

# BUKIWAZA

武産合氣



## Content

- [Foreword](#)
- [Aiki Ken](#)
- [Aiki Jo](#)
- [Ken Tai Jo](#)
- [Quick Overview of Bukiwaza](#)
- [Information about Bukiwaza](#)

# FOREWORD

First I would like to say that Bukiwaza (Aiki Ken and Aiki Jo) within Iwama Ryu/ Takemusu Aikido is a system that is designed for Aikido. It is not to be confused by other martial Arts that works with weapons. There are many great weapon based Martial arts like Kendo, Jodo, Iado etc. out there. But they are Martial Arts of their own and are totally different by philosophy and movements and should not be mixed with Aikido or the other way around and we should respect that. For example we don't study Russian if we are trying to speak Chinese. They are both languages but mixed together make no sense.

When I started my Aikido practice I remember that I was given a document with an layout of the basic names of attacks, techniques, etc., also there was an part with a description of the didactic weapon system. What made it clear for me how the weapon system within Iwama Ryu/ Takemusu Aikido works. Of course I understood that I did not know and still don't, all the suburi's, kata's and partner practices and what I could and can learn from it. But what I do know is that it is a really a helpful tool to stay on the right track of practice both in weapon and empty handed system in Aikido.

I discovered more and more that the weapon system and the empty handed system are linked together (RIA), and that it is so important to get the didactic way of training. There are many side tracks on the road and so easy to go in another direction where there is no feedback of the intergraded other system.

Search for the same movements, intensions, body movements, angles, techniques that are based on Aiki Ken, techniques that are based on Aiki Jo, the understanding of the levels of training, timing and distends, Budo, etc. It is all in there if you use both systems together in Aikido!

Once you get how to study yourself and check yourself within the systems there are nothing but answers. It still amazes me how someone is able to create this!

I don't want to get into the history of weapon practice in Aikido nor do I want to try to describe how to do the suburi's, kata's, kumi tachi's, kumi jo's and ken tai jo. There are some great articles, interviews, books and movies out there by people that are much more capable than me. At the end of this document are a few helpful links for more info in that domain. I just want to say how important the didactical system is for training, for preserving the lineage and to get the point of Aikido.

Patrick van het Nederend

*(Dojo Cho: Takemusu Aikido Amsterdam)*

# AIKI KEN

## Aiki Ken - Solo Practice.

*Note! It's about body movement, control and develop strong whole body en breath power.*

*Note! The solo exercises are the basic for the more advanced partner practice.*

### Ken Suburi

1. Ichi no Suburi (1<sup>st</sup> Suburi)
2. Ni no Suburi (2<sup>nd</sup> Suburi)
3. San no Suburi (3<sup>rd</sup> Suburi)
4. Yon no Suburi (4<sup>th</sup> Suburi)
5. Go no Suburi (5<sup>th</sup> Suburi)
6. Roku no Suburi (6<sup>th</sup> Suburi)
7. Shichi no Suburi (7<sup>th</sup> Suburi)

### Ken and Tai Sabaki exercise

- Zen Go Giri (Cutting in two directions)
- Shiho Giri (Cutting in four directions)
- Happo Giri (Cutting in eight directions)

## Aiki Ken – Partner Practice

### Ken Awase (Basic Paired Sword Blending)

*Note! There must be a good foundation of a solid basic knowledge off the Suburi 's before going in to partner practice. If there are no clear attacks and no control of the weapon then partner practice is a waste of time and could be even dangerous!*

- Migi Awase (Right – side Awase)
- Hidari Awase (Left – side Awase)

*Note! These exercises can be practiced in two levels Kihon ( start – stop) and Ki no Nagare (awase) and in three distances, off target (far/ safe distance), on target (striking the wrist or fore arm), and on target (striking the head).*

- Go no Awase (Awase based on the 5<sup>th</sup> suburi)
- Shichi no Awase (Awase based on the 7<sup>th</sup> suburi)

*Note! The exercises should be understood in three levels. Kihon (start – stop), Nagere (semi Flowing with stops between attacks) and Ki no Nagare (continues attacks and movements). When lost in one level go back to the previous to search for the answer.*

*Go no and Shichi no Awase are the basics exercises for the Kumi Tachi's.*

## **Kumi Tachi (*Advanced Paired Sword Blending*)**

*Note! There must be a good foundation of a solid basic knowledge off the Suburi 's and Awase before going in to partner practice. If there are no clear attacks, no control of the weapon and no clue about Awase then the Kumi Tachi's practice is a waste of time and could be even dangerous!*

- Ichi no Tachi (*1<sup>st</sup> Kumi Tachi*)
- Ni no Tachi (*2<sup>nd</sup> Kumi Tachi*)
- San no Tachi (*3<sup>rd</sup> Kumi Tachi*)
- Yon no Suburi (*4<sup>th</sup> Kumi Tachi*)
- Go no Suburi (*5<sup>th</sup> Kumi Tachi*)
- Ki Musubi no Tachi / Otonashi no Ken (*Link your ki / Sword of no sound*)

*Note! The Kumi tachi's should be understood in three levels. Kihon (start – stop), Nagere (semi Flowing with stops between attacks) and Ki no Nagare (continues attacks and movements). When lost in one level go back to the previous to search for the answer.*

# **AIKI JO**

## **Aiki Jo - Solo Practice.**

*Note! It's about body movement, control and develop strong whole body en breath power.*

*Note! The solo exercises are the basic for the more advanced partner practice.*

### **20 Jo Suburi**

*Note! The 20 Jo suburi are divided into five sections.*

#### Tsuki Section

1. Choku Tsuki (*Straight, Trust*)
2. Kaeshi Tsuki (*Turn, Trust*)
3. Ushiro Tsuki (*Rear, Trust*)
4. Tsuki Gedan Gaeshi (*Thrust, Low, Turn*)
5. Tsuki Jodan Gaeshi Uchi (*Thrust, High, Turning, Strike*)

#### Striking Section

6. Shomen Uchi Komi (*Face, Full Strike*)
7. Renzoku Uchi Komi (*Continuous, Full Strike*)
8. Men Uchi Gedan Gaeshi (*Same as shomen uchi, Low, Turn*)

9. Men Uchi Ushiro Tsuki (*Same as shomen uchi, Rear, Trust*)
10. Gyaku Yokomen Ushiro Tsuki (*Opposite, Side of the head Strike, Rear, Trust*)

#### One Handed Section

11. Katate Gedan Gaeshi Uchi (*One Hand, Low, Turn, Strike*)
12. Katate Toma Uchi (*One Hand, Long Distance, Strike*)
13. Katate Hachi no Gaeshi (*One Hand, Number Eight, Turn*)

#### Hasso Section

14. Hasso Gaeshi Uchi (*Number Eight, Turn, Strike*)
15. Hasso Gaeshi Tsuki (*Number Eight, Turn, Trust*)
16. Hasso Gaeshi Ushiro Tsuki (*Number Eight, Turn, Rear, Trust*)
17. Hasso Gaeshi Ushiro Uchi (*Number Eight, Turn, Rear, Strike*)
18. Hasso Gaeshi Ushiro Barai (*Number Eight, Turn, Rear, Sweeping Strike*)

#### Nagare Section

19. Hidari Nagare Gaeshi Uchi (*Left, Flowing, Turn, Strike*)
20. Migi Nagare Gaeshi Tsuki (*Right, Flowing, Turn, Trust*)

#### Jo and Tai Sabaki exercise

- Zen Go Tsuki (*Trusting in two directions*)
- Shiho Tsuki (*Trusting in four directions*)
- Happo Tsuki (*Trusting in eight directions*)

#### Jo Kata Practice

*Note! There must be a good foundation of a solid basic knowledge off the 20 Jo suburi and Solo exercises before practicing the Kata's.*

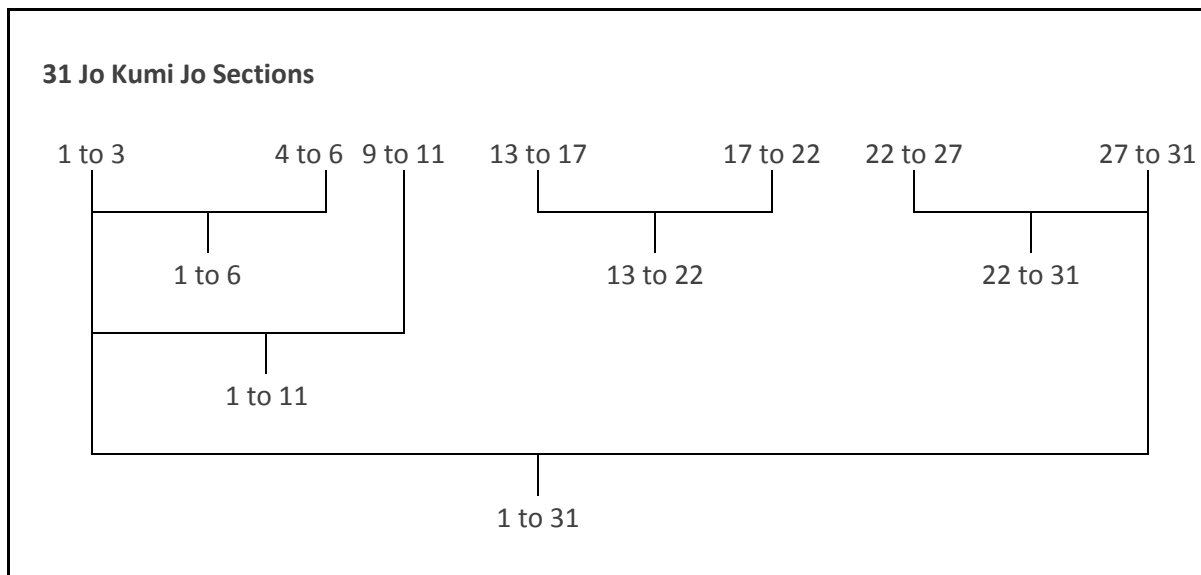
- Roku no Jo Kata (*6 Jo Kata*)
- Sanjuichi no Jo Kata (*31 Jo Kata*)
- Jusan no Kata (*13 Jo Kata*)

#### Aiki Jo - Partner Practice.

##### 31 Kumi Jo

*Note! There must be a good foundation of a solid basic knowledge off the 20 Suburi, 31 Jo Kata and Awase before going in the 31 Kumi Jo. If there are no clear attacks, targets, no control of the weapon and no clue about Awase then partner practice is a waste of time and could be even dangerous!*

*Note! Fore a clear understanding of the 31 Kumi Jo should it be practiced in sections, small sections that lather on put together. The different sections makes it clear where the control situations and targets are.*



*Note! The 31 Kumi Jo should be understood in three levels. Kihon (start – stop), Nagere (semi Flowing with stops between attacks) and Ki no Nagare (continues attacks and movements). When lost in one level go back to the previous to search for the answer.*

### 10 Kumi Jo

*Note! There must be a good foundation of a solid basic knowledge off the 20 Suburi, 31 Jo Kata, 31 Kumi jo and Awase before going in the 10 Kumi Jo. If there are no clear attacks, target, no control of the weapon and no clue about Awase then partner practice is a waste of time and could be even dangerous!*

- Ichi no Kumi Jo (1<sup>st</sup> Kumi Jo)
- Ni no Kumi Jo (2<sup>nd</sup> Kumi Jo)
- San no Kumi Jo (3<sup>rd</sup> Kumi Jo)
- Yon no Kumi Jo (4<sup>th</sup> Kumi Jo)
- Go no Kumi Jo (5<sup>th</sup> Kumi Jo)
- Roku no Kumi Jo (6<sup>th</sup> Kumi Jo)
- Shichi no Kumi Jo (7<sup>th</sup> Kumi Jo)
- Hachi no Kumi Jo (8<sup>th</sup> Kumi Jo)
- Ku no Kumi Jo (9<sup>th</sup> Kumi Jo)
- Ju no Kumi Jo (10<sup>th</sup> Kumi Jo)

*Note! The Kumi Jo's should be understood in three levels. Kihon (start – stop), Nagere (semi Flowing with stops between attacks) and Ki no Nagare (continues attacks and movements). When lost in one level go back to the previous to search for the answer.*

## 13 Jo Awase

*Note! These are movements against Tsuki attacks from different angle and can be practiced with one or three attackers. It is not a Kumi Jo, so there are no counter strikes and trusts by the attacker(s)*

*Note! There must be a good foundation of a solid basic knowledge off the 20 Suburi, 31 Jo Kata, 31 Kumi jo and Awase before going in the 13 Jo Awase. If there are no clear attacks, target, no control of the weapon and no clue about Awase then partner practice is a waste of time and could be even dangerous!*

*Note! Fore a clear understanding of the 13 Jo Awase should it be practiced in sections, small sections that lather on put together. The different sections makes it clear where the control situations and targets are.*

- 1 to 3 Section
- 4 to 6 Section
- 7 to 9 Section
- 7 to 11 Section
- 7 to 13 Section
- 1 to 13 Section

*Note! The 13 Jo Awase should be understood in three levels. Kihon (start – stop), Nagere (semi Flowing with stops between attacks) and Ki no Nagare (continues attacks and movements). When lost in one level go back to the previous to search for the answer.*

# KEN TAI JO

## Ken Tai Jo – Partner Practice.

### Ken Tai Jo exercise

*Note! There must be a clear basic understanding of the whole Aiki Ken and Aikio Jo system before going into Ken Tai Jo.*

*Note! There are three basic Ken Tai Jo exercise that should be understood before practicing the 7 Ken Tai Jo.*

- Choku Barai (Straight Parry)
- Kaeshi Barai (Turning Parry)
- Kaiten Barai (Circulair Parry)

*Note! The exercises should be understood in three levels. Kihon (start – stop), Nagere (semi Flowing with stops between attacks) and Ki no Nagare (continues attacks and movements). When lost in one level go back to the previous to search for the answer.*

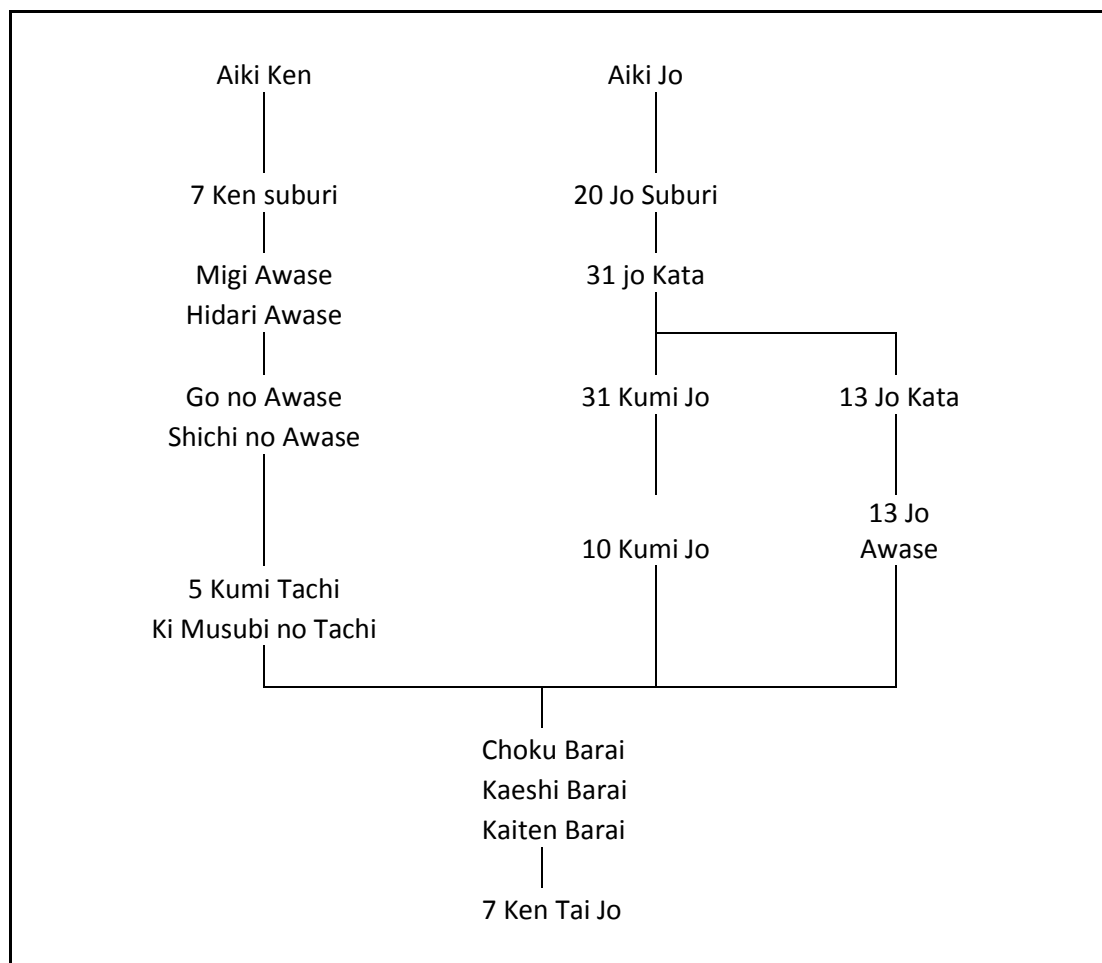
## 7 Ken Tai Jo

*Note! There are three basic Ken Tai Jo exercise that should be understood before practicing the 7 Ken Tai Jo.*

- Ichi no Ken Tai Jo (1<sup>st</sup> Ken Tai Jo)
- Ni no Ken Tai Jo (2<sup>nd</sup> Ken Tai Jo)
- San no Ken Tai Jo (3<sup>rd</sup> Ken Tai Jo)
- Yon no Ken Tai Jo (4<sup>th</sup> Ken Tai Jo)
- Go no Ken Tai Jo (5<sup>th</sup> Ken Tai Jo)
- Roku no Ken Tai Jo (6<sup>th</sup> Ken Tai Jo)
- Shichi no Ken Tai Jo (7<sup>th</sup> Ken Tai Jo)

*Note! The exercises should be understood in three levels. Kihon (start – stop), Nagere (semi Flowing with stops between attacks) and Ki no Nagare (continues attacks and movements). When lost in one level go back to the previous to search for the answer.*

# QUICK OVERVIEW OF BUKIWAZA





# INFORMATION ABOUT BUKIWAZA

## Books

- Traditional Aikido Vol. 1 by M. Saito Sensei. [www.aikidojournal.com](http://www.aikidojournal.com)
- Traditional Aikido Vol. 2 by M. Saito Sensei. [www.aikidojournal.com](http://www.aikidojournal.com)
- Buki waza Aiki Ken by Ethan Monnot Weisgard [www.bukiwaza.com](http://www.bukiwaza.com)
- Buki waza Aiki Jo by Ethan Monnot Weisgard. [www.bukiwaza.com](http://www.bukiwaza.com)

## DvD's

- Aiki Ken by M. Saito Sensei [www.aikidojournal.com](http://www.aikidojournal.com) or [www.aiki-budo.nl](http://www.aiki-budo.nl)
- Aiki Jo by M. Saito Sensei [www.aikidojournal.com](http://www.aikidojournal.com) or [www.aiki-budo.nl](http://www.aiki-budo.nl)
- The Lost Seminars Part 1 by M. Saito Sensei [www.aikidojournal.com](http://www.aikidojournal.com) or [www.aiki-budo.nl](http://www.aiki-budo.nl)
- The Lost Seminars Part 2 by M. Saito Sensei [www.aikidojournal.com](http://www.aikidojournal.com) or [www.aiki-budo.nl](http://www.aiki-budo.nl)
- The Lost Seminars Part 8 by M. Saito Sensei [www.aikidojournal.com](http://www.aikidojournal.com) or [www.aiki-budo.nl](http://www.aiki-budo.nl)

## Articles

- [Bukiwaza and its place in Aikido](#) by Lewis Bernaldo de Quiros
- [Aikido and Weapons the last word?](#) By Stanly Pranin
- [Interview with Hirosho Isoyama](#) by Stanly Pranin

## YouTube

### Aiki Ken

- [Morihiro Saito Sensei 7 Ken Suburi Part 1](#)
- [Morihiro Saito Sensei 7 Ken Suburi Part 2](#)
- [Morihiro Saito Sensei Kumi Tachi Part 1](#)
- [Morihiro Saito Sensei Kumi Tachi Part 2 and Ki Musubi no Tachi](#)
- [Morihiro Saito Sensei , Cambridge 1989 Kumi Tachi](#)

### Aiki Jo

- [Morihiro Saito Sensei 20 Jo Suburi](#)
- [Morihiro Saito Sensei 31 Jo Kata](#)
- [Morihiro Saito Sensei 13 Jo Kata](#)
- [Morihiro Saito Sensei 31 Kumi Jo Part 1](#)
- [Morihiro Saito Sensei 31 Kumi Jo Part 2](#)
- [Morihiro Saito Sensei Kumi Jo Part 1](#)
- [Morihiro Saito Sensei Kumi Jo Part 2](#)
- [Morihiro Saito Sensei 13 Jo Awase](#)
- [Demonstration Aiki Jo by Morihiro Saito Sensei](#)

### Ken Tai Jo

- [Morihiro Saito Sensei Ken Tai Jo](#)