

Budo Society Musashi



BUKIDO

Syllabus

Weapons

Jo, Bokken, Tanto, Hanbo, Iaito

John Pickett Hanishi
john@budomusashi.co.uk



Kyu requirements 6th Kyu White belt

- **Minimum of 20 Hours of training**
- **Attendance of at least one Master Class**
- **Dojo etiquette**

Jo requirements

Stance

Chudan no Kamae

Jodan no Kamae

Gedan no Kamae

Hasso no Kamae

Waki no Kamae

Basic movements

Thrusting techniques:

- Choku Tsuki
- Kaeshi Tsuki
- Ushiro Tsuki
- Tsuki Gedan Gaeshi
- Tsuki Jodan Gaeshi

Striking techniques;

- Shomen Uchikomi
- Renzoku Uchikomi
- Menuchi Gedan Gaeshi
- Men Uchi Ushiro Tsuki
- Gyaku Yokomen Ushiro Tsuki

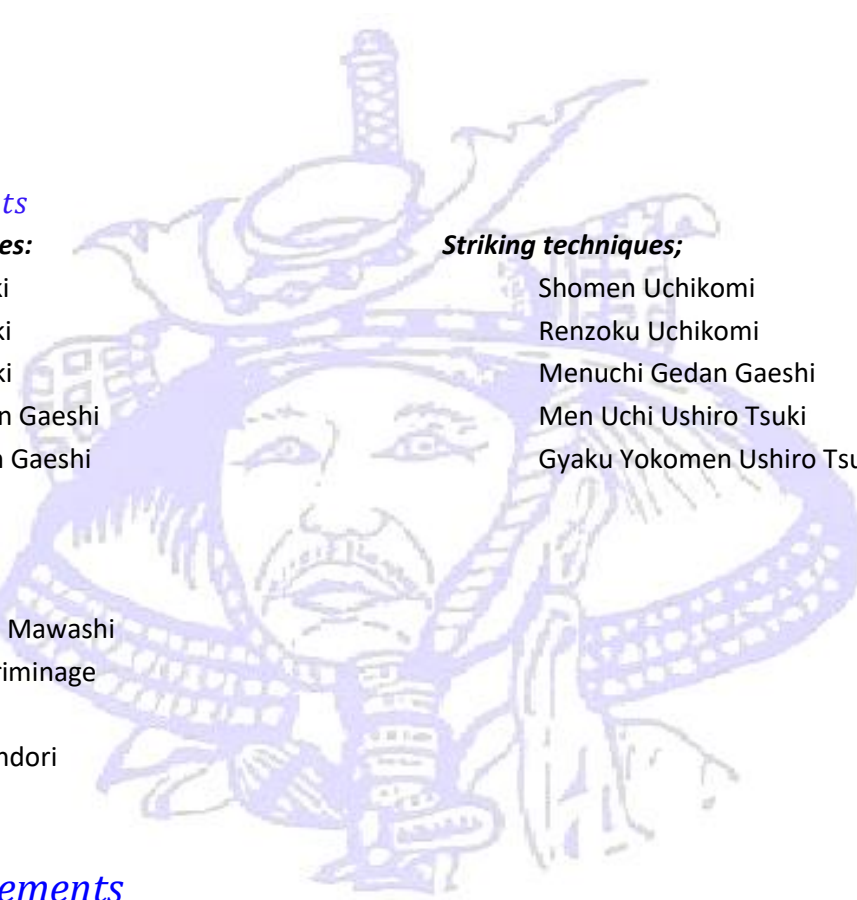
Jo Dori

- Kokyunage
- Nikyo/Kote Mawashi
- Sokumen Iriminage
- Shihonage
- Ikkyo/Ippondori

Tanto requirements

Defences from a Tsuki

- Kotegaeshi
- Shihonage
- Udekimenage
- Uchikaiten Sankyo (Kote Hineri)
- Gokyo
- Iriminage
- Kote Mawashi





Kyu requirements 5th Kyu Yellow belt

- **Minimum of 20 Hours of training**
- **Attendance of at least one Master Class**
- **Dojo etiquette**

Jo requirements

Basic movements

One Handed

- Katate Gedan Gaeshi
- Katate Toma Uchi
- Katate Hachi no Ji Gaeshi

Jo Dori

- Hijikimeosae
- Tenchinage
- Kotegaeshi
- Gokyo

Jo vs Bokken 2 techniques

Tanto requirements

Defences from Yokomenuchi

- Kotegaeshi
- Shihonage
- Udekimenage
- Uchikaiten Sankyo (Kote Hineri)

Iaido requirements

Introduction to Iaido

Entering the Dojo

Leaving the Dojo

Wearing the Hakama

How to carry the sword

Wearing the sword

Basic moves of Iaido

- Drawing the sword
- Cutting
- Cleaning the sword Chiburi
- Sheathing the sword (Noto)





Kyu requirements 4th Kyu Orange belt

- **Minimum of 20 Hours of training**
- **Attendance of at least one Master Class**
- **Dojo etiquette**

Jo requirements

Basic movements

One Handed

- Katate Gedan Gaeshi
- Katate Toma Uchi
- Katate Hachi no Ji Gaeshi

Jo Dori

- Yonkyo
- Udekimenage
- Jujinage/Karaminage

Jo vs Bokken 2 techniques

Tanto requirements

Defences from Yokomenuchi

- Gokyo
- Iriminage
- Uchigote (Yonkyo)
- Kurumadaaoshi
- Uraotoshi

Iaido requirements

Seitei Kata's

Ippon Me - Mae

Hanbo requirements

Stance

Hira Ichimonji no kamae (you stand holding the stick in both hands down in front of you)

Basic movements

- Naname Ushiro omote Waki Uchi “Moving diagonally back outside his attack and striking his side” + Tsuke Iri
- Naname Mae Ura waki Uchi “Moving diagonally forward inside his attack and striking his side” + Koshi Ori
- Naname Mae omote Waki uchi “Moving diagonally forward outside his attack and striking his side” +
- Mawashi Kote Uchi omote “Rotate the stick and strike the wrist, outside his attack”
- Mawashi Kote Uchi ura “Rotate the stick and strike the wrist, inside his attack” + Ganseki Otoshi
- Kote Uchi ura “Strike the wrist, inside his attack” + Ganseki Otoshi
- Katate Tsuki “One hand thrust”

Techniques against fist attack

- Tsuke Iri “Inserting the stick between arm and body”
- Koshi Ori “Breaking the hip”
- Ganseki Otoshi “Dropping a big rock”
- Ganseki Otoshi Makikomi “Dropping a big rock – enfolding techniques”



Kyu requirements 3rd Kyu Green belt

- **Minimum of 25 Hours of training**
- **Attendance of at least one Master Class**
- **Dojo etiquette**

Tanto requirements

Defences from Above

- Kotegaeshi
- Shihonage
- Udekimenage
- Uchikaiten Sankyo (Kote Hineri)
- Gokyo

Bokken requirements

Stance

Chudan no Kamae
Jodan no Kamae
Gedan no Kamae
Hasso no Kamae
Waki no Kamae

Bokken Dori from Tsuki

- Kokyunage
- Kotegaeshi
- Shihonage

Bokken vs Bokken 2 techniques

Bokken vs Bokken Kata 1

Bokken vs Bokken Kata 2

Iaido requirements

Seitei Kata's

Nihon Me - Ushiro

Sanbon Me - Ukenagashi

Hanbo requirements

Techniques against fist attack

- Oni Kudaki "Crushing the devil"
- Oni Kudaki Variation 1
- Oni Kudaki Variation 2
- Oni Kudaki Variation 3

Jo requirements

Jo Dori

- Yonkyo
- Udekimenage
- Jujinage

13 Step Flame Kata

Basic movements

Tsuki
Shomenuchi
Yokomenuchi
Kesa Giri





Kyu requirements 2nd Kyu Blue belt

- **Minimum of 30 Hours of training**
- **Attendance of at least one Master Class**
- **Dojo etiquette**
- **Techniques from previous gradings will be asked**

Jo requirements

Jo Waza

- Kokyunage
- Nikyo/Kote Mawashi
- Sokumen Iriminage
- Shihonage
- Ikkyo/Ippon Dori

Tanto requirements

Defences from above

- Iriminage
- Ikkyo/Ippondori
- Hijikimeosae
- Yonkyo
- Kote Mawashi

13 Step Jo Flame Kata right and left handed

16 Step Jo Kata right and left handed

2 Defences with Jo against Bokken

Bokken requirements

Bokken Dori from Shomenuchi

- Iriminage
- Udekimenage
- Hijikimeosae
- Sankyo (Kote Hineri)
- Yonkyo

Happo Giri – Eight direction Kata

Bokken vs Bokken Kata 3

Iaido requirements

Seitei Kata's

Yonhon Me - Tsuka Ate

Hachihon Me - Kesa Giri

Introduction of a weapon of own choice: Tonfa, Kama, Bo or Sai



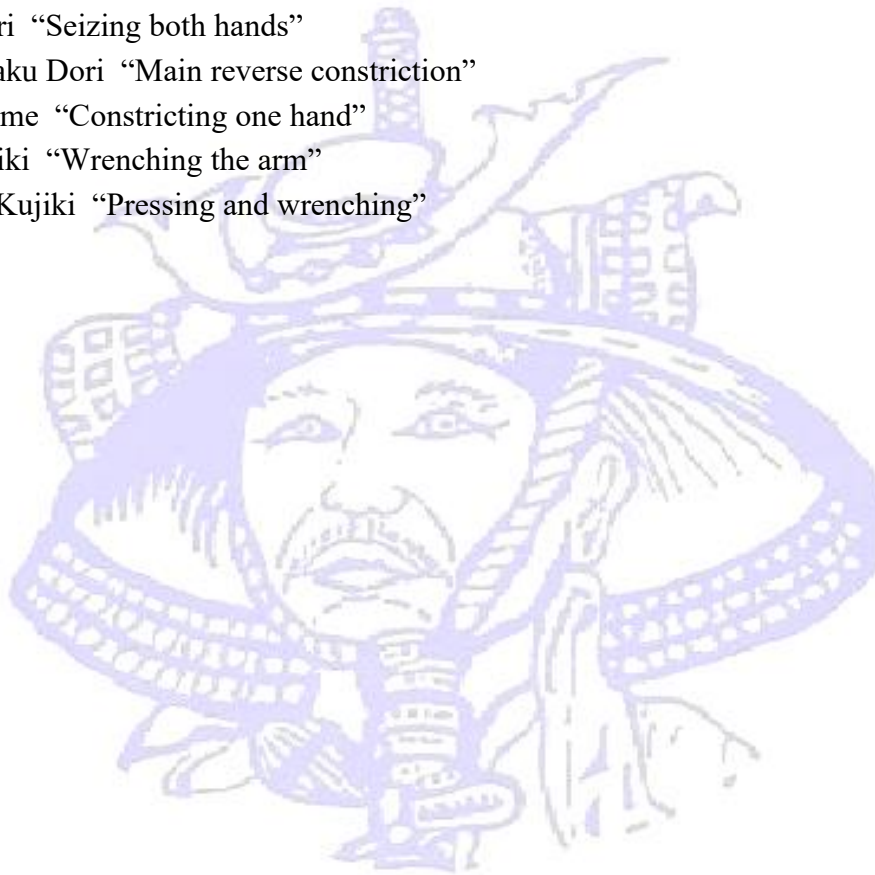
Hanbo requirements

Techniques against foot attacks

- Ashi Garami “Entangling the leg”
- Ashi Dori “Seizing the leg”
- Ashi Gatame “Pressing on the leg”

Techniques against wrist grabs

- Ude Garami omote “Entangling the arm – outside”
- Kyojitsu “Feinting” (*A deceptive action calculated to divert attention from one's real purpose*)
- Ude Gaeshi “Turning the arm over”
- Take ori “Breaking Bamboo”
- Ryōtedori “Seizing both hands”
- Hon-Gyaku Dori “Main reverse constriction”
- Katate Jime “Constricting one hand”
- Ude Kujiki “Wrenching the arm”
- Katame Kujiki “Pressing and wrenching”





Kyu requirements 1st Kyu Brown belt

- **Minimum of 40 Hours of training**
- **Attendance of at least one Master Class**
- **Dojo etiquette**
- **Techniques from previous gradings will be asked**

Jo requirements

Jo Waza

- Hijikimeosae
- Tenchinage
- Kotegaeshi
- Gokyo
- Yonkyo
- Udekimenage

Bokken requirements

Bokken Dori from Shomenuchi

- Shihonage
- Kotegaeshi
- Kokyunage
- Iriminage
- Udekimenage

Happo Giri

50 Step Jo Flame Kata left handed

22 Step Jo Kata right and left handed

2 Defences with Jo against Bokken

Tanto requirements

Defences from back slash

- Mune Gatame
- Kotegaeshi
- Shihonage
- Udekimenage

Iaido requirements

Seitei Kata's

- Roppon Me - Morote Zuki
- Nanahon Me - Sampo Giri
- Hachihon Me – Ganmen Ate

Hanbo requirements

Techniques against wrist grabs

- Ude Garami omote “Entangling the arm – outside”
- Kyojitsu “Feinting” (A deceptive action calculated to divert attention from one's real purpose)
- Ude Gaeshi “Turning the arm over”
- Take ori “Breaking Bamboo”
- Ryōtedori “Seizing both hands”
- Hon-Gyaku Dori “Main reverse constriction”
- Katate Jime “Constricting one hand”
- Ude Kujiki “Wrenching the arm”
- Katame Kujiki “Pressing and wrenching”

Demonstrating techniques with weapon of own choice: 3 techniques



Kyu requirements 1st Dan

- **Minimum of 60 Hours of training**
- **Attendance of at least one Master Class**
- **Dojo etiquette**
- **Techniques from previous gradings will be asked**

Jo requirements

31 Step Jo Kata Left and Right
70 Step Jo Kata

Iaido requirements

Kyuhon Me - Soete Zuki
Juppon Me- Shiho Giri

Bokken requirements

Bokken Dori from Shomenuchi

- Hijikimeosae
- Sankyo (Kote Hineri)
- Gokyo
- Yonkyo

9 Cut Bokken Kata

Various

- Use of magazine – 5 techniques
- Use of a walking stick – 3 techniques
- Use of a pen – 3 techniques
- Use of a credit card – 2 techniques

Tanto requirements

Defences from back slash

- Uchikaiten Sankyo ((Kote Hineri)
- Gokyo
- Iriminage
- Hijikimeosae

Demonstrating

5 Techniques with weapon of choice

Hanbo requirements

Techniques against foot attacks

- Ashi Garami “Entangling the leg”
- Ashi Dori “Seizing the leg”
- Ashi Gatame “Pressing on the leg”

Techniques against wrist grabs

- Ude Garami omote “Entangling the arm – outside”
- Kyojitsu “Feinting” (A deceptive action calculated to divert attention from one's real purpose)
- Ude Gaeshi “Turning the arm over”
- Take ori “Breaking Bamboo”
- Ryōtedori “Seizing both hands”
- Hon-Gyaku Dori “Main reverse constriction”
- Katate Jime “Constricting one hand”
- Ude Kujiki “Wrenching the arm”
- Katame Kujiki “Pressing and wrenching”



Kyu requirements 2nd Dan

- **Minimum of 80 Hours of training**
- **Attendance of at least one Master Class**
- **Dojo etiquette**
- **Techniques from previous gradings will be asked**

Hanbo requirements

Techniques against sleeve and lapel grabs

- Uchi Taoshi “Pulling and throwing down”
- Ryōte Garami Dori “Seizing and entangling both hands”
- Kataginu
- Ganseki Dome “Stopping a big rock” with Ebo stick

Seizure from behind

- Ushiro Dori Tsuke Iri “Seizure from behind, attacking and entering”
- Benkei Dori “Seizing the inside of the shin bone”
- Taiboku Taoshi “Throwing down a big tree”
- Tawara Taoshi “Throwing down a rice bale”

Techniques against stick grabs

- Bō Gaeshi “Changing direction of the stick”
- Kokū “Empty space”
- Awase Nage “Meeting throw”
- Awase Nage variation 1
- Awase Nage variation 2
- Tomoe Nage, Ashi Dori Osae “Throwing in a circle, seizing and pressing the leg”

Immobilisations

- Jō Wan Dori “Breaking the upper arm”
- Hiji Dori “Breaking the elbow”
- Zen Wan Dori “Breaking the forearm”
- Sokkotsu Ori “Breaking the instep”
- Ryōte Ori “Breaking both arms”
- Ō- Gyaku “Big reverse lock”
- Shintō “Shaking and throwing down”

Iaido requirements

Ju-Ippon Me - So Giri
Ju-Nihon Me - Nuki Uchi

Bokken requirements

Bokken vs Bokken Kata 4
Bokken vs Bokken Kata 5
Techniques against an attacker who grabs your Bokken