

Training Sessions

Rain City Fencing Center

Wednesdays @ 7:30pm – 9:00pm

Beginning students may start at any time.

Dues

\$50 monthly

\$110 quarterly

\$200 half year

\$360 full year

For additional information:

Tatsuhiko Konno (Chief Instructor)

Phone: 425-823-1666

Gunnar Goerlitz (Manager)

Phone: 425-301-2123

www.musoshinden.org

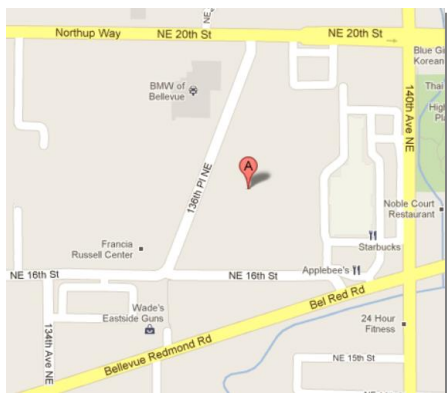
www.pnkf.org

www.raincityfencing.com

Directions:

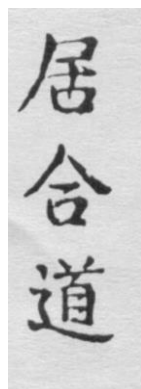
Rain City Fencing Center

1776 136th PI NE, in Bellevue, WA



MUSOKAI

Name: _____ Birth Date: ____/____/____
Address: _____ Phone: (h) _____
City: _____ (w) _____
Martial Art experience: _____
Starting Date: _____
Applicant Signature: _____ Date: _____
Amount paid: _____



IAIDO

Japanese

Swordsmanship

MUSOKAI



MUSO SHINDEN RYU

IAIDO

Japanese Swordsmanship

Brief Historical Background

Iaido originated from the ancient samurai tradition of feudal Japan. Warriors, bearing long, single-edged, arcing swords (*katana*), had to be ready at all times to instantly draw and accurately wield those swords. To survive such intense confrontations, a clear mind and direct action are of utmost importance. As master swordsmen developed fighting styles, they incorporated principles of Zen and ethics of loyalty, honor and discipline in their training.

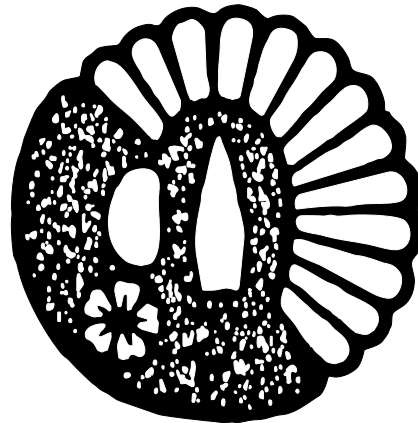


During the medieval era, warriors applied themselves to mastering numerous techniques of wielding the *katana* mindfully and effortlessly when the need arose. Later, as guns replaced swords, students continued to practice the fundamentals of swordsmanship skills needed to handle a sword that cannot be outdated by modern technology.

Iaido Today

Iaido is the discipline of drawing the sword, executing stylized forms derived from classic, confrontational situations, then re-sheathing the sword. All actions should be performed with an optimum balance of grace, economy and timing. For safety we begin by using unsharpened practice blades, called *iaito*, until our skills improve and we can handle a *katana* precisely.

Iaido is a Japanese tradition, and newcomers quickly acquire a limited vocabulary of counting and moving exercises.



Proper ways of handling and caring for an *iaito* are also addressed. During practice, students wear a *gi* and a *bakama*, the traditional, formal garment of the Japanese samurai class.

Training Regimen

At the opening and closing of practice we acknowledge our training room, sword and teacher by bowing respectfully. Beginning students work on the basics, such as correct two-handed grip on the sword and footwork. Then practicing the first form (*kata*) commences, gradually advancing to other forms. Those who successfully complete exams demonstrating their ability and experience are awarded degrees of rank.



In Iaido, as in all true disciplines, regular practice is the “secret” to success.

Eventually the sword blade becomes a metaphor of the student’s inner self, and with each hour of practice the student polishes his or her nature until it shines.