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*Buseikan Dojo*  
*Student Handbook*



*Kyu and Dan Techniques*  
*2015/2016*

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*Base Borden Yoshinkan Aikido Club*

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## **Introduction**

Aikido is a modern martial art derived from the Samurai fighting techniques of ancient Japan. Developed during the 1920's, the technical foundations of Aikido can be traced back to Aiki-jujutsu that evolved in early Japan. Aiki-jujutsu techniques were practised by Prince Tejin, son of the Emperor Seiwa (850-880 AD), and passed on to succeeding generations of the Minamoto family.

**Morihei Ueshiba** (1883-1968) became a recognised master of Aiki-jujutsu and several other arts. He also believed in peace. In 1925, he organised a style of Aiki-jujutsu to assist his own spiritual and physical development. The result was Aikido.

Aikido is not a conventional fighting art or sport. Instead, it is a martial art that develops the ability to harmonise with opposing forces rather than combat them. Because of this, many circular and spherical movements are involved in Aikido to redirect opposing forces towards a less harmful destination. In Yoshinkan Aikido, the emphasis is on the study of fundamental movements and solid basic techniques as well as gaining philosophical insight into the conduct of life and human relationships. Yoshinkan Aikido as a martial art is non-competitive and non-violent. Co-operation and harmony are more important than aggression. Timing and control are more important than strength.

Ueshiba Sensei's top student was **Gozo Shioda** (1915-1994). In 1955, after receiving 9th Dan, Gozo Shioda Sensei formed the Aikido Yoshinkan Foundation. Shioda Sensei's style of Aikido is known as Yoshinkan, a name that he inherited from his father. "Yo" means cultivating, "Shin" means spirit or mind and "Kan" means house. Gozo Shioda's official title is Soke which translates as founder and director. In 1995 Kyoichi Inoue Sensei succeeded Shioda Gozo as Kancho. In 2008 Yasuhisa Shioda succeeded Inoue Sensei as both Kancho and Soke.

The world headquarters (Honbu Dojo) for Yoshinkan Aikido is located at the heart of Tokyo in Shinjuku. There are over 90 schools of Yoshinkan Aikido in Japan and the Yoshinkan style has become world recognised and is taught to the Tokyo Riot Police in Japan. Large numbers of Western students train at the Honbu, and to support overseas instructors, Shioda Sensei created an intensive 11-month International Instructor's course in 1991.

Shioda Gozo Sensei formed the International Yoshinkai Aikido Federation (IYAF) in 1990 to promote the development of Yoshinkan Aikido worldwide. In 2008, Shioda Yasuhisa Kancho replaced the IYAF with the Aikido Yoshinkan Federation, an organization more fitting to the organizational needs of today.

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### **Buseikan Dojo**

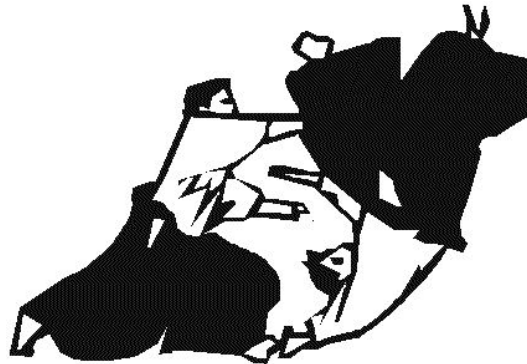
Jim Arsenault Sensei at the direct encouragement of Soke Shioda Sensei formed the Buseikan Dojo in 1992. The Buseikan is a world recognized Dojo registered at the Honbu and provided its name and registration by Soke Gozo Shioda. This name, Buseikan, translates as “BU” martial, “SEI” pure or correct, and “KAN” house. “BUSEIKAN” therefore means a place for studying the pure martial way.

Within Japanese Budo, this term means more than simply studying correct Aikido techniques. Training in Aikido involves developing the physical, mental, spiritual and social aspects of human existence and daily life.

### **Base Borden Yoshinkan Aikido Club**

Jim Arsenault Sensei in 1993 founded and directed training at the Buseikan Dojo. Upon his posting this responsibility was passed on to the senior student, Steve Nickerson Sensei. This responsibility was again passed due to a posting in 1997, to his senior student Jim Murray Sensei.

Through regular visits to the Seidokan Dojo and the direct support of Alister Thomson Sensei, Fred Haynes Sensei and James Stewart Sensei, the Base Borden Yoshinkan Aikido Club continues to flourish.



*The Base Borden Yoshinkan Aikido Club mission is to promote a healthier lifestyle in the Borden Community through the practice of Yoshinkan Aikido.*

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## **Buseikan Dojo Yudansha**

Jim Arsenault, Sandan – Jim Arsenault is the founder of Buseikan dojo. He is currently Chief Instructor of the Bushinkan Dojo in Trenton Ontario.

Steve Nickerson, Godan – Steve Nickerson is a former Chief Instructor of the Buseikan Dojo. He is currently the founder and Chief Instructor of the Makotakan dojo in Nova Scotia.

Jim Murray, Godan – Jim Murray is the current Chief Instructor of the Buseikan Dojo.

Gilles Caron, Nidan – Gilles Caron has moved to Quebec and is no longer practicing.

Nadine Auger, Nidan – Nadine has graduated from Carleton University and is no longer practicing.

Duncan James, Sandan – Duncan James spent approximately two years training at the Buseikan Dojo. He then moved to Japan where he trained at the Honbu Dojo grading to Shodan and Nidan. He currently instructs the Hiryukan Dojo in Barrie.

Bill Simms, Shodan – Bill Simms is currently inactive and living in Alliston.

Jean Francois Caron, Shodan – JF Caron has recently joined the Canadian Forces. He is undergoing training in Cold Lake.

Paul Thobo-Carlsen, Shodan – Paul Thobo-Carlsen left the Buseikan as an Ikkyu. After one year of studying under Sensei Louis Bournival (Sandan) he graded Shodan. He is current is inactive.

Hertel Rousselle, Nidan – Hertel left the Buseikan as a Nikyu. After several years at the Buyoukan Dojo he graduated to the rank of Shodan and later Nidan. He is currently and assistant instructor at the Buyoukan Dojo in Ottawa On.

Brian Woods, Yondan – Brian graded to the rank of Yondan under a group of distinguished instructors including Fred Haynes, Alastair Thompson, Jim Stewart and Gordon Blanking. He is an assistant instructor at the Buseikan dojo and the Senior Instructor for the Junior Programme.

Renate Woods, Shodan – Renate graded to the rank of Shodan in 2001. She was an assistant instructor at the Buseikan Dojo but is currently inactive.

Patrick Murray, Sandan. Patrick graded to Shodan in 2004. He is an assistant instructor with his level 3 instructors' qualification.

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Chris Murray, Shodan – Chris is working in Toronto and occasionally training.

Luc Talbot, Nidan – Luc has returned to Aikido after many years of focus on his family. He trains actively being the favourite Uke for gradings.

Geoffrey Tan, Nidan – Geoff is working with Brian Woods to improve the junior programme. With his teaching background we are looking forward to seeing where the programme will go.

Andrew Tomarin, Shodan – Andrew will be working actively on his techniques and assisting with teaching.

Oleg K – Oleg will be working actively on his techniques and assisting with teaching.

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## YOSHINKAN AIKIDO

*“These days, the differences of ideology, the confrontation of races and conflict between nations, leads to numerous problems from the destruction of the environment to economic friction. All opposition or antagonism leads to greater conflict. A premise of Aikido is the avoidance of rivalry or any form of opposition. If the people of the world would make an effort to learn how to avoid dissension through the practice of Aikido, I am sure that mankind could realise genuine unification. Therefore, we as instructors must do our best to gain this ideal.”*

*Soke Gozo Shioda (founder of Yoshinkan Aikido)*

Aikido, “the way of harmony”, is a martial art that can be used against any form of attack and, at its highest level, a form of self-defence that neutralises an aggression rendering the attacker harmless without causing injury. To do this requires skill, but more important, it requires an ethical intention.

Master Ueshiba, the founder of Aikido, concluded that the purpose of martial arts was the perfection of the spirit, not merely perfection of physical technique. Although the modern forms of budo, such as kendo, karate and judo, stress the importance of mind-body training, they also emphasize competition and tournaments and therefore place an emphasis on winning. It is at this point that Aikido shows itself to be unique. Aikido holds no tournaments or contests and refuses competition, as it is detrimental to progress on the spiritual path. The constant temptation always to be a winner could lead people to be egotistical and self-centered and develop a win-at-all-costs attitude. Defeating others was seen as a roadblock in the path to harmony in the universe.

Students of Aikido are constantly reminded to let go of the "fighting mind." Care is taken during actual practice to avoid clashing against another person's energy. When the student feels that he is forcing a technique, it is a sure sign he is clashing with his partner's energy instead of blending or going around the force. Using brute strength in Aikido is a sign of failure to execute technique properly. Only after years of practice does one truly recognize that it is unimportant to see who is the best or who is the strongest, who is the champion. The true path is the path to harmony and enlightenment. Training in Aikido has no end; perfection of character is never complete.

Practice at an Aikido Dojo is held in a friendly, helpful and harmonious atmosphere. There is no rivalry because no one wins or loses. Students are encouraged to maintain the idea of harmony and non-aggression in their training and in their daily lives. Only through this understanding can one fully appreciate the power of this martial art.

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## Dojo Etiquette

### 合 氣 道

An important aspect in the study of any martial art is learning to control one's own behaviour – self-control. A prime example of this control is the etiquette we observe with our instructors and fellow students. To be impolite or unkind is to be lacking in consideration of others; to be inconsiderate is to be lacking in some essential kindness of the human spirit. Correct etiquette in Aikido is basically acting politely with due respect and consideration for the well being of others. To help one another understand the correct behaviour in the Dojo, we follow these guidelines:

When entering or leaving the Dojo, we face the front of the practice area and bow. We use this bow as an opportunity to remind ourselves to be grateful for this place to train.

At the Dojo, we take off our hats, shoes, and street clothes and put on a training uniform called a dogi. This uniform provides protection and helps us shed our outside concerns and focus our attention on our Aikido training.

When we greet a fellow student or an instructor, we greet them with a traditional bow. When coming onto or leaving the practice mat, we bow again to the front of the Dojo. Bowing is a sign of respect and appreciation.

All jewellery and watches must be removed before practice. A clean body and clean uniform are also very important. Fingernails and toenails should be clean and trimmed as jagged nails can scratch or cut someone. Hygiene is not only important for your own health and well being, but consideration should also be given to people you train with.

When class is ready to begin, before the teacher sits, the students line up sitting in seiza in a straight line. The person to your right should be of equal or higher rank and the person to your left of equal or lower rank.

When a technique is being taught, the students kneel quickly. Students should remain silent while instructions are being given and hold questions till the end. When assisted by the teacher (Sensei), students bow and say either "Osu" or "thank you".

During class, any student wishing to leave the mat or to practice something other than what the class is practising must first ask the permission of the instructor.

Always begin and end your training with your partner by bowing to each other.

Never shout, curse or become angry on the mat. If there is a disagreement, ask the instructor what is correct.

All members should assist in keeping the Dojo and change rooms clean.

Members must not practice any other martial art, exercise, sport, or activity in the Dojo without the Instructor's consent.

Treat a senior student with the same respect you do the teacher.

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*Base Borden Yoshinkan Aikido Club*

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When the class is ending, the students quickly line up and kneel before the instructor sits. Students remain kneeling until the instructor has left the mat. Once the class has been dismissed, students should bow to all the partners they trained with during the class. To help maintain the non-profit status of the Dojo, all members are encouraged to pay their training and testing fees on time.

## **Dojo Finances**

The Buseikan dojo is a non-profit recreation club governed by the constitution of the Borden Recreation Association. The Base Borden Yoshinkan Aikido Club Constitution, as administered by the club executive, governs the day-to-day running of the club. It is the Executive's wish to keep the fees as low as possible to ensure maximum opportunity for all to participate. It is therefore imperative that club members pay fees promptly. If any club member is experiencing difficulties please see one of the executive committee.

## **Fee Schedule**

**Dojo Training Fees** – To be paid at the Kiosk at the Buell Fitness Center.

**Belts** – The club holds a stock of belts as a service to our members. The cost of a belt is \$10.00. This reflects our cost of purchase plus shipping rounded up to the nearest dollar. Anyone wishing to buy belts elsewhere or to share used belts is invited to do so.

**Dogi, Bokans etc** – The club, as a service to our members will also purchase Dogi, bokan etc, at cost, for our members. Members are requested to pay, in full, the cost of the item, as our arrangement with our supplier requires payment in a timely manner. The additional cost of shipping and GST will be recovered at the time of delivery. No-one takes any profit from this service.

**Note:** It is expected that the training fees will be up to date prior to any gradings. Test fees must be paid before certificates and belts will be awarded.

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*Base Borden Yoshinkan Aikido Club*

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**8th KYU****YELLOW BELT**

- |     |                         |  |
|-----|-------------------------|--|
| 1.  | KAMAE                   | Basic Stance   |
| 2.  | SEIZA-HO                | Correct way of sitting   |
| 3.  | REI-HO                  | Etiquette and correct way of bowing                              |
| 4.  | SHIKKO-HO               | Knee-walking   |
| 5.  | KOHO UKEMI ICHI         | Back breakfalls without hitting #1                               |
| 6.  | KOHO UKEMI NI           | Back breakfalls with hitting #2                                  |
| 7.  | ZENPO KAITEN UKEMI ICHI | Forward breakfall without hitting #1                             |
| 8.  | TAI NO HENKO ICHI       | Cross step in body change (solo)<br>Step in movement when pulled |
| 9.  | TAI NO HENKO NI         | 95 degree pivot (solo) Turning movement when<br>pushed           |
| 10. | HIRIKI NO YOSEI ICHI    | Elbow power #1 (solo)<br>Forward movement when pulled            |
| 11. | HIRIKI NO YOSEI NI      | Elbow power #2 (solo) Shifting weight movement                   |
| 12. | SHUMATSU DOSA ICHI      | After class exercise #1 (solo)<br>Forward movement when pulled   |
| 13. | SHUMATSU DOSA NI        | After class exercise #2 (solo)<br>Pivoting movement when pushed  |

*"Aikido is the spirit of loving protection for all beings."  
- Morihei Ueshiba*

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*Base Borden Yoshinkan Aikido Club*

7th KYU

ORANGE BELT

- |     |                                  |   |
|-----|----------------------------------|---|
| 1.  | KAMAE                            | Basic stance                            |
| 2.  | SHIKKO HO                        | Knee walking                            |
| 3.  | KOHO UKEMI ICHI                  | Back breakfalls #1                      |
| 4.  | KOHO UKEMI NI                    | Back breakfalls #2                      |
| 5.  | ZENPO KAITEN UKEMI ICHI          | Forward breakfall without hitting #1    |
| 6.  | ZENPO KAITEN UKEMI NI            | Forward breakfall with hitting #2       |
| 7.  | HYAKU HACHI JUDO KAITEN          | 180 degree pivot cross step back (solo) |
| 8.  | TAI NO HENKO ICHI                | Cross step in body change (solo)        |
| 9.  | TAI NO HENKO NI                  | 95 degree pivot (solo)                  |
| 10. | SHUMATSU DOSA ICHI               | After class exercise #1 (solo)          |
| 11. | SHUMATSU DOSA NI                 | After class exercise #2 (solo)          |
| 12. | KATATE MOCHI SHIHONAGE OSAE ICHI | One wrist grasp all direction pin #1    |
| 13. | KATATE MOCHI SHIHONAGE OSAE NI   | One wrist grasp all direction pin #2    |
| 14. | SHOMENUCHI IKKAJO OSAE ICHI      | Front strike first control pin #1       |
| 15. | SHOMENUCHI IKKAJO OSAE NI        | Front strike first control pin #2       |

*"Destroy the foe that's hidden in the body."  
- Morihei Ueshiba*

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**6<sup>th</sup> KYU****ORANGE BELT**

- |     |                                     |  |
|-----|-------------------------------------|--|
| 1.  | KAMAE                               | Basic stance                                       |
| 2.  | SHIKKO HO                           | Knee walking                                       |
| 3.  | KOHO UKEMI ICHI TO NI               | Back breakfalls #1 & #2                            |
| 4.  | ZENPO KAITEN UKEMI ICHI, NI, SAN    | Forward breakfalls #1, #2, #3                      |
| 5.  | HYAKU HACHI JUDO KAITEN             | 180 degree pivot cross step back                   |
| 6.  | FUMIKOMI HYAKU HACHI<br>JUDO KAITEN | Cross-step 180 degree pivot shuffle<br>back (solo) |
| 7.  | HIRIKI NO YOSEI ICHI                | Elbow power #1 (solo)                              |
| 8.  | HIRIKI NO YOSEI NI                  | Elbow power #2 (solo)                              |
| 9.  | TAI NO HENKO ICHI                   | Cross step in body change (solo)                   |
| 10. | TAI NO HENKO NI                     | 95 degree pivot (solo)                             |
| 11. | KATATE MOCHI NIKAJO OSAE ICHI       | One wrist grasp second control pin #1              |
| 12. | KATATE MOCHI NIKAJO OSAE NI         | One wrist grasp second control pin #2              |
| 13. | RYOTE MOCHI TENCHINAGE ICHI         | Both wrist grasp heaven and earth throw #1         |
| 14. | SHOMENUCHI SHOMEN IRIMINAGE ICHI    | Front strike front step in throw #1                |
| 15. | SHOMENUCHI SHOMEN IRIMINAGE NI      | Front strike front step in throw #2                |
| 16. | SH'TE WAZA (ippon)                  | One previous technique                             |

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**5th KYU****GREEN BELT**

- |     |                                     |   |  |
|-----|-------------------------------------|---|--|
| 1.  | KAMAE                               | Basic stance  |  |
| 2.  | ZENPO KAITEN UKEMI                  | Forward breakfalls #1, #2, #3                       |  |
| 3.  | HIRIKI NO YOSEI ICHI                | Elbow power #1 (solo)                               |  |
| 4.  | HIRIKI NO YOSEI NI                  | Elbow power #2 (solo)                               |  |
| 5.  | SHUMATSU DOSA ICHI                  | After class exercise #1 (solo)                      |  |
| 6.  | SHUMATSU DOSA NI                    | After class exercise #2 (solo)                      |  |
| 7.  | HIYAKU UKEMI                        | Jumping front breakfalls (grasping partners sleeve) |  |
| 8.  | SHOMENUCHI SANKAJI OSAE ICHI        | Front strike third control pin #1                   |  |
| 9.  | SHOMENUCHI SANKAJI NI               | Front strike third control pin #2                   |  |
| 10. | KATATE MOCHI SOKUMEN IRIMINAGE ICHI | One wrist grasp side step in throw #1               |  |
| 11. | KATATE MOCHI SOKUMEN IRIMINAGE NI   | One wrist grasp side step in throw #2               |  |
| 12. | YOKOMENUCHI SHIHONAGE OSAE ICHI     | Side strike all direction pin #1                    |  |
| 13. | YOKOMENUCHI SHIHONAGE OSAE NI       | Side strike all direction pin #2                    |  |
| 14. | SUWARIWAZA KOKYU HO ICHI            | Both sitting both wrist grasp breath method #1      |  |
| 15. | SH' TE WAZA (Ippon)                 | One previous technique                              |  |

*"Through Aikido, extend all your powers to achieve peaceful harmony with the world."  
- Morihei Ueshiba*

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*Base Borden Yoshinkan Aikido Club*

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**4th KYU****GREEN BELT**

- |     |  |  |
|-----|--|--|
| 1.  | KAMAE                                  | Basic stance                                 |
| 2.  | HIYAKU UKEMI                           | Jumping front break falls                    |
| 3.  | TAI NO HENKO ICHI                      | Cross step in body change (with partner)     |
| 4.  | TAI NO HENKO NI                        | 95 degree pivot (wp)                         |
| 5.  | SHUMATSU DOSA ICHI                     | After class exercise #1 (wp)                 |
| 6.  | SHUMATSU DOSA NI                       | After class exercise #2 (wp)                 |
| 7.  | YOKOMENUCHI SOKUMEN IRIMINAGE ICHI     | Side strike side step in throw #1            |
| 8.  | YOKOMENUCHI SOKUMEN IRIMINAGE NI       | Side strike side step in throw #2            |
| 9.  | MUNE MOCHI HIJI SHIME ICHI             | Chest grasp elbow lock #1                    |
| 10. | SHOMEN TSUKI KOTEGAESHI ICHI           | Body punch reverse hand throw #1             |
| 11. | SHOMEN TSUKI KOTEGAESHI NI             | Body punch reverse hand throw #2             |
| 12. | USHIROWAZA RYOTEMOCHI IKKAJO OSAE ICHI | Behind both wrist grasp first control pin #1 |
| 13. | USHIROWAZA RYOTEMOCHI IKKAJO OSAE NI   | Behind both wrist grasp first control pin #2 |
| 14. | SHOMENUCHI YONKAJO OSAE ICHI           | Front strike fourth control pin #1           |
| 15. | SHOMENUCHI YONKAJO OSAE NI             | Front strike fourth control pin #2           |
| 16. | SH'TE WAZA (ippon)                     | One previous technique                       |

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**1st-3rd KYU****BROWN BELT**

1. KAMAE
2. BUKIWAZA (*see below*)
3. ZENPO UKEMI ICHI, NI, SAN
4. HIYAKU UKEMI
5. KIHONDOSA (WP) (*see below*)
6. USHIRO RYOTE MOCHI SANKAJI OSAE (1)
7. SUWARI WAZA SHOMEN UCHI SHOMEN IRIMINAGE (2)
8. KATA MOCHI HIJISHIME ICHI
9. SH'TE WAZE (sanpon) (*see next page*)
10. JIYUWAZA (*see below*)
11. SHUMATSU DOSA (1)
12. SHUMATSU DOSA (2)



<b>KYU</b>	<b>BUKIWAZA</b> Weapons	<b>JIYUWAZA</b> Continuation	<b>KIHONDOSA</b> Basic movement (WP)
<b>3rd</b> ICHI/NI	HIRIKI NO YOSEI	KATATE MOCHI	HYAKU HACHI JUDO KAITEN
<b>2nd</b> ICHI/NI	TAI NO HENKO	SHOMEN UCHI	HIRIKI NO YOSEI ICHI/NI
<b>1st</b>	SHUMATSU DOSA ICHI/NI	SHOMEN TSUKI	TAI NO HENKO ICHI/NI

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**1st-3rd KYU****BROWN BELT****SH' TE WAZA**

SHIHONAGE WAZA KATATE MOCHI SHIHONAGE OSAE 1&2  
RYOTE MOCHI SHIHONAGE OSAE 1&2  
YOKOMENUCHI SHIHONAGE OSAE 1&2

IKKAJO WAZA SHOMENUCHI IKKAJO OSAE 1&2 \*  
YOKOMENUCHI IKKAJO OSAE 1&2 \*  
KATA MOCHI IKKAJO OSAE 1&2 \*  
USHIRO RYOTEMOCHI IKKAJO OSAE 1&2

NIKAJO WAZA KATATE MOCHI NIKAJO OSAE 1&2 \*  
KATA MOCHI NIKAJO OSAE 1&2 \*  
SHOMENUCHI NIKAJO OSAE 1&2 \*

SANKAJI WAZA SHOMENUCHI SANKAJI OSAE 1&2 \*  
USHIRO RYOTEMOCHI SANKAJI OSAE 1&2  
YOKOMENUCHI SANKAJI OSAE 1&2 \*

YONKAJO WAZA SHOMENUCHI YONKAJO OSAE 1&2 \*  
YOKOMENUCHI YONKAJO OSAE 1&2 \*

IRIMINAGE WAZA KATATE MOCHI SOKUMEN IRIMINAGE 1&2 \*  
KATA MOCHI SOKUMEN IRIMINAGE 1&2 \*  
SHOMENUCHI SHOMEN IRIMINAGE 1&2 \*  
YOKOMENUCHI SHOMEN IRIMINAGE 1&2 \*

HIJI SHIME WAZA SHOMENUCHI HIJISHIME 1&2 \*  
YOKOMENUCHI HIJISHIME 1&2 \*  
KATA MOCHI HIJISHIME 1&2 \*

KOTEGAESHI WAZA SHOMENUCHI KOTEGAESHI 1&2 \*  
YOKOMENUCHI KOTEGAESHI 1&2 \*

TENCHI NAGE WAZA RYOTE MOCHI TENCHINAGE 1&2 \*

KOKYU HO WAZA SUWARIWAZA RYOTE MOCHI KOKYU HO 1&2  
(\* *SUWARI AND TACHI WAZA*)

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**SHODAN****BLACK BELT**

1. KAMAE MIGI TO HIDARI HANMI
2. HIRIKI NO YOSEI ICHI TO NI (WP)
3. Kata Mochi Sokumen Iriminage (2)
4. Mune Mochi Hijishime (1)
5. Suwari Waza Yokomen Uchi Ikkajo Osae
6. SH'TE WAZA (yonhon) (see next page)
7. SHUMATSU DOSA ICHI TO NI (wp)
8. SH'TE JIYU WAZA (nihon)

- Katate mochi
- Shomen uchi
- Yokomen uchi
- Ryote mochi
- Shomen tsuki

初  
段

*"Standing before the enemy,  
he strikes but I am already behind him."  
- Morihei Ueshiba*

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The image shows the Japanese characters for 'Shodan' (初段) in a large, bold, black font. The character '初' (Sho) is on top and '段' (Dan) is on the bottom, both in a traditional calligraphic style.

1. KAMAE MIGI TO HIDARI HANMI
2. HIRIKI NO YOSEI ICHI TO NI (WP)
3. Kata Mochi Sokumen Iriminage (2)
4. Mune Mochi Hijishime (1)
5. Suwari Waza Yokomen Uchi Ikkajo Osae
6. BUKIWAZA (ippon) - Bokken: Kihon Dosa Renzoku
7. KIHON DOSA TO KANREN WAZA
8. SH'TE WAZA (yonhon) (see next page)
9. SHUMATSU DOSA ICHI TO NI (wp)
10. SH'TE JIYU WAZA (nihon)
  - Katate mochi
  - Shomen uchi
  - Yokomen uchi
  - Ryote mochi
  - Shomen tsuki

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**SHODAN****BLACK BELT****SH'TE WAZA**

KATATE MOCHI SHIHONAGE 1&2  
RYOTE MOCHI SHIHONAGE 1&2  
YOKOMENUCHI SHIHONAGE 1&2  
HANMI HANDACHI KATATE MOCHI SHIHONAGE 1&2  
HANMI HANDACHI RYOTE MOCHI SHIHONAGE

SHOMENUCHI IKKAJO OSAE 1&2 \*  
YOKOMENUCHI IKKAJO OSAE 1&2 \*  
KATATE MOCHI IKKAJO OSAE 1&2 \*  
KATA MOCHI IKKAJO OSAE 1&2 \*  
USHIRO RYOTE MOCHI IKKAJO OSAE 1&2  
USHIRO WAZA KATATE ERI MOCHI IKKAJO OSAE 1&2

SHOMENUCHI NIKAJA OSAE 1&2 \*  
YOKOMENUCHI NIKAJA OSAE 1&2 \*  
KATATE MOCHI NIKAJA OSAE 1&2 \*  
KATA MOCHI NIKAJA OSAE 1&2 \*

SHOMENUCHI SANKAJA OSAE 1&2 \*  
YOKOMENUCHI SANKAJA OSAE 1&2 \*  
KATA MOCHI SANKAJA OSAE 1&2 \*  
USHIRO WAZA RYOTE MOCHI SANKAJA OSAE 1&2  
USHIRO WAZA KATATE ERI MOCHI SANKAJA OSAE 1&2

SHOMENUCHI YONKAJO OSAE 1&2 \*  
YOKOMENUCHI YONKAJO OSAE 1&2 \*  
KATATE MOCHI YONKAJO OSAE 1&2 \*

KATATE MOCHI SOKUMEN IRIMINAGE 1&2 \*  
KATA MOCHI SOKUMEN IRIMINAGE 1&2 \*  
SHOMENUCHI SHOMEN IRIMINAGE 1&2 \*  
YOKOMENUCHI SHOMEN IRIMINAGE 1&2 \*

SHOMENUCHI HIJISHIME 1&2 \*  
YOKOMENUCHI HIJISHIME 1&2 \*  
KATA MOCHI HIJISHIME 1&2 \*

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MUNE MOCHI HIJISHIME 1&2 \*

SHOMENUCHI HIJATE KOKYUNAGE 1&2 \*

YOKOMENUCHI HIJATE KOKYUNAGE 1&2 \*

KATATE MOCHI HIJATE KOKYUNAGE 1&2 \*

RYOTE MOCHI HIJATE KOKYUNAGE 1&2 \*

SHOMENUCHI KOTEGAESHI 1&2 \*

YOKOMENUCHI KOTEGAESHI 1&2 \*

SHOMEN TSUKI KOTEGAESHI 1&2 \*

RYOTE MOCHI TENCHINAGE 1&2 \*

SUWARIWAZA RYOTE MOCHI KOKYUHO 1,2&3

*(\*) SUWARI AND TACHI WAZA*

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1. KAMAE MIGI TO HIDARI HANMI
2. TAI NO HENKO ICHI (WP)
3. Suwari Waza Ryote Mochi Kokyu Ho (5)
4. Shomen Tsuki Hijiate Kokyunage (1)
5. SH'TE WAZA (yonhon) (*see next page*)
6. SHUMATSU DOSA ICHI TO NI (wp)
7. SH'TE JIYU WAZA (nihon)
  - Katate mochi            - Kata mochi
  - Shomen uchi            - Ushiro Ryokata mochi
  - Yokomen uchi          - Ushiro Ryote mochi
  - Ryote mochi            - Ushiro Ryohiji mochi
  - Shomen tsuki          - Shomen, yokomen uchi
  - Tanto dori              - Ken dori
8. TASU DORI JIYU WAZA
  - Nidan (2:1, 1 tanto)
  - Sandan+ (3:1, 1 bokken, 1 tanto)

*"To injure an opponent is to injure yourself. To control aggression without inflicting injury is the Art of Peace."  
- Morihei Ueshiba*

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**YUDAN****BLACK BELT****SH'TE WAZA**

KATATE MOCHI SHIHONAGE 1&2  
KATATE MOCHI HIJISHIME 1&2 \*  
RYOTE MOCHI SHIHONAGE 1&2  
YOKOMENUCHI SHIHONAGE 1&2  
SHOMEN UCHI SHIHONAGE 1&2  
HANMI HANDACHI KATATE MOCHI  
SHIHONAGE 1&2  
HANMI HANDACHI RYOTE  
MOCHI SHIHONAGE  
SHOMENUCHI IKKAJO OSAE 1&2 \*  
YOKOMENUCHI IKKAJO OSAE 1&2 \*  
KATATE MOCHI IKKAJO OSAE 1&2 \*  
HIJI MOCHI IKKAJO OSAE 1&2 \*  
KATA MOCHI IKKAJO OSAE 1&2 \*

USHIRO RYOTE MOCHI IKKAJO OSAE 1&2  
USHIRO KATATE ERI MOCHI  
IKKAJO OSAE 1&2  
USHIRO KATATE MOCHI IKKAJO OSAE 1&2  
USHIRO RYOHJI MOCHI IKKAJO OSAE 1&2  
USHIRO RYOKATA MOCHI IKKAJO OSAE 1&2

USHIRO ERI MOCHI IKKAJO OSAE 1&2  
USHIRO RYOTE MOCHI KOTEGAESHI 1&2  
SHOMENUCHI NIKAJO OSAE 1&2 \*  
YOKOMENUCHI NIKAJO OSAE 1&2 \*

KATATE MOCHI NIKAJO OSAE 1&2 \*

KATA MOCHI NIKAJO OSAE 1&2 \*

KATATE AYAMOCHI NIKAJO OSAE 1&2 \*  
RYOTE MOCHI NIKAJO OSAE 1&2 \*  
HIJI MOCHI NIKAJO OSAE 1&2 \*  
MUNE MOCHI NIKAJO OSAE 1&2 \*

SHOMENUCHI HIJISHIME 1&2 \*  
YOKOMENUCHI HIJISHIME 1&2 \*  
KATA MOCHI HIJISHIME 1&2 \*  
MUNE MOCHI HIJISHIME 1&2 \*

USHIRO RYOTE MOCHI HIJISHIME 1&2

SHOMENUCHI HIJATE KOKYUNAGE 1&2 \*  
YOKOMENUCHI HIJATE KOKYUNAGE 1&2 \*  
RYOTE MOCHI HIJATE KOKYUNAGE 1&2 \*  
KATATE MOCHI HIJATE KOKYUNAGE 1&2 \*  
USHIRO RYOTEMOCHI HIJATE  
KOKYUNAGE 1&2

SHOMENUCHI KOTEGAESHI 1&2 \*

YOKOMENUCHI KOTEGAESHI 1&2 \*  
KATATE MOCHI KOTEGAESHI 1&2 \*  
RYOTE MOCHI KOTEGAESHI 1&2 \*

SHOMEN TSUKI KOTEGAESHI 1&2 \*

SHOMENUCHI SHOMEN  
IRIMINAGI 1&2 \*

RYOTE MOCHI SHOMEN  
IRIMINAGE 1&2 \*

YOKOMENUCHI SHOMEN  
IRIMINAGE 1&2 \*

KATATE MOCHI SHOMEN IRIMINAGE 1&2\*

SHOMENUCHI KOKYUNAGE  
KATATE MOCHI KOKYUNAGE  
RYOTE MOCHI KOKYUNAGE

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**YUDAN****BLACK BELT****SH'TE WAZA CONT'D**

SHOMENUCHI SANKAJI OSAE 1&2 \*  
YOKOMENUCHI SANKAJI OSAE 1&2 \*  
KATATE MOCHI SANKAJI OSAE 1&2 \*  
RYOTE MOCHI SANKAJI OSAE 1&2 \*

HIJI MOCHI SANKAJI OSAE 1&2 \*  
KATA MOCHI SANKAJI OSAE 1&2 \*

USHIRO RYOTE MOCHI SANKAJI OSAE 1&2  
USHIRO RYOHJI MOCHI SANKAJI OSAE 1&2  
USHIRO RYOKATA MOCHI SANKAJI OSAE 1&2  
USHIRO KATATE ERI MOCHI SANKAJI OSAE 1&2

SHOMENUCHI YONKAJO OSAE 1&2 \*  
YOKOMENUCHI YONKAJO OSAE 1&2 \*  
KATATE MOCHI YONKAJO OSAE 1&2 \*  
RYOTE MOCHI YONKAJO OSAE 1&2 \*  
HIJI MOCHI YONKAJO OSAE 1&2 \*  
KATA MOCHI YONKAJO OSAE 1&2 \*

KATATE MOCHI SOKUMEN IRIMINAGE 1&2 \*  
KATA MOCHI SOKUMEN IRIMINAGE 1&2 \*  
SHOMENUCHI SOKUMEN IRIMINAGE 1&2 \*  
YOKOMENUCHI SOKUMEN IRIMINAGE 1&2 \*  
USHIRO RYOTE MOCHI SOKUMEN IRIMINAGE 1&2  
USHIRO RYOHJI MOCHI SOKUMEN IRIMINAGE 1&2  
USHIRO RYOKATA MOCHI SOKUMEN IRIMINAGE 1&2

(\*) *SUWARI AND TACHI WAZA*

SHOMENTSUKI KOKYUNAGE  
YOKOMENUCHI KOKYUNAGE

RYOTEMOCHI  
TENCHINAGE 1&2 \*

SUWARI WAZA RYOTE  
MOCHI KOKYUHO 1,2,3,5

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## **Glossary**

### **Japanese Terms and Phrases**

#### **General**

AIKIDO: "The Way of Harmony"  
ARIGATO GOZAIMASHITA: Thank you very much  
BOKKEN: Wooden replica of samurai sword  
BUDO: A code of manner and behaviour for the samurai's life  
BUKIWAZA: Weapons technique  
DOGI: Uniform worn when studying an art or way  
GOMEN NASAI: I'm sorry / excuse me  
HAKAMA: A divided pant-like skirt worn by instructors  
JO: Staff  
KONNICHI WA: Good day  
MA-AI: Appropriate distance such that a technique can be done well and with balance  
OBI: Belt  
OSU: A strong, positive budo salutation indicating mutual respect  
SAYONARA: Good-bye  
SEMPAI: Senior student  
TANTO: Wooden knife

#### **Terms Used in Class**

ANZA: Cross-leg sitting position  
HAJIME: Begin  
KAKARI GEIKO: "Round robin" style training  
KAMAE: Basic stance  
MOKUSO: Close your eyes and clear your mind for Aikido training  
ONAJIKU: Change stance to other side  
OTAGAI NI REI: Bow to each other  
REI: Bow  
SEIRETSU: Line up  
SEIZA: Kneeling position  
SENSEI: Teacher  
SENSEI NI REI: Bow to teacher  
SH'TE: The partner who executes an Aikido technique  
SH'TE, UKE KOTAI: Sh'te and uke change

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SHOMEN NI REI: Bow to front  
UKE: The partner who receives a technique  
YAME: Stop

### **Numbers**

(-hon, -pon count suffix for technique)

1.	Ichi	Ippon
2.	Ni	Nihon
3.	San	Sanhon
4.	Shi	Yonhon
5.	Go	Gohon
6.	Roku	Roppon
7.	Shichi	Nanahon
8.	Hachi	Happon
9.	Kyu	Kyuhon
10.	Ju	Juppon

### **Exercises and Basic Movements**

CHINKON: Meditation

FUMIKOMI HYAKUHACHI JUDO KAITEN: Cross step 180 degree pivot

FUMIKOMI TAIHENKO: Cross step in body change

HIRIKI NO YOSEI: Elbow power

HYAKUHACHI JUDO KAITEN: 180 degree pivot

KOHO UKEMI: Backward breakfall

KYUJUGODO KAITEN: 95 degree pivot

SHUMATSU DOSA: After class exercise

ZENPO UKEMI: Forward breakfalls

### **Sh'te's Movements**

AATEMI: Hit or punch

HIJATE KOKYUNAGE: Hitting elbow breath throw

HIJIOSAI: Elbow control

HIJISHIME: Elbow lock

IKKAJO: First control or throw

IRIMINAGE: Step in throw

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IRIMIZUKI: Step in thrust  
JUJINAGE: Arm cross throw  
KAITENNAGE: Rotary throw  
KOKYU HO: Breath method  
KOKYUNAGE: Breath throw  
KOTEGAESHI: Reverse hand throw  
NIKAJO: Second control or throw  
SANKAJO: Third control or throw  
SHIHONAGE: All direction throw  
SOKUMEN IRIMINAGE: Side step in throw  
TEGATANA ATE: Knife-hand chop  
TENCHINAGE: Heaven and earth throw  
UNDEGARAMI NAGE: Arm-lock throw  
UNDEOSAE: Arm control  
YONKAJO: Fourth control or throw

#### **Uke's Movements**

AYA MOCHI: Cross-wrist grasp  
ERI MOCHI: Collar grasp  
GANMENZUKI: Face thrust  
HIJI MOCHI: Elbow grasp  
KATA MOCHI: Shoulder grasp  
KATATE MOCHI: One wrist grasp  
MUNE MOCHI: Chest grasp  
RYOHIJI MOCHI: Both elbows grasp  
RYOTE MOCHI: Both wrists grasp  
SHOMENUCHI: Front strike  
SHOMEN TSUKI: Body punch  
SUIGETSUZUKI: Body thrust  
YOKOMENUCHI: Side strike

#### **General Terms Relating to Aikido Techniques:**

AIHANMI: Sh'te and uke in same stance  
DOSA: Movement  
FUMIKOMI: Cross step  
FUMIKOMI KOTAI: Cross back to change stance

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GYAKUHANMI: Sh'te and uke in mirror image stance  
HANMI HANDACHI: Sh'te sitting, Uke standing  
HIDARI: Left  
HITOEMI: Side facing stance  
HOJODOSA: Supplementary movement  
HIYAKU UKEMI: Jumping breakfalls  
JYUWAZA: Continuation / Freestyle techniques  
KIHONWAZA: Basic technique  
KOTAI: Change  
MIGI: Right  
NAGE: Throw  
OSAE: Pin or control  
OYO WAZA: Advanced technique  
RENZOKU: Continuation  
SODEMOCHI HIYAKU: Sleeve grasp jump  
SOTAI DOSA: Movement with partner  
SURIASHI: Sliding foot  
SUWARIWAZA: Kneeling technique  
TAIHENKO: Body change  
TENKAI: Pivot  
TENKAN: Shift  
TOBIKOSHI: Jump and go over  
TSUGIASHI: Front foot slides, rear foot follows  
USHIROWAZA: Behind technique  
ZANSHIN: "Remaining attentive" - focus, concentration and the relationship between sh'te & uke are maintained at the end of a technique

### **Bokken Techniques**

KAMAE WITH BOKKEN:	Basic stance with bokken
BUKIWAZA: TANDOKU SHOMENUCHI	Front cut head to waist
BUKIWAZA: HAPPO GIRI	Eight direction front cutting
BUKIWAZA: HAPPO UCHI	Eight direction thrust
BUKIWAZA: BOKKEN KIHON DOSA RENZOKU	United basic movements with sword
BUKIWAZA: BOKKEN JU NO KUMI TACHI (WP)	Ten kinds of sword cut with partner

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**The Base Borden Yoshinkan Aikido Club (Buseikan Dojo)  
is a member of the Borden Recreation Programme and is affiliated with the  
Aikido Yoshinkai Foundation (AYF) in Tokyo, Japan.**

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Sensei Brian Woods, Dai San  
Sensei Patrick Murray, Dai Yon**

**Instructors are both registered and licensed by the  
Aikido Yoshinkai Foundation in  
Tokyo, Japan.**



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