



Aikido-Yoga Sword (Ken) Training Syllabus

Basic Stances / Postures (Kamae)

- > Half-forward triangular stance (Hanmi)
- > Upper stance (Jodan no kamae)
- > Middle stance (Chudan no Kamae)
- > Lower stance (Gedan no kamae)
- > Side stance - sword held to rear (Waki gamae)
- > Stance in which sword held above head (Hasso no kamae)

Solo Practice:

1. Tachi Rei / Formal bowing methods – while standing with bokken and katana.
2. Za Rei / Formal bowing methods – while kneeling with bokken and katana.
3. Reigi / Etiquette – including weapons handling of bokken and katana.
4. Aiki-Ken suburi 1 – 7 / Basic Aiki-ken sword movements
5. Ken makiwara tanren / Makiwara training methods
6. Happo Giri / 8 directional cutting
7. Tenkan waza / Body spiralling exercises
8. Iaido kata 1 - 10 / Formal katas with steel sword (shinken)
9. Tameshigiri / Test cutting with live blade

Partnered Practice:

1. Ken Suburi-Awase / Basic blending movements
2. Ken Awase / Basic blending exercises
3. Kumi-Tachi 1 – 5 / Basic Kata plus variations
4. Ki-Musubi-no-Tachi / Ki blending exercises
5. Ken Happo Giri Kumi-Tachi / 8 directional Reaction-Demand training
6. Ken Makiwara tanren / Reaction-Demand makiwara training
7. Ken/Tai Jutsu No Riai / Sword-body strategy / relationships
8. Tachi-dori / Basic sword-taking techniques
9. Randori / Free style takemusu drill-sparring against single or multiple armed attackers

** Grading syllabus techniques in green