



## Takahashi Dojo Iaido / Jodo Club

### WHAT IS IAIDO?

Iaido is concerned with drawing the sword and cutting in the same motion. Most practice is solo and is eventually done with a real blade. Students must strive to achieve power, precision and perfection in their form. Along the way they learn balance, grace, and control of the body and the mind.

Students at the dojo will learn the All Japan Kendo Federation (ZNKR) set of 12 Iai kata, commonly known as Seitei Gata Iai. Along with the Seitei Gata students will also learn Muso Jikiden Eishin Ryu (MJER) koryu.

Iaido began in Japan around the mid-1500s. The Muso Jikiden Eishin Ryu (MJER) traces its history back to this time in an unbroken line of teachers. MJER also includes partner practice with wooden blades. A typical form consists of the draw and cut, a finishing cut, cleaning the blade and returning it to the scabbard, all without looking away from the imaginary opponent.

## All Japan Kendo Federation Seitei Gata

1. Mae
2. Ushiro
3. Uke Nagashi
4. Tsuka Ate
5. Kesa Giri
6. Morote Zuki
7. Sanpo Giri
8. Ganmen Ate
9. Soete Zuke
10. Shiho Giri
11. So Giri
12. Nuki Uchi



### WHAT IS JODO?

Jodo is the art of using the short staff or Jo, a stick of about one inch in diameter and four feet in length. Students at the dojo will learn the All Japan Kendo Federation (ZNKR) set of 12 practice movements and 12 kata which expose the swordsmen to this closely associated weapon.

The art of Jodo is taken directly from the Shindo Muso Ryu school which is one of the classical koryu arts practiced by the Samurai. Shindo Muso Ryu practice concentrates on the use of the Jo against the sword but several other weapons are also studied at higher levels. These include the Tanjo or cane, the Jutte (a sort of police club), the Kusari-Gama (sickle and chain), and Kenjutsu (sword against the sword).

## All Japan Kendo Federation Seitei Gata

1. Tsuki Zue
2. Suigetsu
3. Hissage
4. Shamen
5. Sakan
6. Monomi
7. Kasumi
8. Tachi Otoshi
9. Rai Uchi
10. Seigan
11. Midare Dome
12. Ran Ai



## INSTRUCTORS

Iaido and Jodo are taught by Ed Chart (5dan Iaido, 4dan Jodo, Canadian Kendo Federation (CKF)) as a head instructor and an assistant instructor: Miki Chart (3dan Iaido, 3dan Jodo (CKF)).

## LOCATION AND PRACTICE SCHEDULE

Location: **Takahashi Dojo**  
**School of Martial Arts**  
5 Melrose Avenue  
Ottawa, Ontario  
K1Y 1T8, Canada

Telephone: (613) 725-3451

Web: [www.takahashi-doj.com](http://www.takahashi-doj.com)

Schedule: Monday/Wednesday...8pm-9pm