

Pikes Peak Aikido

Student Handbook

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Pikes Peak Aikido
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Revision: 1.0 (7 February 2018)

Introduction

Pikes Peak Aikido, the oldest continually operating Aikido dojo in the Pikes Peak region, has been a part of the Colorado Springs martial arts community since the mid-1980s.

We are a non-profit dojo run cooperatively by the dojo members. Pikes Peak Aikido is affiliated with the Aikido World Headquarters (colloquially known as “Hombu Dojo”) as a member of Aikido Shimbokukai (www.aikidoshimbokukai.org). Individuals are encouraged to support our parent organization by joining Aikido Shimbokukai.

Some Things to Keep in Mind

Train Safely: Everything we do on the mat should promote safety. This is one of the most important principles in studying Aikido. You should be aware of both your own limitations and those of your training partner. While hard training is important, safety comes first.

Train Hard: Many of the benefits, both physical and spiritual, realized as a consequence of studying Aikido are the result of hard training. Put forward your best effort when on the mat.

Value Your Training: Aikido is a complex and interesting art. While we endeavor to train hard, the experience of discovering both Aikido and “self” while immersed in a cooperative training environment is a wonderful and rare thing. Treat both your training time and that of your training partner as valuable, and value the commitment others have made to contribute to your training.

Train Holistically: Aikido is an effective form of self defense. It is also a path for personal, physical, mental, and spiritual growth and development. Aikido training should be approached with the understanding that aikidoka derive the greatest benefit from training with their whole body, mind, and spirit.

Be Nice: There is no competition in Aikido. Endeavor to keep competitive behaviors off the mat. Additionally, there is no room on the mat for rude or mean-spirited behavior.

Practice Guidelines

- This dojo follows traditional rules of proper conduct. The dojo’s spirit comes directly from the Founder of Aikido, Morihei Ueshiba (also called O Sensei), and it is the place of the succession of his teaching. It is each student’s responsibility to honor O Sensei’s teachings.
- It is each student’s responsibility to cooperate in creating a positive atmosphere of harmony and respect. Respect the Founder and his teachings. Respect the dojo. Respect your training tools. Respect your fellow students.
- Cleaning and dojo maintenance are acts of thanksgiving. It is the responsibility of all dojo members to help keep the dojo clean and well maintained. If you notice that minor maintenance needs to be performed (e.g., sweeping the mats, cleaning the bathroom sink, collecting trash, dusting) take initiative. Traditionally, this is a role for junior students, so if you see one of your sempai performing maintenance tasks, offer to take over that task. Major maintenance issues (e.g., leaking pipes, hazardous situations, etc.) should immediately be called to the attention of either your sempai or the dojocho.
- Membership dues solely support the dojo facilities. It is each student’s responsibility to pay dues on time (by the 5th day of each month). If you are unable to pay dues on time, or you are unable to pay the full amount, please discuss this with the dojocho. Based on individual circumstances, alternative arrangements may be possible.

- Respect the way in which the instructor directs the training. Receive instruction and carry out suggestions for training sincerely and to the best of your ability. There is no room for argument on the mat.
- There will be no competition on the mat. The purpose of Aikido is not to fight and defeat an enemy, but to fight and defeat your own aggressive instincts.
- When entering and leaving the dojo, as a demonstration of respect, perform a standing bow toward the shomen.
- When stepping onto or off of the mat, as a demonstration of respect, perform a standing bow toward the shomen.
- Sweep the mats before each class from inside to out. Never sweep toward the shomen.
- Class opens and closes with a formal bow, first bowing toward the shomen, then bowing toward the sensei (instructor).
- Please be on time for class, preferably early. If you are unavoidably late, quietly bow in at the edge of the mat and wait for the sensei to invite you onto the mat. Do not bow in while instruction is in progress.
- To reduce the possibility of injury, please remove all jewelry prior to practice. Also, please keep your fingernails and toenails trimmed short.
- Make sure your feet are clean prior to stepping onto the mat.
- Make an effort to minimize talking on the mat. Focus on practice. Practice time is valuable!
- Before and after practicing a given technique, thank your partner with a bow. This is also the case when your instructor provides instruction during class.
- The strength of Aikido is not in muscular force, but in flexibility, timing, control, and modesty. Be aware of your limitations. Everyone has different physical abilities and reasons for study. These must be respected. True Aiki is the proper and flexible application of technique appropriate to any changing situation. It is your responsibility to cause no injury to your training partner or yourself.
- It is each student's responsibility to mark each training session in the dojo training log.

Pikes Peak Aikido

Kyu Rank Testing Requirements

6th Kyu (Rokkyu)

Minimum 20 days of practice

Tai Jutsu

Tae No Henko
Tae No Henko Ki No Nagare
Morotedori Kokyu Ho
Shomenuchi Ikkyo (Omote and Ura)
Mune-tsuki Kotegaeshi
Kokyu Dosa

Weapons

1st and 2nd Ken Suburi
1-3 Jo Suburi

Ukemi

Basic Forward Roll
Basic Backward Roll

5th Kyu (Gokyu)

Minimum 40 days of practice after 6th Kyu

Tai Jutsu

Munedori Kotegaeshi
Katadori Ikkyo (Omote and Ura)
Katadori Nikkyo (Omote and Ura)
Katatedori Kokyunage
Shomenuchi Iriminage
Gyakute Katatedori/Katatedori Shihonage (Omote and Ura)*

Gyakute Katatedori/Katatedori Iriminage (high/middle/low holds)

Weapons

1-4 Ken Suburi
1-10 Jo Suburi

4th Kyu (Yonkyu)

Minimum 40 days of practice as a 5th Kyu

Tai Jutsu

Gyakute/Tsuki Kotegaeshi
Shomenuchi Ikkyo, Nikkyo, Sankyo, Yonkyo (Omote and Ura)*
Tsuki Iriminage*
Shomenuchi Iriminage
Ryotedori Tenchinage*
Yokomenuchi Shihonage*

Ryokatadori/Ryotedori Kokyunage
Ushiro Ryotedori Kotegaeshi

Weapons

1-20 Jo Suburi*
Right, Left, 5th and 7th Ken Awase
1-7 Ken Suburi

3rd Kyu (Sankyu)
Minimum 80 days of practice as a 4th Kyu

Tai Jutsu

Suware Waza:

Shomenuchi Ikkyo, Nikkyo, Sankyo (Omote and Ura)
Hanmi Handachi: Katatedori Kaitennage (Omote and Ura)

Ryotedori Koshinage
Shomenuchi Kotegaeshi

Jiyu Waza (1 attacker)

Standing:

Katadori Ikkyo, Nikkyo, Sankyo, Yonkyo (Omote and Ura)
Ushiro Edidori Sankyo (Omote and Ura)
Yokomenuchi Ikkyo, Nikkyo, Sankyo (Omote and Ura)
Yokomenuchi Iriminage
Kokyunage (demonstrate 2 techniques from any selected attack)
Shomenuchi Shihonage (Omote and Ura)
Ushiro Tekubitori Koshinage

Weapons

1st Kunitachi
Ki Musubi No Tachi
31 Jo Kata (solo)
13 Kata

2nd Kyu (Nikyu)
Minimum 6 months of practice as a 3rd Kyu

Tai Jutsu

Suware Waza:

Katadori Ikkyo-Yonkyo (Omote and Ura)
Shomenuchi Ikkyo-Yonkyo (Omote and Ura)
Shomenuchi Iriminage
Katatedori Shihonage (Hanmi Handachi)

Kokyunage (demonstrate 3 techniques from any selected attack)

Katatedori Jujinage
Ushiro Ryotedori Jujinage
Jiya Waza (start with 1 attacker and add a 2nd)

Standing:

Katatedori Iriminage
Katatedori Kaitennage
Shomenuchi Koshinage
Yokomenuchi Kotegaeshi
Morotedori Koshinage
Ushiro Ryokatadori Ikkyo (Omote and Ura)
Ushiro Ryotedori Kokyunage (from 3 holds)

Weapons

Tankendori Yokomenuchi Gokkyo
Any technique responding to a knife held to the center of nage's back
1st and 2nd Kunitachi
Happo Giri (all variations)
Movements 1-17 of the 31 Kumijo
1st and 2nd Kumijo

1st Kyu (Ikkyu)
Minimum 9 months of practice as a 2nd Kyu
[All earlier techniques are potentially included as part of Ikkyu testing]

Tai Jutsu

Suwari Waza:

Yokomenuchi Ikkyo-Gokkyo (Omote and Ura)

Hanmi Handachi:

Ushiro Waza (demonstrate 2 techniques)

Demonstrate two techniques from selected attack

Standing:

Shihonage (4 directions)

Iriminage (demonstrate 5 variations)

Katamenuchi Ikkyo, Nikkyo (Omote and Ura)

Ushiro Ryotedori Ikkyo-Yonkyo (Omote and Ura)

Yokomenuchi Ikkyo-Gokkyo (Omote and Ura)

Ryotedori Shihonage (Omote and Ura)

Demonstrate techniques from selected attacks

Jiya Waza (2 attackers)

Weapons

Tanken Dori

Tachi Dori

Jo Dori

31 Kumijo

13 Jo Awase

1-4 Kunitachi

1st – 5th Kumijo

How Are Aikido Techniques Named?

Aikido techniques are named by describing the technique in Japanese according to the following formula:

Attack + Technique/Response + Direction

Examples: “Shomenuchi Ikkyo Omote Waza” or “Katatedori Shihonage Ura Waza”

Attacks

<i>Gyakute-Dori</i>	Cross-hand grab, i.e., right hand grabs right hand (AKA Katate-Kosadori)
<i>Hiji Dori</i>	Elbow grab
<i>Kata-Dori</i>	Shoulder grab
<i>Katate-Dori</i>	Wrist grab (same side)
<i>Katate-Kosadori</i>	Cross-hand grab (AKA Gyakute-Dori)
<i>Katate-Dori Hantai</i>	Cross-hand grab (AKA Gyakute-Dori)
<i>Men-Uchi</i>	Strike to the head
<i>Morote-Dori</i>	Two hands grab one wrist
<i>Mune-Tsuki</i>	Chest or stomach punch/strike
<i>Mune-Dori</i>	Lapel grab
<i>Ryote-Dori</i>	Two-hand grab holding each wrist
<i>Shomen-Uchi</i>	Strike to the top of the head
<i>Ushiro Eri-Dori</i>	Collar grab from behind
<i>Ushiro Hiji-Dori</i>	Elbows grabbed from behind
<i>Ushiro Ryo-Kata-Dori</i>	Both shoulders grabbed from behind
<i>Ushiro Ryote-Dori</i>	Both wrists grabbed from behind
<i>Ushiro Kubi-Shime</i>	Choke from the rear
<i>Ushiro Dori</i>	Rear bear hug
<i>Yokomen-uchi</i>	Strike to the side of the head

Techniques/Responses

<i>Gokkyo</i>	Fifth technique
<i>Ikkyo</i>	First technique
<i>Irimi-Nage</i>	Entering throw
<i>Juji Garumi (Nage)</i>	Crossed-arm throw
<i>Kaiten-Nage</i>	Rotary throw
<i>Kokyu-Dosa</i>	Seated kokyu exercise (AKA Kokyu Tanden Ho, Suwari Waza Kokyu Ho)
<i>Kokyu-Nage</i>	Breath throw (often used as a name for techniques that do not have a specific name)

<i>Koshi-Nage</i>	Hip throw
<i>Kote-Gaeshi</i>	Wrist-turning technique
<i>Nikkyo</i>	Second technique
<i>Sankyo</i>	Third technique
<i>Shiho-Nage</i>	Four-direction throw
<i>Sumi-Otoshi</i>	Corner-drop throw
<i>Tai-No-Henko</i>	Basic blending practice
<i>Tenchi-nage</i>	Heaven and earth throw
<i>Yonkyo</i>	Fourth technique

Technique Modifiers (Direction/Variation)

<i>Omote-Waza</i>	Technique which moves forward, or to uke's front
<i>Ura-Waza</i>	Technique which goes around, or behind uke
<i>Irimi</i>	Entering (movement when executing a technique omote waza)
<i>Tenkan</i>	Turning (movement when executing a technique ura waza)
<i>Uchi</i>	Entering on the “inside” (under, through, around)
<i>Soto</i>	Entering on the “outside”

Aikido Glossary

<i>Aikido</i>	Ai = harmony, Ki = spirit, Do = way or path
<i>Ai-Hanmi</i>	Mutual stance: partners stand facing each other with the same foot forward (e.g., right/right)
<i>Aiki Jinja</i>	Aiki shrine. The shrine O Sensei built in Iwama, Japan, honoring the spirit of Aikido.
<i>Atemi</i>	A strike, striking techniques
<i>Bokken</i>	Wooden practice sword
<i>Budo</i>	Literally “Warrior Way” – The group of disciplines that simultaneously teach martial technique and guide mental and spiritual development
<i>Dan</i>	Black belt rank
<i>Deshi</i>	Student, pupil, disciple
<i>Dojo</i>	Martial arts training hall
<i>Dosa</i>	An exercise
<i>Gaeshi</i>	To reverse
<i>Gi</i>	Training uniform (also “keiko-gi” or “dogi”)
<i>Gyaku-Hanmi</i>	Opposite stance: partners stand with the opposite foot forward (i.e., right/left)
<i>Hajime</i>	Begin, start. Often used to signal the start of jiyu waza or during testing when demonstration of a specific technique is requested.
<i>Hakama</i>	Divided pants-like clothing worn by senior students
<i>Hanmi</i>	Literally “half body” – triangular stance
<i>Hanmi Handachi</i>	Nage kneels and uke attacks from a standing position
<i>Hantai</i>	Opposite or reverse
<i>Hara</i>	Lower abdomen (physical and spiritual center)
<i>Irimi</i>	To enter, entering
<i>Iwama</i>	Country town in Japan where Aikido founder Morihei Ueshiba (O Sensei) developed Aikido
<i>Jiyu Waza</i>	Freestyle practice
<i>Jo</i>	Wooden staff
<i>Kaeshi-Waza</i>	Countering technique or reversal
<i>Kaiten</i>	To revolve or rotate
<i>Kamae</i>	Stance
<i>Kata</i>	Shoulder
<i>Kata</i>	Pre-arranged exercise that teaches basic form and principles
<i>Keiko</i>	Practice session, training
<i>Ken</i>	Japanese sword

<i>Ki</i>	Spirit, vital force, universal energy
<i>Kiai</i>	A piercing “spirit shout” that unifies all parts of the body and spirit
<i>Kihon</i>	Basic form of a technique
<i>Ki-No-Nagare</i>	Fluid form of a technique
<i>Kohei</i>	Junior student
<i>Kokyu</i>	Breath-energy/ki flow and the motions of the body unified by control of the breath
<i>Kokyu-Ryoku</i>	The power harnessed through the practice of kokyu
<i>Kumi-Tachi</i>	Advanced sword practice performed with a partner
<i>Kumi-Jo</i>	Advanced jo practice performed with a partner
<i>Kyu</i>	White belt ranks
<i>Ma-ai</i>	Literally “harmony of space” – appropriate combative distance/spacing between uke and nage
<i>Men</i>	Face, head
<i>Musubi</i>	United, bonding, tied
<i>Nage</i>	Throw, person who throws
<i>O Sensei</i>	“Great Teacher” – Morihei Ueshiba, Founder of Aikido
<i>Oyo-Waza</i>	Variations on basic technique
<i>Randori</i>	Multiple-person attack
<i>Rei</i>	Salutation, bow
<i>Reigi</i>	Etiquette
<i>Riai</i>	Common, unified principles of sword, staff, and body techniques
<i>Sempai</i>	Senior student
<i>Sensei</i>	Teacher, instructor
<i>Seiza</i>	Formal sitting posture
<i>Shiho</i>	Four directions
<i>Shiko Waza</i>	Knee walking
<i>Shomen</i>	Front of the dojo. Often there is a photo of the Founder. Also means “top of the head”
<i>Suburi</i>	A single movement using the ken or jo performed as a solo practice
<i>Suwari Waza</i>	Techniques performed from a sitting position
<i>Tachi-Dori</i>	Sword-taking techniques
<i>Tai-Jutsu</i>	Body arts, Aikido techniques performed without weapons
<i>Tanken-Dori</i>	Knife defense techniques
<i>Take-musu-Aiki</i>	Term used by O Sensei to describe advanced Aikido. The spontaneous creation of Aikido techniques from a thorough understanding of Aikido principles.

<i>Tanto</i>	Knife
<i>Tao</i>	Chinese “Do,” path, discipline
<i>Te</i>	Hand
<i>Tegatana</i>	Hand blade – The “sword edge” of the hand, located between the little finger and the wrist
<i>Tenkai</i>	A 180 degree “pivot step”
<i>Tsuki</i>	Thrust, punch
<i>Uchi</i>	To strike
<i>Uke</i>	Literally “to receive” – the person who receives technique in response to an attack. For tai jutsu, “uke” refers to the person being thrown.
<i>Ukemi</i>	The art of attacking and receiving Aikido techniques
<i>Ushiro</i>	Back, behind, rear
<i>Waza</i>	Technique
<i>Yame</i>	Stop (often used to signal the end of a jiyu waza session)
<i>Yokomen</i>	Side of the head
<i>Yudansha</i>	Person holding black belt rank
<i>Zanshin</i>	Unbroken spirit – the connected concentration that remains between uke and nage even after completion of a technique

Japanese Numbers

Ichi	One
Ni	Two
San	Three
Shi/Yon	Four
Go	Five
Roku	Six
Shichi/Nana	Seven
Hachi	Eight
Ku/Kyu	Nine
Ju	Ten
Niju	Twenty
Sanju	Thirty
Yonju	Forty

Commonly Used Dojo Phrases

Dame	– “Wrong” or “Mistake”
Domo Arigato Gozaimashita	– “Thank you very much”
Hai	– “Yes”
Hajime	– “Begin”
Matte	– “Wait”
Onegaishimasu	- “I humbly request” (often used to ask someone to train with you)
Rei	– “Bow”
Yame	– “Stop”