

## **Bukiwaza/Weapons**

The Founder taught wooden sword (bokken) and wooden staff (jo) practices in Iwama. Saito Sensei was the main student there to soak them up. He further developed these practices into sets of suburi or kata, which became part of our curriculum. The main philosophy behind practicing with weapons in aikido is that the movements with a blade in hand teach us about how to move without the blade.

Weapons classes are open to students of all ranks and levels of experience. Weapon techniques are included in tests from the very beginning of a student's progression through the ranks. The weapon practices include:

**Suburi:** individual strikes or movements with the jo and bokken; there are 20 jo suburi, and 7 bokken suburi.

**Katas:** sequenced sets or forms; there are 2 jo katas –one has 13 movements and the other has 31.

**Kumi:** Kumi-jo and Kumi-tachi are partner practices that are also sequenced in sets, but involve coordination between two people in simulation of attack and defense.

**Dori:** Tachi-dori, jo-dori, and tanto-dori, are open-hand techniques for defending against (taking away) weapons.

**Conduct...** Whenever practicing with weapons, students should pay particular attention to the rules of conduct and etiquette and make sure to practice safely. Also, students should always bow their weapon in (towards the shomen) before training, and bow it out after use. Please remember that to hold a weapon on your left side means that it is 'active' and to hold it on your right side means it's 'inactive.' While this may seem like dated etiquette (it is derived from the samurai holding their swords on their left side), it is actually very useful because it helps train a person to be mindful and aware during practice.

*“Suburi, suburi, suburi...”* –Saito Sensei

## The 20 Jo Suburi

### TSUKI NO BU

1. Choku-tsuki
2. Gaeshi-tsuki
3. Ushiro-tsuki
4. Tsuki Gedan-gaeshi
5. Tsuki Jodan-gaeshi-uchi

Straight thrust; hand grabs thumb-up  
Turning thrust; thumb-down  
Thrust to the rear  
Thrust with low strike  
Thrust with high strike



### SHOMEN NO BU

6. Shomen Uchi-komi
7. Renzoku Uchi-komi
8. Men-uchi Gedan-gaeshi
9. Men-uchi ushiro-tsuki
10. Gyaku Yokomen Ushiro-tsuki

Step and R strike to head  
Advancing R then L strike  
R shomen strike then low L strike  
R shomen strike then L thrust to rear  
L side strike w/ R thrust to the rear

### KATATE NO BU

11. Katate Gedan-gaeshi
12. Katate Toma-uchi
13. Katate Hachi-no-ji-gaeshi

One-handed strike from low to high  
One-handed strike from high to low  
One-handed figure-8 strike into Hasso posture.

### HASSO GAESHI NO BU

14. Hasso-gaeshi-uchi
15. Hasso-gaeshi-tsuki
16. Hasso-gaeshi-ushiro-tsuki
17. Hasso-gaeshi-uchi
18. Hasso-gaeshi-ushiro-harai

Figure-8 block, then shomen strike  
Figure-8 block, then thrust  
Figure-8 block, then thrust to the rear  
Figure-8 block, then pivot and ushiro-strike to the rear  
Figure-8 block, with full rotation & sweep to the rear

### NAGARE GAESHI NO BU

19. Hidari Nagare-gaeshi-uchi
20. Migi Nagare-gaeshi-tsuki

R shomen strike, then pivot L & step into R shomen strike rear  
L shomen strike, then pivot R into jodan posture, then L thrust

## The 7 Ken Suburi

- 1<sup>st</sup> suburi**     R shomen strike; R step w/strike
- 2<sup>nd</sup> suburi**     Step back w/R foot into L ken kamae & raise ken in jodan posture; step into R shomen uchi
- 3<sup>rd</sup> suburi**     Step back w/R foot into L kamae & raise ken straight up, then behind & low (gaedan); step into R shomen uchi w/ kiai!
- 4<sup>th</sup> suburi**     1st suburi while stepping forward
- 5<sup>th</sup> suburi**     4th suburi except sword is brought around front shoulder instead of straight up center
- 6<sup>th</sup> suburi**     5th suburi + same-side tsuki sliding forward
- 7<sup>th</sup> suburi**     6th suburi w/R strike and then L tsuki

\*all ken suburi start in R ken kamae

