

Tsubomi Seishin Kan Dojo

## **A One-Hour Iaido & Aikido Demo Program (scale for available time)**

Demonstrators form a seated “V” facing the audience with the wings (tallest members) closest to the audience, and a 6’-wide space at the back for the Shomen (bracketed by two senior members).

### Intro Speech

**0:00-0:05** Welcome to Tsubomi Dojo’s Iaido and Aikido program. We are delighted to have this opportunity to share our love for Japanese martial arts and culture. What do people think about when they think of Japan? Anime, of course. Electronics, pretty decent cars, and sushi. But we feel that the single most important and influential exports of Japan are not its excellent consumer products, but rather a social and civic movement that is currently sweeping the globe. Called Budo, the modern martial arts of Japan advocate a profound philosophy embracing human rights and a much-needed new paradigm of conflict resolution uniquely deserving of your attention. In contrast to the martial arts seen in books and movies, modern Budo are dedicated to principles of character development and non-violence. Thanks to the Japanese government, numerous international arts & cultural organizations, and the efforts of countless individual artists and instructors world-wide, Budo martial arts are now practiced by millions and taught in virtually every nation on Earth. We hope that you will be delighted by our presentation today of two of these beautiful arts - Iaido: Japanese Swordsmanship, and Aikido: A Gentle Art of Self-Defense.

0:05-0:07 **Beginning: Commands by Senior Member**  
“**Tachi-no-Rei**” Everyone stand, then turn at the same time as the right-side senior student  
“**Shomen-ni-Rei**” Bow, then turn clockwise to audience  
“**Rei**” Bow to audience  
“**Kotai**” Everyone move to their respective side

0:08-0:10 **Iaido Reiho: Led by Senior Member**  
*MC explains Iaido during the Iaido performance (see below)*  
Enter from both sides in Keito (carry position)  
**Shomen-ni-Rei** Turn clockwise  
**Audience Bow**  
Sit for torei and taito  
“**Kotai**” command by from back row

0:10-0:15 Iaido Kihon

Front Row: Senior Iai Members  
2<sup>nd</sup> Row: Others

**16 steps** (repeat until requested to change)

**AJKF Iaido: Ipponme Mae**

Return to seated places

0:15-0:25 Iaido Waza

**Ipponme Mae:** \_\_\_\_\_ (uchi-dachi), \_\_\_\_\_ (shi-dachi)

**Yohonme Tsuka Ate:** \_\_\_\_\_ (uchi-dachi), \_\_\_\_\_ (shi-dachi)

**Ropponme Morote Tsuki:** \_\_\_\_\_, \_\_\_\_\_ (uchi-dachi), \_\_\_\_\_ (shi-dachi)

### **CUE MUSIC: SHAKUHACHI**

0:25-0:35 Iaido Enbu: Iaido Black Belts

0:35-0:36 Aikido Reiho

*MC will speak about Aikido history, technique and practice (see below)*

**Seiza:** All Aikido Performers

0:36-0:45 Aikido Kihon & Waza

**Seiza** with mind-body coordinated (Ki tests, **Seiza Kokyunage:** \_\_\_\_\_ - nage, \_\_\_\_\_ - uke)

**Hanmi** w/ m-b coord (Ki tests, **Kata Tori Kokyunage:** \_\_\_\_\_ - nage, \_\_\_\_\_ - uke)

**Walking** w/ m-b coord (**Kokyunage:** \_\_\_\_\_ - nage, \_\_\_\_\_ - uke)

**Kotegaeshi** Undo (**Tsuki Kote Gaeshi:** \_\_\_\_\_ - nage, \_\_\_\_\_ - uke)

**Tenkan** Undo (**Shomen Uchi Kokyunage:** \_\_\_\_\_ - nage, \_\_\_\_\_ - uke)

**Randori:** \_\_\_\_\_ - nage, \_\_\_\_\_, \_\_\_\_\_ - uke

### **CUE MUSIC: SAMURAI II**

0:45-0:50 Aiki-ken/Aiki-jo Kata Enbu: Senior Student

0:50-0:53 Aiki-ken Nihonto Kata: \_\_\_\_\_ (shi), \_\_\_\_\_ (uchi)

0:53-0:55 Owari-no-Reiho: Repeat opening bowing sequence

0:55-1:00 Q&A

## Iaido

Release your inner Samurai! Modern Iaido sword arts combine non-combative forms practice with rigorous physical and intellectual discipline. The extraordinary technical requirements of the art foster calmness, self-discipline, and profound insights into the nature of violent conflict. Iaido traces its roots back to the 1600's when quick-draw swordsmanship was truly a matter of life and death. Today the art's beautiful movements are turned towards the larger purpose of character transformation and the creation of better world citizens.

## Aikido

In old Japan, travel was very difficult, so clans lived in villages where everyone was related to everyone else. Resort to weapons and violence to resolve conflicts was very undesirable as doing so would cause blood-feuds within families. A need arose for a kind of technique that would minimize bloodshed, and restore harmony between enemies. Aikido, the most modern martial art of Japan, was developed by Morihei Ueshiba in 1927 to give modern expression to a profound philosophy of non-violence. His new art represented a radical departure from the killing arts of old, as he believed that the deepest level of martial arts should express a spirit of loving protection for all beings. Ueshiba redesigned older grappling techniques, developing an entirely new art that compromises an opponent's posture and balance without causing injury. His fondest wish that this art be used to create bridges of friendship between all peoples and all nations. Aikido recognizes our common humanity, and breaks down simplistic barriers that alienate one person - or one nation - from another.

Aikido practice begins with the careful examinations of the simple movements at the core of self-defense techniques. By testing one another in cooperative practice of exercises and techniques, we develop mind-body coordination and a calm self-confidence born of real martial arts ability. Emphasizing natural rhythm and relaxation to harness our full potential, Aikido techniques rely on dependable posture, redirection, and elegant timing to harmlessly render opponents incapable of further attacks. Physical strength is not needed in Aikido training, and the practice is suited to all people regardless of size, age, or gender. Practices are gently aerobic, gradually ratcheting up to our ultimate self-defense goal: effective, non-violent response to simultaneous, multiple attackers. Aikido's tools for self-mastery polish the mind, tune the body, and offer a new paradigm for personal and social harmony so needed in modern times.

## Check List

Tripod and camera

Still camera

Tripod and Principles

DVD player – Shakuichi and Samurai II

Aiki-weapons

Kendo swords

Brochures – PNBA & Tsubomi Dojo