

Iaido @ UCSD

Beginner's Packet

Welcome to the Iaido class offered through the UCSD recreation department. We are a member dojo of the KNBK/JKI (Kokusai Nippon Budo Kai/Jikishin-Kai International). Iaido can become a lifelong activity; it is easy to start, but takes a lifetime to master. Come join us for some fun, as we learn the "art of Japanese swordsmanship"!

Want to Join Iaido?

The best way to start Iaido before you go and jump right in would be to observe one of the practice sessions first. After all, you need to know what to expect and what will be expected of you.

The head instructor at UCSD is Scott Chang.

Try to stay through the entire session if you would like to get a good understanding of the full spectrum of practices. If you arrive late or leave early, you may miss out on some of the important aspects or etiquettes required.

After the session, you may approach the head instructor or ask one of the students about approaching the instructor for permission and instructions on how to join.

Classes

On Saturdays:

Location: UCSD Rec Gym (next to the Main Gym)

Time: 10:00 am to 11:30am

Costs: Visit <http://recreation.ucsd.edu> for more info. (from the navigation, click on classes, and find Iaido under martial arts)

Instruction: Beginner, Advanced

Direction: <http://recreation.ucsd.edu/rec-classes/maps-&-directions.html>

The Iaido Club at UCSD is a proud affiliate of the Kokusai Nippon Budo Kai (KNBK). Our parent dojo is located at:

Location: 5505 Clairemont Mesa Blvd, San Diego, CA 92117

Hours: Tues/Thurs 7:30 pm to 9:00 pm

Head Instructor: Erik Tracy, (Nanadan Renshi).

Basic Costs/Requirements

UCSD

UCSD Classes are sponsored by the university. The class is currently \$57/quarter. Student discount available. Visit <http://recreation.ucsd.edu> for more info.

Equipment

All you need to start is a wood sword called the bokken. Sometimes the word “bokuto” is used. During the first one or two classes, you may borrow a bokken from the dojo. After the 2nd class, you will need to supply your own wooden sword. You can purchase online from a kendo equipment shop, or you may purchase one directly from the dojo.

Bokken from the dojo are \$35.

No other equipment is necessary to start for beginners, however volleyball kneepads are recommended. Just wear comfortable work out clothes. As you progress, and when the time is right, advanced beginners will be asked to look for uniforms and an iaito (aluminum practice sword). It is on a case by case basis, and the head instructor will let you know when you are ready for the next step.

In Japanese martial arts, it is said that “budo begins and ends in rei”. This is the Japanese way of courtesy and etiquette that sets the tone for an accomplished practice. As such, we ask that you observe basic rules in the dojo.

The basic etiquette is known as reigi, and while different martial arts may have different protocols, the idea of reigi is universal.

While the below text was originally written for kendo, the etiquette is the same for laido @ UCSD.

ETIQUETTE (REIGI) (taken from the SCKF 1996 AUSKF Team Commemorative Booklet)

Etiquette is an extremely important part of Kendo. The basic rules come from the formal, highly stylised social system of Japan. Simply stated, Kendo etiquette is based on respect -- for one's Sensei, seniors, equipment, etc.

In practice, it is not that simple. There is a prescribed method for virtually every action, and failure to adhere to proper behaviour may be taken as a sign of poor instruction or, in some cases, as a severe insult. It is essential to know basic etiquette in Kendo.

Basic Etiquette in the Dojo

1. Never deliver the traditional courtesies in a casual, off-hand manner.
2. Stop and bow when entering or leaving a dojo.
3. Greet your seniors and fellow Kenshi at the first opportunity, especially the Sensei. Examples: ohayou gazaimasu (good morning), kon'nichi wa (good day), konban wa (good evening).
4. When addressing instructors, use the title Sensei.
5. Be attentive; listen carefully to instructions, and respond promptly.
6. Be aware of senior members and follow their lead. Do not sit down, finish bowing, or remove your equipment before your seniors. When lining up, position yourself relative to your seniors. Example: when seated, line up your men and kote, as well as your knees, to those of your senior.
7. Be aware of junior members and take care of them.
8. Always sit or stand properly when in the dojo. Do not slouch or lean against anything. Particularly, do not lean on your shinai. Do not crawl to adjust your position when in seiza, or sonkyo; instead, stand up and move.
9. When taking the seiza position, put the left knee down first. When rising from the seiza position, raise the right knee first. Do not use your hands to assist in raising or lowering yourself.

10. Avoid walking in front of Sensei, or in front of Kenshi seated in the seiza position.

11. Pay respect to your seniors and fellow Kenshi when departing, especially to the sensei. Examples: oyasumi nasai (good night), sayounara.

Basic Etiquette Regarding Apparel and Equipment

1. Always handle your apparel and bogu respectfully. Make sure they are packed neatly, without dangling strings or straps.

2. Always handle your shinai respectfully. Do not lean on it, rest it on the floor, twirl it, or drag it. Make sure it is well maintained, free of splinters and with tightened tsuru (string) and nakayui (leather strap).

3. Avoid stepping over Shinai and Bogu when it is lying on the ground e.g. during Seiza etc. Walk around instead if possible.

4. Wear your keikogi and hakama neatly. Make sure the keikogi is smooth, not bulging, in the front and back. When putting on the hakama, put your left leg in first; when removing the hakama, remove your right leg first.

Basic Etiquette During Practice

1. When practising with your senior, thank him or her by saying "onegai shimasu" at the beginning and "arigatou gozaimashita" at the end.

2. Practice diligently. Do not sit down during practice unless you are fixing your equipment. Do not engage in idle conversation. Do not let a sensei remain idle when he or she is available for practice.

3. Do not wear jewelry during practice.

4. Perform ritsu rei (standing bow) and za rei (seated bow) properly. Do not bend or arch your neck or back. Hold the bow briefly before returning to your original position.

5. To draw the shinai: First perform ritsu rei toward your opponent. Bring your left hand to your hip and take three big steps forward. Draw the shinai; assume the chudan no kamae position and go down into the sonkyo position. Keep your back straight and look forward at all times.

6. To put away the shinai: assume the chudan no kamae position, go down into the sonkyo position, and return the shinai to your left hip. Stand and take five small steps back; drop your left hand, and perform ritsu rei. Keep your back straight and look forward at all times.