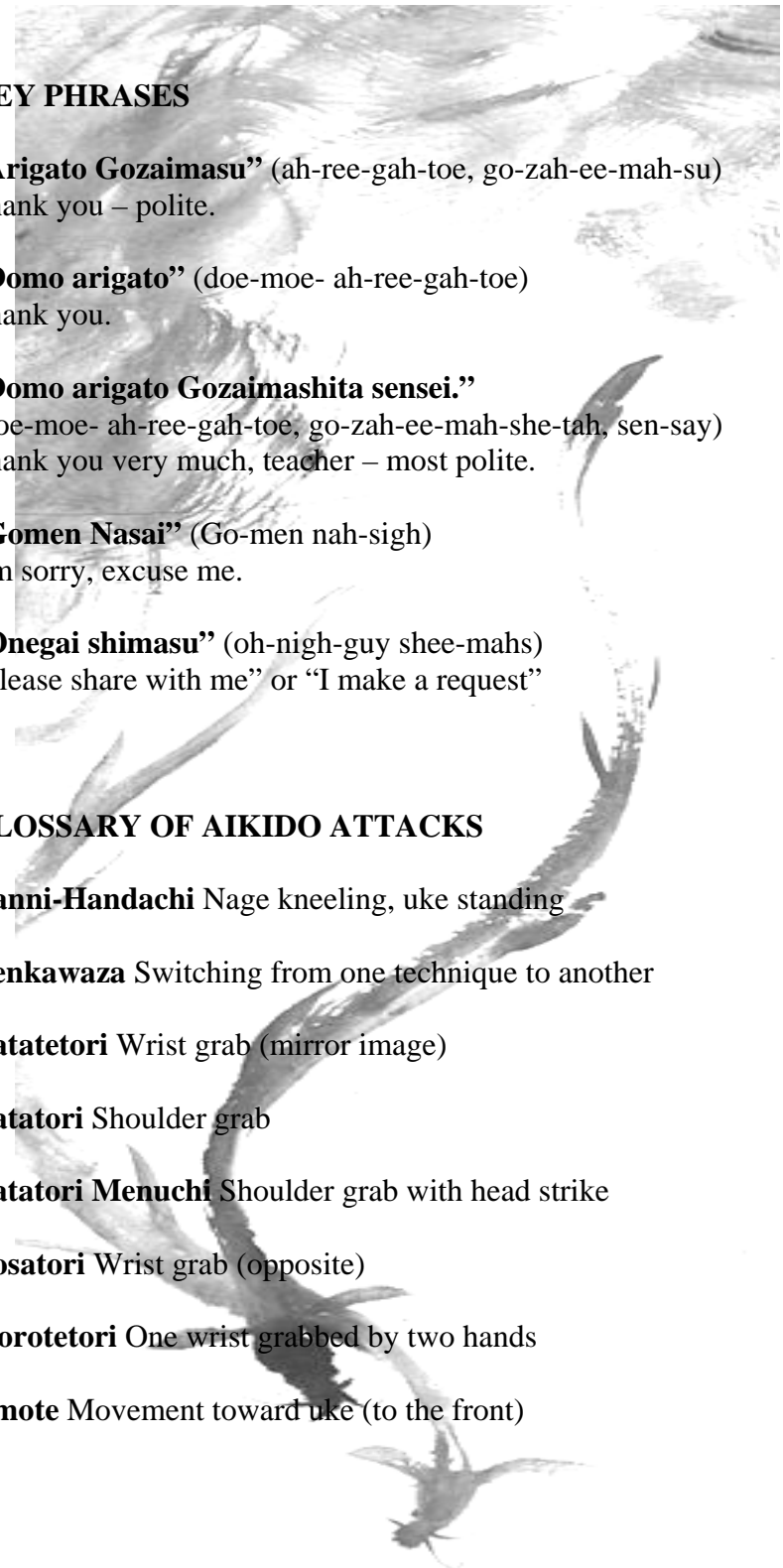
Katatori Shoulder grab

Katatori Menuchi Shoulder grab with head strike

Kosatori Wrist grab (opposite)

Morotetori One wrist grabbed by two hands

Omote Movement toward uke (to the front)





Ryokatatori Both hands grabbed

Shomenuchi Overhead strike (to front of head)

Swari waza Kneeling techniques

Tsuki Punch, strike

Uchi and Soto Mawari Inside and outside movements

Ura Movement to the rear causing uke to move around nage

Ushiro Katatetori Both wrists grabbed from behind

Ushiro Kubishime Wrist grab and choke from behind

Ushiro Ryokatatori Both shoulders grabbed from behind

Ushiro Tekubitori Both wrists grabbed from behind (see ushiro katatetori)

Yokomenuchi Strike to side of the head

BASIC BODY MOVEMENTS

Irimi Entering

Kaiten Pivoting body 180 degrees to the rear

Tenkan Pivoting 180 degrees and stepping back with forward foot

Tenshin Retreating, stepping back

Tsuriashi Sliding foot

NUMBERS



Itchi (eech) One

Ni (nee) Two

San (sahn) Three

Shi (shee) Four

Go (goh) Five

Roku (roke) Six

Shichi (shich-ee) Seven

Hachi (hach) Eight

Ku (koo) Nine

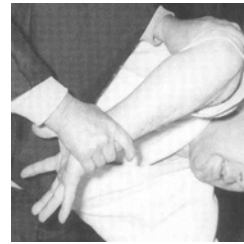
Ju (joo) Ten

AIKIDO THROWS



- | | |
|-------------------|-------------------|
| Iriminage | entering throw |
| Jujinage | entwined throw |
| Kaitennage | pivoting throw |
| Kokyuhō | ki exercise |
| Kokyunage | ki throw |
| Koshinage | hip throw |
| Kotegaeshi | wrist turn throw |
| Sumiotoshi | side throw |
| Udenage | elbow lever throw |

BASIC IMMOBILIZATIONS



Ikkyō first immobilization



Nikkyō second immobilization



Sankyō third immobilization



Yonkyo fourth immobilization



Gokyu fifth immobilization



Rokyo sixth immobilization

VALLEY AIKIDO

MEMBERS GUIDE



Call us at 413-586-0355

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