

## Bokken Warm Up

1. Holding the bokken in both hands waist level with the blade facing outward, raise the bokken overhead and back down to the waist.
2. Holding the bokken in both hands rotate trunk of body from left to right.
3. Hook arms around the bokken from behind and twist from side to side.
4. Holding the bokken in both hands raise it overhead and down, then back to waist.
5. Holding the bokken in both hands with a slow, even pace, rotate the arms from left to right, then right to left. 1<sup>st</sup> is 1 o'clock to 7 o'clock. 2<sup>nd</sup> is 5 o'clock to 11 o'clock.

## Words

**Iaijutsu**, often translated roughly as the "art of mental presence and immediate reaction", is the Japanese martial art of drawing the sword. "One draw, one cut, one kill"

### Parts of the Bokken:

Kissaki: the tip

Mune: the back of the blade

Monouchi: the cutting portion of the edge, the 1/3 closest to the kissaki

Chu-o: the middle third of the blade

Tsuba moto: the third of the blade closest the handle

Tsuba: the guard, not present on most Aikido bokuto

Tsuka: the handle

Shinogi: the ridge between the mune and the edge

Shinogi-ji: the flat plane between the mune and the shinogi

Jigane: the flat plane between the shinogi and the temper line (edge)

Ha: the edge

Tsuka gashira: strictly the pommel fitting, butt end of the bokuto

**Chiburi** - Litterly translated as 'blood flick' this is the term for the action of cleaning the blood from the sword.

**Noto** – Sheathing of the sword. Sword always goes into belt blade up.

**Seiza** – Sitting on the knees. When in Seiza, the sword is placed on the left side, blade out

**Shizen Tai** – Basic posture (feet shoulder with apart, straight posture)