

AIKI CANADA

# *HIROMITSU - DOJO STUDENT GUIDE*

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This document outlines the Dojo rules and etiquette that all students, visitors and instructors must comply with.

## Dojo Rules & Etiquette

- **Be punctual**; enter the dojo at least 10-15 minutes before class starts.
- Do warm-up exercises and practice by yourself or with other students until class starts. Assist in putting mats together.
- In the event you happen to be late, **sit in seiza at the back of class**; wait for the instructor to acknowledge you and enter class at the instructor's invitation. Bow to Shomen and begin your warm-up.
- While you practice, **be alert** -- careless practice causes accidents. Do not practice if impaired in any way due to medication, drugs, alcohol or injury (including flu or cold).
- **No foul language** is to be used in the dojo.
- If you become injured at any point throughout the training session you will **report the incident immediately to the Sensei or to a Sempai**.
- **No jewelry or adornment or street clothing** is allowed to be worn while training in the dojo (practice hall). Earrings, rings, bracelets, chains, t-shirts, jeans (or anything with belt loops or pockets), will catch on fingers, thumbs, toes, etc. and are very dangerous.
- **If you sweat heavily**, bring a small towel along with you.
- It is of the utmost importance that you keep **your GI (uniform) and yourself as clean as possible**.
- Keep your **finger and toe nails** trimmed to avoid cuts or injury to other students.
- At the end of your class, assist in putting mats away and general cleaning of the dojo.
- Be aware of fellow students and provide any assistance to your juniors. Juniors can use help with properly tying their obi (belt) and your guidance in warmup.

Observation of these forms of etiquette will help to create a good atmosphere in the dojo. But more important than the superficial observation of any form is the sincere and open-hearted attitude toward training which gives meaning to the forms.

## Reiho (formalities and etiquette)

### Entering the Dojo (Training Hall)

When you enter the Dojo you will be properly attired in a clean gi. Your hands and feet will be clean. (Place your shoes or training bag neatly by the side). Outdoor shoes should not be worn while assisting in preparing the mats.

As you enter the Dojo, you will execute a standing bow toward the front centre (Shomen) of the Dojo and a standing bow toward Sensei (Instructor/teacher). The first is a sign of respect toward the previous grand masters and the other students that will work with you throughout the training session. The second is a sign of respect and appreciation to the Sensei for being available for your learning and training experience.

Warm up and stretch **quietly** while waiting for the formal class to begin.

When Sensei indicates the class will begin you will station yourself in a single line facing Shomen and Sensei. On your right will be the higher ranking students and on your left will be the lower ranking students.

Once the line has come to balance, Sensei will kneel (seiza) followed by the students in order of highest to lowest rank. While in seiza you must sit erect, straightening the neck and the chest. Close your eyes and place both hands on your thighs. At this point you must relax and try to clear your mind of all things.

Once Sensei is ready, he will announce “open your eyes slowly”, the highest rank student will say “Shomen ni rei” and all will bow to Shomen (Grand Masters/School Flag). The next highest rank student will say “Sensei ni rei” and all students will bow to Sensei.

### About” Rei”

Rei is bow of “appreciation and respect” and is expressed in different ways. As mentioned above when you enter or leave the dojo, do a standing bow toward the front centre of the dojo. At the beginning of class, students seated in the seiza position form a line facing the “Sensei”. Then bow of respect is performed between the Sensei and the students. The Rei or respect indicates that the student is ready willing and able to give 100% effort in the training experience. The line up is also done at the end of class.

Throughout the training a bow of respect should also be performed to your many training partners. Your partner is the mirror of yourself. Ignoring your partner’s individuality and self-esteem is contrary to the spirit of martial arts. **Your partner is not someone you compete against but a person to train and improve with. Show your respect and consideration of your fellow students in every respect of practice.**

How to: Rei to Shomen involves first putting your left hand on the mat followed by your right hand. The thumbs touch each other as does the index finger, forming a triangle. Bowing to Shomen

involves touching the forehead into the triangle formed by your hands. Rei to Sensei, Sempai, or to each other is slightly different: the head does not touch the hands, but rather your eyes must be in contact with the other person. In martial arts, Rei (the bow of respect) to Shomen exposes the back of your neck and is a sign of trust and submission to the founders. The bow of respect to others does not expose the back of your neck and keep a watchful eye for the possibility of attack.

### **General Manners**

When practicing techniques it is important that the practice does not turn into a show of physical force between you and your partner. This type of behavior is counter productive and unsafe. The techniques are often done in a pre-arranged fashion to facilitate understanding of the body motion and balance required. Speed and power only come after practicing the application of a technique using the correct balance, leverage and direction of attack. Only after you and your partner are comfortable with a technique should any resistance be used. This resistance should be applied only to a point of challenging your partner but not enough to stop progress completely. In each class you will be challenged to push yourself to your mental and physical limits. Only by continual practice of this type will you be able to move existing personal boundaries back and encourage personal growth. The "Dojo" is a safe place to test your limits, do not be afraid to make mistakes or ask questions. It is better to do this here than in the "**real**" world on the streets.

While you practice, always be alert. Careless practice causes accidents and injuries. Do not hesitate to let your partner and your Sensei know when you are injured, even if it does not seem severe. Long term problems and reoccurring injuries result if injuries are not treated properly. If you really need a short rest, bow to your partner and go to the corner of the mats. Do not bother other students. Do not waste time with unnecessary conversation during practice.

## **Kenjutsu Practice**

Any type of martial art tool must always be used with respect and caution. These tools are an extension of your hand(s). Before beginning Kenjutsu or Kendo practice (with shinai, bokken or jo), please ensure there is no damage to your weapon or equipment. Equipment that is damaged may cause injury to yourself or other students. As a sign of respect you must bow to your shinai, bokken or jo before beginning practice. Shinai or bokken must be placed in your hands with blade side facing you (jo is circular and has no blade) and bow in respect to the weapon while facing Shomen.

## **CAUTION !!!!!!!**

Early in the training and development of some students there is a temptation to try their newly learned techniques on friends, family members or unsuspecting persons. Such behavior is **irresponsible, unacceptable and highly dangerous**. One must never misuse techniques, since this can result in **serious injury or death**.

During practice in the dojo, two people are learning. Tori (or Nage) is the person doing the technique, and Uke is the person attacking. Uke provides a committed attack with some basic resistance. Both Tori and Uke get a sense of the technique being applied, the pressure required, and the effect of the technique to the body and joints. Tori must use care: Uke is lending you their body – if you injury them, they will not be able to practice with you again. Tori must also be aware that this is a rotating process where Tori must also be Uke at some point. Practicing on friends and family that may not understand this give and take process is the wrong thing to do.

**Anyone not obeying these rules and etiquette may be asked by Sensei to leave the Dojo. Several breaches of these rules causing injury to another student, friend, visitor or family member will result in the student membership being cancelled.**

## Japanese Terminology

Soke	Grand Master
Shihan	Master
Kancho	Director, or principal
Sensei	Teacher, instructor
Sempai	Assistant instructor, Senior student

Arigato gozaimashita	Thank you
Domo arigato gozaimashita	Thank you very much (usually used from student to teacher)
Dozo	Please
Gomennaisai	I am sorry
Hai	Yes
Hai, genkides	Yes, I am fine.
Hajime	Begin
lie	No
Konbanwa	Good evening
Konnichiwa	Hello
Ogenkideska?	How are you?
Ohayo gozaimas	Good morning
Onegaishimasu	Please, or "I ask you a favour"
Oyasumi nasai	Good night
Rei	Bow of respect
Soyanara	Goodbye
Sumimasen	Excuse me
Yame	Stop
Yamete kudasai	Stop it
Yoi	Ready

Bo	Wooden staff usually 5ft or 6ft in length
Bokken	Hardwood sword (usually oak) used in practice
Jo	Staff or stick
Ken	Sword
Kodachi	Short sword
Sai	Three pronged weapon usually used in pairs.
Shinai	Bamboo sword
Tanto	Knife
Yawara	Small Jiu-Jitsu weapon

Dan	Degree or rank of black belt (Yudansha)
Do	Way
Dogi or Gi	Training uniform
Dojo	Training hall
Jitsu	Art
Ju or Jiu	Gentle
Judo	Soft way
Kagami-biraki	Annual Event (celebration of the Japanese New Year) In martial arts, Kagami-biraki is an opportunity for each student to recommit to personal growth and training. With a new year renewal, it is a personal renewal that is sought.
Karate	Empty hand way or way of the empty hand.

Kata	Formal practice consisting of systematic movement or series of techniques (form)
Ki	Inner Spirit
Kiai	Yell or respiratory exercise
Kime	Focus
Kyu	Degree or rank of white belt (Mudansha)
Obi	Belt
Ryu	System or style
Suwari-waza	Kneeling techniques
Tatami	Practice mat
Tori (or Nage)	Applier of techniques (or defender)
Uke	Receiver of techniques (or attacker)
Waza	Technique
Zanzen	Sitting in Meditation

Ippon	One point
Kumite	Free fighting
Randori	Circle, free-style practice against multiple attackers

Empi	Elbow Strike
Sho-men-uchi	Strike to the front top of the head, target is center forehead
Shuto	Strike to the head (term used in Karate)
Tsuki	Thrust from the hip, as in a knife-thrust
Yoko-men-uchi	Strike to the side of the head, target is between neck and temple

Age	Up
Ashi	Foot
Chudan	Middle (used in reference to punching, blocking or holding a weapon in the middle)
Gedan	Low (used in reference to punching, blocking or holding a weapon low)
Hidari	Left
Jodan	High (used in reference to punching, blocking or holding a weapon in the high)
Kubi	Neck
Mawashi	Circular motion
Men	Head
Migi	Right
Sage	Down
Te	Hand
Tekubi	Wrist
Ude	Arm
Ushiro	Back or rear
Yoko	Side

### **Counting in Japanese**

Ichi	1 (pronounced i-chi or itchy)
Ni	2 (pronounced knee)
San	3 (pronounced saan)
Shi	4 (pronounced she)
Go	5 (pronounced go)

Roku	6 (pronounced ro koo)
Shichi	7 (pronounced she chi)
Hachi	8 (pronounced ha chi)
Ku	9 (pronounced koo)
Ju	10 (pronounced joo)

Ju-ichi	11 (pronounced joo-i-chi or joo-itchy)
Ju-ni	12 (pronounced joo-knee)
Ju-san	13 (pronounced joo-saan)
Ju-shi	14 (pronounced joo-she)
Ju-go	15 (pronounced joo-go)
Ju-roku	16 (pronounced joo ro koo)
Ju-shichi	17 (pronounced joo she chi)
Ju-hachi	18 (pronounced joo ha chi)
Ju-ku	19 (pronounced joo koo)
Ni-ju	20 (pronounced knee joo)

<b>Yudansha Ranks</b>	Black belts, or Dan levels
Shodan	1 <sup>st</sup> Dan, or 1 <sup>st</sup> degree
Nidan	2 <sup>nd</sup> Dan, or 2 <sup>nd</sup> Degree
Sandan	3 <sup>rd</sup> Dan, or 3 <sup>rd</sup> Degree
Yondan	4 <sup>th</sup> Dan, or 4 <sup>th</sup> Degree
Godan	5 <sup>th</sup> Dan, or 5 <sup>th</sup> Degree
Rokudan	6 <sup>th</sup> Dan, or 6 <sup>th</sup> Degree
Shichidan	7 <sup>th</sup> Dan, or 7 <sup>th</sup> Degree
Hachidan	8 <sup>th</sup> Dan, or 8 <sup>th</sup> Degree
Kudan	9 <sup>th</sup> Dan, or 9 <sup>th</sup> Degree
Judan	10 <sup>th</sup> Dan, or 10 <sup>th</sup> Degree

<b>Mudansha Ranks</b>	Ranks below black belt
Rokkyu	White (6 <sup>th</sup> Kyu, or unranked)
Gokyu	Yellow (5 <sup>th</sup> Kyu)
Shikyu	Orange (4 <sup>th</sup> Kyu)
Sankyu	Green (3 <sup>rd</sup> Kyu)
Nikyu	Blue (2 <sup>nd</sup> Kyu)
Ikkyu	Brown (1 <sup>st</sup> Kyu)

### **Aiki**

Blended or matched ki. This concept of blending physically and mentally with the attacker. Used in DAITO-RYU AIKIJUJITSU to refer to the perception and nullification of an opponent's attack.

### **Ki**

The fundamental energy which forms the basis of life contained in every living being. This energy emanates from one's centre (approximately two inches below the navel). The strength one uses in Ju-Jitsu is primarily "ki", not muscular strength. The development of ki is done through regular practice and various "breath" exercises. This development takes time and patience and should not be forced.

### **Kuzushi**

Kuzushi refers to the process of setting your opponent to an unbalancing point so that a technique may be executed with minimal effort. This principle is one of the most important concepts that is to be learned and is present in all techniques.

### **Yoshin**

Yoshin refers to the process of blending or giving way to your attacker and using the energy of the attacker as part of your defense.

### **Zanshin**

Zanshin refers to the process of always being prepared. Be prepared to practice, be prepared to defend yourself, be aware of your surroundings and circumstances.

**If you have any questions about these rules or the information provided above, please speak with Sensei.**

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