



AIKI-BUJUTSU SHINKENDO

WELCOME TO ATLANTA BUDOKAN

2508 Cobb Pkwy, Smyrna 3579 Cantrell Rd, Acworth

678.574.7879 www.atlantabudokan.com

Atlanta Budokan is a traditional martial arts dojo teaching to people of good character.

Welcome to Atlanta Budokan, a family owned and operated business for over 25 years. We are glad you have chosen to join our dojo through one or more of the programs we offer: Aiki-jujutsu, Kid's classes, Shinkendo (Traditional Japanese Sword), or Fitness Kickboxing.

This new student information packet covers our rules, policies, required and suggested equipment, and financial information. For Aiki-jujutsu, Shinkendo, and Kid's classes, you will also find a requirements sheet that outlines what you must know for the first promotion and a basic vocabulary sheet. As you progress in the program, you can find a more extensive glossary on our website www.atlantabudokan.com. Parents with children in our Kid's classes, please take a moment to go over with your child the dojo rules sheet you will find in their student packet.

If you have any questions about the materials enclosed or any other questions at any time, please feel free to ask Shawn Forristall (owner/ instructor, sforristall@atlantabudokan.com), Stacey Forristall (owner, stacey@atlantabudokan.com), or Beth Volden (office manager, beth@atlantabudokan.com). We will be happy to get your questions answered.



DOJO RULES

Parents: Please review these rules with your child(ren).

- We are a traditional dojo, and as such we follow the practice of soji or cleaning. Students will be expected to participate in soji such as keeping personal items neatly put away while in class, and floor cleaning at the end of class. This instills a sense of pride and responsibility through helping maintain something important to them and others.
- All shoes must be removed before going onto the dojo floor. Shoes worn outside of the dojo track in dirt and debris that damages our mats.
- Please check in at the computer before each class. This computer is for check-in only!
- Change in the locker rooms. Place all shoes in racks, stack clothes and bags neatly away.
- Dojo floor should be entered through the locker rooms for classes (A).
- No running through the locker rooms!
- No playing out on the dojo floors during classes. There is a children's playroom for younger children; older children, with permission, may play in the upstairs recreation room. Please note that these areas are unsupervised. Parents are responsible for their children in these areas (A).
- The front room is a sitting area for adults. Children should not play in the front room (A).
- Food is not permitted in the front room. Please take all food to the table in the upstairs viewing area and clean area when you are done(A).
- A dogi, or uniform, must be worn to every class. Your dogi should be neat and clean.
- Kids may attend class twice per week with standard tuition. Additional classes may be taken at a cost of \$5.00 per child per class. Please talk to Shawn Forristall about additional classes or if you are going to have extended absences of more than a week.
- Parents can watch class from either the bench at the back of the dojo floor, or the upstairs viewing area (A). Do not walk onto the mats or interrupt the instructor during class.
- Children who are dropped off may be dropped off no sooner than 15 minutes prior to class start and must be picked up within 10 minutes after class ends.
- If parents have questions, they can speak with Shawn Forristall between classes, or email him at sforristall@atlantabudokan.com.
- No one under the age of 14 is allowed in the weight room (A).
- Misplaced items will be placed in Lost & Found. After 30 days, items in Lost & Found will be donated to a local charity.
- All found socks will be thrown away immediately!!

Items designated with an (A) are specific to the Acworth dojo.



掃除 *Soji*

The Way of Cleaning

The Atlanta Budokan is not a health club or a spa. We are a “traditional school/martial arts dojo”. Being a “traditional dojo” does not only mean that we practice traditional arts, it also means we follow other traditions which we recognize as important to the development of our students.

One of these traditions is “Soji” or dojo cleaning. The word *soji* is made up of two kanji characters, which mean "to sweep by hand" or "to clean". *Soji* is seen by the Japanese as more of a duty than a chore. It is necessary to keep a clean environment for work, study, or even play.

Everyone from the most senior instructor down the ranks to the students has a designated task that they must complete; such as cleaning the floors, stocking the bathrooms, or taking out the garbage.

At the dojo, *soji* is seen as part of the rigid discipline and training demanded by *budo*. Cleaning the dojo after every workout maintains the clean environment which is necessary for mental and physical training. Even though everyone helps out with cleaning the dojo, the junior ranks are expected to fetch a bucket, fill it with water, and bring it into the training area.

Everyone regardless of age or rank should assist with cleaning. If there is a physical reason you are not able to participate in floor cleaning you should find another task that allows you to assist with dojo cleaning.

Cleaning should be done after class everyday. If there is a time when you do have to leave prior to cleaning please excuse yourself and try to assist at another time. An annual cleaning just prior to the new year which may include renovation projects is also part of the tradition of *Soji*.

A sign of a serious student is someone who willingly assists with *soji* without having to be asked. All senior students should set the example not by telling the junior students to clean but by being the first to pick up a broom.

Shawn Forristall Sensei
Chief Instructor
Atlanta Budokan



EQUIPMENT LISTS FOR ALL PROGRAMS

Aiki-Jujutsu Equipment List

Required equipment:

White uniform (dogi) – This can be purchased from us at a cost of \$29.95+tax for a cotton-blend uniform or \$59.95+tax for a heavyweight 100% cotton uniform. We recommend the heavyweight uniform because the cotton breathes and wears better.

Mouthguard –You can purchase from us for \$9.95+tax

Protective cup (men)– You can purchase from us for \$14.95-\$34.95+tax depending on style.

Suggested equipment:

Sparring gloves- You can purchase from us for \$64.95-\$89.95+tax depending on brand.

Headgear – You can purchase from us for \$99.95+tax. This is a high quality leather head guard.

Notebook – For handouts, requirements, rules, notes, etc.

Books: Mastering Aikido by Goza Shioda

 Total Aikido by Goza Shioda

 Aikijutsu by Toshishiro Obata

DVD's: Aikijutsu by Toshishiro Obata

 Ashisabaki by Toshishiro Obata

Kickboxing Equipment List

Required equipment:

Comfortable workout clothes, you will want to dress in weather appropriate layers.

Hand wraps - Can be purchased from us for \$8.95+tax

-OR- Bag gloves – Can be purchased from us for \$19.95-\$49.95+tax

Suggested equipment:

Comfortable gym shoes that are only worn inside of the dojo.

Water bottle

Shinkendo Equipment List

Required equipment:

White uniform (dogi) – This can be purchased from us at a cost of \$29.95+tax for a cotton blend uniform or \$59.95+tax for a heavyweight 100% cotton uniform. We recommend the heavyweight uniform because the cotton breathes and wears better.

Bokken / Practice sword – You can purchase this from us for \$24.95+tax.

Suggested equipment:

Hakama – Pleated traditional pants. You can purchase these from us. Cost varies depending upon materials ranging from \$59.95 to \$200.

Iaito – Dull blade practice sword - Can be purchased from us for \$285.95+tax

Weapons carry bag – Can be purchased from us for \$84.95+tax

Notebook – For handouts, requirements, rules, notes, etc.

Books:

Shinkendo by Toshishiro Obata

Tamishigiri by Toshishiro Obata

DVD:

Ashisabaki by Toshishiro Obata



RANK AND PROMOTION INFORMATION

The **Atlanta Budokan** is a branch, “Shibu”, of the International Shinkendo Federation and the Aikibujutsu Tanren Kenkyukai (Aiki Buken), both under the guidance of founder and chief instructor Toshishiro Obata. The Atlanta Budokan offers ranks in both arts to deserving students. For more information concerning the organization or our founder, Toshishiro Obata, please refer to his website, www.Shinkendo.com.

Rank is not something that can be given - it must be earned. All students have specific material and class participation requirements, which must be met before being recommended for promotion or teaching ranks.

The Aiki Buken is a “Kyu” rank system. Children’s ranks for aiki-bujutsu (4-12 yrs of age) begin at 10th kyu “rank” and Adult ranks begin at 6th kyu. Children’s ranks/belt colors are as follows; new student – white, 10th kyu – yellow, 9th kyu – blue, 8th kyu – purple, 7th kyu – green, 6th kyu – green w/stripe, 5th kyu – red, 4th kyu – red w/stripe, 3rd brown, 2nd kyu – brown w/stripe, and 1st kyu – brown w/double stripe. Younger children (4-7) typically will promote at a slower pace than older children (8-12). Adults will only have three belt colors; 6th kyu to 4th kyu - white; 3rd kyu to 1st kyu - brown, Shodan level ranks – black belt.

Shinkendo utilizes a more traditional rank system referred to as a “Menkyo System”. There are no belt colors in Shinkendo in regards to rank. Just as in the Aiki Buken, students do have specific rank material and class attendance minimums that must be met prior to promotion.

Although rank is important for several reasons, it should not be the focus of training. There are many non-traditional schools that do offer accelerated “black belt” programs in which students can achieve a “Black Belt” rank within 12-24 months. This practice is not consistent with our philosophy.

Test/Rank fees are very reasonable for both the I.S.F. and Aiki Buken. **Children’s promotion fees are \$40. You can expect your child to promote 2-3 times per year with good attendance.** Adult promotion fees start at \$40 and increase with each rank. Prior to being eligible for promotion, the student must be a member of the I.S.F. and/or Aiki Buken. Membership fees help support and grow our organization. Annual fees for current students are due by January 31 each year. New students must pay these dues at the time of his/her first promotion. Promotion Fees are as follows: Kids \$35.00; Adults (one art - Aiki or Shinkendo) \$50.00; Aiki & Shinkendo (two arts) \$70.00. Annual dues are prorated after July 1st to 50% of regular rate for remainder of year. Annual dues must be paid via check payable to I.S.F. (International Shinkendo Federation). Promotion fees are payable to the Atlanta Budokan.

AIKIJJUTSU

Rokkyu - Sixth Rank

Kiotsuku (<i>Feet Together</i>) Rei (<i>Salute, Bow</i>) Migi Hanmi Kamae (<i>Right Foot Forward Ready Posture</i>) Seiza (<i>The Proper Kneeling Position</i>) Rei (<i>Salute, Bow</i>) Kiritsu (<i>Stand Up</i>)		
Tai-Sabaki <i>(Body Movement)</i>	Tai-Sabaki A <i>(Body Movement A)</i>	
Ashi-Sabaki (Shoho-Dosa) <i>(Foot Movement)</i>	Suriashi-Zengo (<i>Shuffle Front and Back</i>) Suriashi-Sayu (<i>Shuffle Side to Side</i>) Mae-Tobi (<i>Front Jump</i>) Ushiro-Tobi (<i>Back Jump</i>) Mae-Mawari (<i>Front Turn</i>) Ushiro-Mawari (<i>Back Turn</i>)	
Taihenko-Sotai <i>(Body Change with Partner)</i>	Taiheiko-Sotai-Ipponme <i>(Body Change with Partner, First Technique)</i> (Katatemochi-Ushiro-Mawari-Kaiten) <i>(One Wrist Grab Back Turn Rotary)</i>	
Ukemi <i>(BreakFall)</i>	Mae-Ukemi (<i>Front BreakFall</i>): A. Zempo-Ukemi-A <i>(Front BreakFall Back Leg Straight)</i> B. Zempo-Ukemi-B <i>(Front BreakFall, Back Leg Bend)</i> Ushiro-Ukemi Sotai <i>(Back BreakFall with partner):</i> Koho-Ukemi (<i>Backward BreakFall</i>)	
Shisei-Hanmi <i>(Half Body Posture)</i>	Migi-Ai-Hanmi <i>(Right Same Foot Forward)</i> Hidari-Ai-Hanmi <i>(Left Same Foot Forward)</i> Migi-Gyaku-Hanmi <i>(Right Opposite Foot Forward)</i>	

	Hidari-Gyaku-Hanmi <i>(Left Opposite Foot Forward)</i>	
Renzoku-Nage-Waza <i>(Continuous Throw Technique)</i>	Sanbon-Kumite <i>(Three Step Sparring):</i> A.Sankajo-Nage <i>(Third Control Throw)</i> B.Hijiate-Kokyu-Nage <i>(Hitting Elbow Breath Throw)</i> C.Ushiro-Mawari-Ikkajo-Nage <i>(Back Turn First Throw)</i>	
Taihenko-Waza (Five) <i>(Body Change Technique)</i>	Nage-Waza <i>(Throw Technique):</i> A.Kokyu-Nage <i>(Breath Throw)</i> B.Kaitan-Nage (Omote) <i>(Rotary Throw, Front)</i> C.Kaitan-Nage (Ura) <i>(Rotary Throw, Back)</i> Osae-Waza <i>(Control Technique):</i> A.Taihenko-Hijikime, <i>(Body Change Standing Elbow Lock)</i> B.Taihenko-Nikajo-Osae (Ura) <i>(Body Change Second Control, Back)</i>	
Osae-Waza <i>(Control Technique)</i>	Gyaku-Hanmi <i>(Opposite Foot Forward):</i> A.Jodan-Soto-Mochi-Ikkajo (Omote) <i>(High Outside Grab, First Control)</i> B.Jodan-Soto-Mochi-Nikajo (Omote) <i>(High Outside Grab, Second Control)</i> C.Jodan-Soto-Mochi-Sankajo (Omote) <i>(High Outside Grab, Third Control)</i>	
Self-Defense	Ryote Kata Mochi (Double Shoulder Grab) Osoto gari	
Kyogi		Dojo <i>(Training Hall)</i> Reiho <i>(Etiquette, Manner)</i> Keiko <i>(Training)</i> Shosin Shosin-Kantetsu
	Hachi-Do <i>(Eight Fold Way)</i>	Ji-Ta-Izen <i>(Oneself, Others and Nature)</i> Tandoku-Sotai Shite <i>(Defender in Aikido)</i> Uke <i>(Attacker in Aikido)</i>
	Kuyo-Junikun <i>(Twelve Precepts of the Nine Planets Stratagem; It is the basic, proprietary philosophy of Shinkendo.)</i>	Ki <i>(Energy)</i> Shin <i>(Mind, Heart and Spirit-Determination, Resolve)</i>



GENERAL WORDLIST

Cardinal Numbers

Ichi	One
Ni	Two
San	Three
Shi (yon)	Four
Go	Five
Roku	Six
Shichi (nana)	Seven
Hachi (happo)	Eight
Ku (kyu)	Nine
Jyu	Ten
Jyu Ichi	Eleven
Jyu Ni	Twelve
Ni Jyu	Twenty
San Jyu	Thirty
Hyaku	One Hundred
Sen	One Thousand

Ordinal Numbers

Ipponme	Number One
Nihonme	Number Two
Sanbonme	Number Three
Yonhonme	Number Four
Gohonme	Number Five
Ropponme	Number Six
Nanahonme	Number Seven
Happonme	Number Eight

Uniform

Dogi (gi)	Uniform (top and bottom)
Hakama	Split trousers
Obi	Belt
Tabi	Socks
Zori	Sandals

Atemi / Uke

Uke	Block
Chudan Uke	Middle block
Gedan Uke	Low circular block
Jodan Uke	High block
Soto Uke	Outside block
Uchi Uke	Inside block
Tsuki	Strike

Geru	Kick
Hiza Geru	Knee Kick
Ken Geru	Front snap kick
Mae Geru	Front Kick
Mawashi Geru	Roundhouse Kick
Ushiro Geru	Back Kick
Yoko Geru	Side Kick
Shomen Uchi	Downward strike to head
Yokomenuchi	Downward strike to side of head
Seiken mawashi	Hook style punch

Bowing

Mokuso	Eyes closed (usu done beg & end of class)
Otagai ni rei	Bow each other
Rei	Bow
Sensei ni rei	Bow to the teacher(s)
Shomen ni rei	Bow front dojo

Commands

Hajime	Start
Kamae	Stand in stance (if with a partner, then face them in stance)
Yoi	Ready

Directional

Chudan	Middle
Gedan	Low
Gyaku	Reverse,
opposite, inverted	
Hidari	Left
Jodan	High
Mae	Forward
Migi	Right
Omote	To the front

Sayu	From left to right, or right to left	Kamae Seiza kneeling position	A ready posture The proper
Shiho directions"	"Four		
Shomen	See "Mae"	Movement	
Soto	Outside	Ashi Sabaki	Foot work
Uchi	Inside	Irimi	entering
Ura	To the rear	Kaiten	step or hip back
Ushiro behind	Rearward,	Mae Mawari	forward turn (pivot 180°)
Yoko	Horizontal, to the side	Ushiro Mawari	Rear turn (180°)
		Nage	Throw
		Shikko	Knee walking
		Taisabaki	Body movement (Tai - body, Sabaki - movement)
Spoken Phrases			Warm up
Arigato (informal)	Thank you		
Domo (informal)	Thanks		
Domo Arigato (formal)	Thank you	Taiso exercises	
Domo Arigato Gozaimasu (very formal)	Thank you	The Body	
Hai	Yes	Ashi	Foot or leg
lie	No	Do	Chest / side of
Onegai Shimasu	Please (when asking for something, usually as in 'please lets practice together')	body at ribs	
		Hara	Abdomen
		Hiji	Elbow
		Koshi	Hip
		Kote	Wrist (forearm)
		Kubi	Neck
		Omote hand	Open / palm of
		Shomen head	Front or top of
Positions			
Ai Hanmi each other in the same stance	Opponents face	Sokumen head	Side of body
Gyaku Hanmi	Opponents face each other in opposite stances (mirrored stance)	Tanden	Center of balance, below navel
		Te	Hand
		Yokomen	Side of head
Hanmi	Forward stance	Yubi	Finger / toe