

United Kingdom Aikikai

Weapons Syllabus 2021



Bokken Requirements

- Etiquette
- Warm up exercises
- How to hold a bokken
- Five basic postures of sword (Kamae)
 1. Chudan No Kamae
 2. Jodan No Kamae
 3. Hasso No Kamae
 4. Waki Gamae No Kamae
 5. 5 Gedan No Kamae
- Shiho-giri/ Happo-giri Shomen-uchi (4 & 8 direction cutting)
- 7 Suburi
- Chiba Sensei's 8 Suburi Movements

Jo Requirements

- Etiquette
- Warm up exercises
- How to hold the Jo
- Five basic Postures of the Jo (Kamae)
 1. Chudan Junte pointing at partner
 2. Chudan Gyakute pointing at partner
 3. Jodan No Kamae
 4. Hasso No Kamae
 5. Junte & Gyakute (Holding the Jo in posture vertically covering your front knee)
- 20 Jo Suburi
- 9 count Kata
- 13 count Kata
- 31 count Kata