

# Tenshinkan Aikidoklubb



## **Ethic Charter of Aikido**

1. The aim of Aikido is to strengthen mind and body accumulating daily training and hard work together with our fellow practitioners.
2. In daily training it is important to cultivate a mental attitude of understanding and respect for our training partners. In this manner, one seeks that one becomes a well-balanced person of sincerity and devotion
3. The Spirit of Aikido: Aiki means Love. To accomplish the mission and responsibility to cherish and protect all things is the true way of Budo. Aiki also means to overcome one's ego and extinguish your opponent's will to fight. Thus, Aikido becomes a way to enable an absolute self-improvement by erasing the existence of the opponent itself.

(Excerpt from 'Aikido' by Mr. Morihei Ueshiba)

Hereinbefore, we establish our Ethic Charter of Aikido.

January 5<sup>th</sup>, 2015  
Aikikai Foundation  
Chairman Moriteru Ueshiba



This is a supplement for those of you who want to see how things fit together. You can also find all the information on the internet, but here we have collected the most common (and some not so common) phrases. There are different terms for the same things, so it's easy to get confused in the google jungle when you are new to the study of aikido.

*"Aikido is not theory but must be practiced. In this way it is realized the enormous power that follows unity with nature."*

- Morihei Ueshiba

## Dojo etiquette:

We have a world wide dojo etiquette, and we follow this standard to the best of our abilities in our own dojo. You will see some slack on the etiquette, both in the dojo at home and in big seminars, but it's good to follow this, and at least know about it.

- Show respect for the instructor and the person you train with.
- Avoid talking during the training, and do not instruct each other.
- Pay close attention to personal hygiene. Wear a clean suit and short-cut nails.
- Wash the gi at 90 degrees sometimes.
- Long hair is tied up, watches and jewelry are removed.
- Chewing gum ect. must not be used.
- Wear socks or sandals between the changing room and the dojo.
- "Bow in" and "bow back out" towards shomen (the portrait of the founder) when you arrive and leave the dojo.
- Tell the instructor if you have to leave the room before training is finished, or if you have been injured. (We have a first aid kit behind the curtains)
- Avoid being late for training. If the training has started when you arrive, wait at the door until the instructor sees you and gives the go-ahead to enter. Both of you say "Onegai Shimasu". This is so that the instructor has a good overview of who is present at the training.
- After training we wash the floor in the dojo. It's expected that everyone contributes to this, takes turns and shares this task. We wash the mats and the rest of the areas. (when visiting other dojos it's good etiquette to contribute to this also)

- Weapons should be treated with respect. This means that they are not to be played with and kept in the stands when not in use.

Always do as little as possible of yourself on the mat. The longer you have trained and the higher your grade, the more it is expected that you have a calm, modest and self-disciplined demeanor. The original meaning of Master in Oriental martial arts or Zen is one who completely controls his own mind, i.e. thoughts, needs and emotions that destroy the necessary peace of mind.

## Training

When entering the dojo we all greet the instructor and bow towards the shomen (The picture of our founder Morihei Ueshiba) At the beginning of a training, the instructor often claps to illustrate it's time for training, but not all instructors do this. The students line up in time for training. The instructor will then go in the middle, bow to shomen and bow to the group. The group bows both times, and the second time we greet the instructor with "onegai shimasu" - Please teach me.

During the training session the tradition is to practice in silence. Some clubs practice more or less in silence but not all are too strict on this. This can also vary from class to class. The main point is learning by watching what the instructor shows, and try our best to understand what he/she does and follow the general setting of the session.

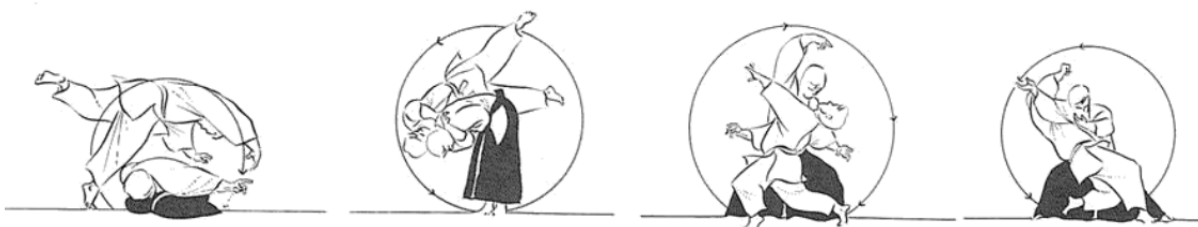
We are all beginners, and entering the dojo as equals even though we are at different levels. It is therefore good etiquette not to instruct each other on the mat. As a beginner you will get a lot of help, but later on we try not to make it a habit. It is important and necessary to understand that everyone in the room is in a different state of mind and at different levels, so we try to respect each other by not interfering in the other person's individual studies.

At the end of training we repeat bowing and say Domo Arigato gozaimashita - Thank you

## Ukemi / How to fall

To be able to enjoy being thrown during practice we first learn how to fall. We learn by doing safe rolls with small movements in the beginning, and step by step we develop the ability to roll and fall from standing position and with higher speed. After a few months falling safely feels like a normal part of the training.

Ukemi is also the role of being uke. It's recommended to try to develop a good understanding of what an uke does, so that the uke is not just passive until the fall comes.



## General tips

**Control yourself.** Good aikido requires understanding and controlling your own mind and body. You cannot effectively control someone else until you control yourself. What you do to the other person matters less than what you do to yourself.

- **Maintain your balance.** With few exceptions, you want your head up, your shoulders above and aligned with your hips, and your feet in a natural stance.
- **Use your body as a unit.** Tense arms or shoulders result when other parts do not do their share of the work. Spread the work out and let your strong parts, such as your hips, do most of the work. You must maintain your balance to properly distribute the load.
- **Use your body the way nature intended.** Keep your shoulders and elbows down. Keep your head up. Let your arms move in natural arcs. Your body's design respects gravity. Use movements that harmonize with your body and with gravity.
- **Extend your mind.** Your mind controls the power of your body. If your mind stops at an obstacle, your body will stop as well. If you extend your mind past an obstacle, your body might find a way to follow.
- **Remain calm.** Good aikido requires calmness in both mind and body. The mind and body both work and expend energy, but do so quietly and efficiently.
- **Have confidence.** You must have confidence in both the art of aikido and in your ability to do aikido. Confidence grows with experience and practitioners at all levels to improve their confidence.

The above tips focus on controlling yourself. The following tips may help in dealing with another person.

- **Minimize conflict.** Find the easiest path to your goal. Never go against strength when you can go around it. You will find ways around uke's strength when you try.
- **Work within your range of effectiveness.** Your strength remains close to your *hara*. Do techniques as close to your *hara* as possible. Conversely, try to keep uke outside his/her range of effectiveness. This is one way of minimizing conflict.
- **Take the slack out.** By taking the slack out of your own body, you effectively deliver the power of your *hara* to your arms (helping you to use your body as a unit). By taking the slack out of uke's body, you efficiently deliver your power affects to uke's body.
- **Think down.** More than simply not fighting gravity, make gravity your ally. Most aikido techniques involve putting uke *down*. In some techniques, nage appears to throw uke away. Nage actually throws uke down, but momentum carries uke away. (In some

situations, if nage tried to throw uke straight down nage would maximize conflict. In these cases, you must find the balance between throwing down and minimizing conflict.)

- **Keep your mind free.** Do not let uke's presence capture your mind. Look forward to where you want to go, not backward at uke. Do not stare at the place where uke has grabbed you. Most importantly, do not let uke's presence make you forget about controlling yourself. Remember, controlling yourself transcends throwing uke in importance.

## Terms and phrases

Some terms and phrases that is good to know about, we mention som important terms below, and in the link you see all terms and phrases relevant for our grading system.

[Grunnleggende ordliste](#)

Ai-ki-do	the way of unifying (with) life energy
Budo	The way of war
Dojo	Where we train
Gi	Our outfit
Hakama	The skirt we get at third grade
Kohai	A practitioner less experienced than yourself
Senpai	A practitioner more experienced than yourself
Tore	The one that do the technique (the defender)
Uke	The one that tore do the technique on (The attacker)
Mokuso	Meditation
Rei	Bow
Hai	Yes

### **Counting:**

1 Ichi | 2 Ni | 3 San | 4 Shi (yon) | 5 Go | 6 Roku | 7 Shitchi | 8 Hachi | 9 Ku | 10 Ju

**Hope this helps, and that we see you all on the mat!**