

Portsmouth Aikido Weapons Requirements

6th Kyu

- Bokken – Bowing, sitting and standing with bokken, Seigan & Jōdan
- Jō – Bowing, sitting and standing with jō, Hanmi & Hidden Jō

5th Kyu

- Bokken – Shōmenuchi, Yokomenuchi, & Tsuki
- Jō – Shōmenuchi, Yokomenuchi, & Tsuki

4th Kyu

- Bokken – Nuki, Nōtō, & Happō Giri
- Jō – Hachi no Ji & Hachi no Ji Gaeshi

3rd Kyu

- Bokken – Shōmen no kata, Yokomen no Kata, & Tsuki no kata
- Jō – Ikkyō no Kata and Ikkyō no Kata Renzoku

2nd Kyu

- Bokken – Ki Musubi Kunitachi
- Jō – 31 Jō Kata

1st Kyu

- Bokken – Kuraidachi no Kata
- Jō – Kanai Sensei's 14 Kumijō

Glossary

Bokken – Wooden sword

Gedan – Low position

Hachi no Ji – Rotating the jō back and forth across the body in a figure-eight

Hachi no Ji Gaeshi – As above, but starting from hassō jōdan position and deflecting an incoming tsuki

Happo Giri – Eight-direction cut

Hassō – A way of holding a sword or staff, the name comes from the shape of the Japanese character for the number “eight” (八)

Jō – Short staff

Jōdan – High position

Kata – Form or pattern of movement

Ki Musubi – Literally “tying together your *ki*”

Kumitachi – Paired sword pattern

Kumijō – Paired short staff pattern

Kuraidachi – Cutting downward at a 45-degree angle across opponent’s left eye

Nōtō – Sheathing of sword

Nuki – Drawing sword from sheath

Renzoku – Continuous, repeated

Seigan – Basic stance with a sword, tip of sword should point at opponent’s eyes

Shōmenuchi – Straight cut/strike down opponent’s center line

Tsuki – Straight thrust toward opponent

Yokomenuchi – Diagonal strike to the side of the head/neck