

# Seidokan Aikido

Seidokan is a system of Aikido founded by Roderick T. Kobayashi Sensei. In accordance with O Sensei's teaching, Seidokan balances the study of defensive arts with the study of the art's principles. At a Seidokan dojo, instructors grow along with their students. Students learn the basics from their teachers and the teachers in turn deepen their own understanding of Aikido. Through earnest, realistic and sincere training, instructors and students can realize the true meaning of Aikido together.



合

**Ai** - harmony, oneness, or agreement

氣

**Ki** - nature, universal energy

道

**Do** - road, path or way of life  
A Way of life through harmony  
with nature.

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*"Always practice the Art of Peace  
in a vibrant and joyful manner."*

**- Morihei Ueshiba**

*"If your opponent strikes with fire,  
counter with water, becoming  
completely fluid and free-flowing.  
Water, by its nature, never collides  
with or breaks against anything.  
On the contrary, it swallows up  
any attack harmlessly."*

**- Morihei Ueshiba**

## Etiquette

Please be prompt or early. Arrive at least 10 minutes prior to the start of class to allow time to change into your gi, or arrive in your gi ready to train. Students arriving late should wait to be acknowledged by the instructor before joining class.

Bowing is a sign of respect. Bow to the mat before stepping onto it for practice. Bow to the mat when leaving class. Bow to the Shomen and the instructor at the opening and closing of class. Bow to everyone that you practiced with at the close of class.

To open class; the instructor and students bow first towards the Shomen and then to each other saying: "Onegai Shimasu" (Please teach me). To close class, the instructor and students bow to each other and say: "Domo Arigato Gozaimashita" (Thank you very much).

If called on to be uke for the instructor; please bow to the instructor and say: "Hai Sensei" or "Hai Sempai" (whichever is appropriate), then quickly move to the front and follow their instructions.

## Uke and Nage

Uke translates as "one who falls" or simply "fall". This is the person who is attacking. Uke focuses on giving a sincere committed attack so that Nage can practice. They should also remain pliable and fluid so that they can move and fall safely.

Nage translates as "one who throws" or simply "throw". This is the person who is defending. Nage focuses on receiving attacks and redirecting them to the best of their ability. Nage's first duty is to move out of the way of the attack for their own safety. Immediately following, their duty is to take care of Uke so that they stay safe.

Both uke and nage are required for Aikido practice. Please be respectful of your partner and their level of training. Do not train with a speed or intensity that is not appropriate for your partner. Do not purposely try to injure or frustrate them. Help each other.

## Important Terms to Know

- Aikidoka: One who practices Aikido
- Aiki-Taiso: Exercises derived from the self-defense movements of Aikido
- Bokken: Wooden sword (also called bokuto)
- Dan: Black belt ranks
- Dojo: A place of learning/training center
- Gi: Training uniform
- Hajime: To begin or start
- Hara: The area below your navel where ki resides (also called Tanden, Center, or One Point)
- Hidari: Left
- Irimi: Forward movement without collision
- Jo: 50" long wooden staff
- Jogi (or jo-kata): Techniques of jo movements to study the self-defense movements of Aikido
- Katatekosadori: Cross hand wrist grab
- Katatetori: Same side wrist grab
- Katatori: Same side shoulder grab
- Kengi (or sword kata): Techniques of sword movements
- Kotai: Backward movement
- Kyu: Ranks below black belt
- Migi: Right
- Munetsuki: Punch to the solar plexus
- O Sensei: Morihei Ueshiba (founder of Aikido)
- Ryokatatori: Two shoulder grab
- Ryote-dori: Holding both wrists
- Ryotemochi: Holding one wrist with both hands
- Seiza: Formal Japanese sitting posture with legs folded underneath you.
- Sempai: Senior student
- Sensei: Teacher
- Shomen: The main wall of the dojo
- Shomen-uchi: Strike to the top of the head
- Tenkan: Outward leading turn
- Tanto: Knife
- Ukemi: Defensive fall when thrown
- Ushiro Tekubi-tori: Grab both wrists from behind
- Ushirotori: Bear hug from behind
- Yame: To end or stop
- Yokomen-uchi: Strike to the side of the head

## List of Aiki-Taiso

- Funakogi-undo (boat rowing exercise): This exercise helps you understand moving your entire body from your center.
- Shomenuchi Ikkyo-undo (cutting exercise): Basic defense from an overhead strike practice.
- Zengo-undo (front back exercise): Helps you to maintain control while switching directions.
- Happo-undo (eight direction exercise): Same as zengo-undo, but with more directions.
- Tekubikosa-undo (wrist crossing exercise): Leads someone who is holding your wrists from behind into your range of effectiveness and out of theirs.
- Johokosa-undo (upward crossing exercise): Same as tekubikosa-undo, but for a grab from the front.
- Enkei-undo (circle exercise): Leads someone into your range of effectiveness from the side.
- Sayu Enkei-undo (left/right circle exercise): Same as enkei-undo, but with a turn to the side as if you are a door swinging on a hinge.
- Enkei Choyaku-undo (side skipping circle exercise): Enkei-undo, with a cross behind side step. This exercise helps you to maintain your balance while someone is pulling your wrist to one side.
- Udefuri-undo (arm swinging exercise): Establishes a strong base in preparation for the next exercise.
- Udefuri Choyaku-undo (circular body movement exercise): Same upper body movement as udefuri-undo, but with an added step and turn.
- Ushirotori Zenpo-nage-undo (forward throw exercise): Blend and free yourself from a bear hug from behind.
- Ushiro Tekubitori Zenshin-nage-undo (moving forward throw exercise): Teaches blending with someone who is holding your wrists from behind to throw them forward over your head.
- Ushiro Tekubitori Kotai-undo (moving beside exercise): Blend with someone who is holding your wrists from behind and move to their side.
- Katatetori-kokyu-ho-tenkan-undo (blending exercise): Teaches you to blend, lead, and control.