



## BUKI WAZA CURRICULUM - INTEGRAL AIKIDO AMSTERDAM

There are many ways in which weapons are used in Aikido practice. O Sensei used basic weapon movements in the development of Aikido and his students have continued with this training. Through weapons training, our understanding of empty-handed techniques is greatly enhanced, and vice-versa.

The most commonly used weapons in Aikido are the bokken or ken (wooden sword), jo (wooden staff) and tanto (wooden knife).

Weapons training involves “suburi” (practice strikes), which is the foundation of all weapons practice, “kata” (weapons forms), and partner practice. When training with partners in weapons practice (as well as in empty-handed techniques), the emphasis is placed on “Aiki”, or blending with each other, rather than fighting against each other. One’s training should be a partnership, one of mutual learning and growth. Above all else, safety is most important. One should never go faster or harder than one’s own ability to control the weapon.

Aikido weapons should always be treated and used with respect. They are not substitutes for real swords or knives, but are weapons in their own right. If this awareness is not present in your training, you are endangering yourself and your training partners.

*(text out of Aikido Montreux & IAA syllabus)*

### Weapon training (buki waza)

In our style of Aikido weapon training is essential. The basic footwork, hipwork and handwork of empty handed techniques are rooted in sword work. The underlying principles underlying both training with weapons and without are the same and mutually reinforce each other.

Weapons and empty handed technique are one system, not two.

Weapon training offers the following primary benefits:

- solo training without a partner where we can focus on all the basic body-use principles separate from the principles of relating with a partner.
- expanded sense of extension from joining with and amplifying one’s sense of reach through the weapon.
- a strong focus on self control and precision (armor is not used in weapon partner practice).
- clearer and more acute sensitivity to issues around timing and distance (ma-ai).

Weapon training in general gives a greater understanding of the dynamics of empty handed techniques that they are the root of while at the same time allowing for a ‘sharpening’ in terms of precision and intent of those same techniques.

*(text out of TKN syllabus, 02-2020)*



*(Photo's: IAA instructor Carolina van Haperen, 5th dan, with instructors and in a demo)*

## BUKI WAZA TESTING REQUIREMENTS

The following Buki Waza requirements are part of a kyu rank.

Students can choose building up a kyu rank by testing separately for a Buki Waza Module (ken & jo practice) and a Taijutsu Module (open hand practice). Students can also choose to do both Modules in one test.

Each Module will be honored with a certificate when the student completes the specific kyu requirements with success.

When both certificates, Buki Waza and Taijutsu, are completed with success the student will then receive their fully achieved Kyu Rank. Grading for a kyu rank has a fee (ask instructor for costs).

KYU	KEN	JO
<b>6 kyu</b>	Suburi 1 - 3	6 count kata
<b>5 kyu</b>	Suburi 1 - 4 Zengo giri (2 directions)	6 count kata Zengo giri Suburi 1 - 5
<b>4 kyu</b>	Suburi 1 - 5 Shiho giri (4 directions) Partner: Migi & Hidari Awase (Right & left side blending respons)	6 count kata 1 - 10 Zengo giri
<b>3 kyu</b>	Suburi 1 - 7 Happo giri (8 directions) Partner: Migi & Hidari Awase	6 count kata Suburi 1 - 20 Partner: Jo Awase 2x
<b>2 kyu</b>	Suburi 1 - 7 Partner: Migi & Hidari Awase Partner : 5th Ken Awase  Taking: Tachi dori 1x	6 count kata Suburi 1 - 20 31 jo kata Partner: Jo Awase 2x  Taking: Jo dori 1x
<b>1 kyu</b>	Suburi 1 - 7 Partner: Migi & Hidari Awase Partner: 5th & 7th Ken Awase Partner: 1st Kumi Tachi  Taking: Tachi dori 2x  Tanto (knife): Taking: Tanto dori 2x	Suburi 1 - 20 31 & 13 jo kata Partner: Jo Awase 2x Partner: 1st Kumi Jo  Taking: Jo dori 2x

## **VIDEO'S - just a compilation of many...**

This Video list is just a compilation of video's that helps you to recognize Buki Waza practice. Most of them are not instruction clips. Always ask the instructor directly for guidens.

On the youtube channel there are several clips of Buki Waza practice:

<https://www.youtube.com/cvhaperen/videos>

### **Bokken – sword**

1st ken suburi - <http://www.youtube.com/watch?v=r2g-MarE7cc>

2<sup>nd</sup> ken suburi - <http://www.youtube.com/watch?v=e9g-lhPP6RQ>

3rd ken suburi - <http://www.youtube.com/watch?v=Y3VfzAsC6Ic>

4th ken suburi - <http://www.youtube.com/watch?v=CZ2jvmte80o>

5<sup>th</sup> ken suburi - <http://www.youtube.com/watch?v=VazBKuaFRCU>

### **Jo –staff**

Jo Kamae's - <http://www.youtube.com/watch?v=oAVnl4quh44>

6 count kata (Rokyu No Jo Kata) - <http://www.youtube.com/watch?v=x9grPSJ-e9Q>

### **Jo Suburi's**

1<sup>st</sup>: Choku Tsuki - <http://www.youtube.com/watch?v=lvICfyfnstY>

2<sup>nd</sup>: Kaeshi Tsuki - <http://www.youtube.com/watch?v=TKV8BNeB3jc>

3<sup>rd</sup>: Ushrio Tsuki - <http://www.youtube.com/watch?v=1blceNPQ89o>

4<sup>th</sup>: Tsuki gedan gaeshi - <http://www.youtube.com/watch?v=kJ2vg9R6iDE>

5<sup>th</sup>: Tsuki jodan gaeshi uchi - <http://www.youtube.com/watch?v=Y9hZgBFVMbo>

## **Lewis de Quiros, 6th dan**

### **Bokken**

1, 2, 3 Suburi <http://youtu.be/5yAA5oKVQgY>

4, 5, 6, 7 Suburi <http://youtu.be/6keXUcYUE3M>

Zengo, Shiho, Happo giri <http://youtu.be/vs157f6dIXs>

### **Jo**

Basic Jo Waza <http://youtu.be/dvqnmV2tj8>

6 count kata <http://youtu.be/kME3EwCs-SM>

1 t/m 20 suburi <http://youtu.be/G2KAa4bYIL8>

31 jo kata <http://youtu.be/QMfn6EtKJHg>

### **More on Patrick Cassidy (6th dan):**

- <https://www.youtube.com/channel/aikidomontreux>

### **More on Lewis de Quiros (6th dan):**

- <https://www.youtube.com/c/TraditionalAikidoEurope/videos>

<https://www.youtube.com/user/TakemusuAikidoNL/videos>

### **More on M. Saito Shihan (9th dan):**

- <https://www.youtube.com/c/takemusuaikisergo/videos>