THE BOOK

O Sensei Morihei Ueshiba, the founder of Aikido, often said to his students that training for Aikido without using the sword is not enough.

For the first time, this book introduces a system founded by Shoji Nishio Sensei called Aikido Toho Iai, which is the connection between the art of sword drawing and Aikido techniques. The sword is the origin of the Aikido techniques, and this book shows you how to use it in the right way.

Using examples of 15 sword forms and the corresponding Aikido techniques, the book enables you to create your own sword form for different Aikido techniques by understanding the principles of the sword. This will bring you more success in martial arts and much more fun while training for it.

THE AUTHOR

Dr. Michael Russ, Bamberg, Germany, started training Karate at the age of 10. Always looking for something new, he joined many Dojos and experimented with different styles.

But when he had the possibility to learn from the well known Japanese teacher Shoji Nishio Sensei, Dr. Russ started learning swordsmanship and Aikido as the basis of his martial art. Now he runs his own Dojo, in which people learn the art of Aikido, Aikido Toho Iai and Jiu Jitsu.

Dr. Russ holds a 4th degree black belt in Aikido and Aikido Toho Iai, a 6th degree black belt in Karate and a 2nd degree black belt in Jiu Jitsu.
Special Note

Anyone practicing the techniques described in this book does so at his or her own risk. The author and the publisher assume no responsibility for the use or misuse of information contained in this book or for any injury that may occur as a result of practicing the techniques contained herein. The illustrations and texts are for informational purposes only. It is imperative to practice these techniques under the strict supervision of a qualified instructor. Additionally, one should consult a physician before embarking on any demanding physical activity.

This book is dedicated to the dear remembrance of the late SHOJI NISHIO SENSEI a Grand Master of AIKIDO and SWORD ART
Michael Russ

AIKIDO TOHO IAI

Meyer & Meyer Sport
### Contents

Preface ............................................................................................................. 9

**PART I  Background ................................................................. 10**  
Chapter 1 History of swordsmanship in ancient Japan  ...................... 11  
Chapter 2 The Japanese sword ........................................................ 13  
Chapter 3 The Dojo and etiquette .................................................... 16  
Chapter 4 The training lesson ........................................................ 19

**PART II  Basics ................................................................. 23**  
Chapter 1 Before the fight .......................................................... 24  
1.1 Consciously and actively expecting an attack .......................... 24  
1.2 How to release the safety clip of the sword ......................... 24  
Chapter 2 In sword combat with the opponent ......................... 25  
2.1 How to deal with the attack .................................................. 25  
2.2 The entrance from the outside ............................................ 26  
2.3 The entrance from the inside .............................................. 28  
2.4 Drawing the sword ............................................................ 30  
2.5 The counterattack ............................................................... 32  
2.6 Fundamentals of cutting ..................................................... 32  
2.7 Shomen Uchi: The straight downward cut ......................... 35  
2.8 Kaesagiri Oroshi: The diagonal cut .................................... 36  
2.9 Yokomen Uchi: The cut to the neck .................................... 37  
2.10 Kiriage: The upward cut ................................................... 37  
2.11 Do Uchi: The horizontal cut ............................................. 38  
2.12 Tsuki: The straight thrust ................................................ 38  
Chapter 3 The fight is over ....................................................... 40  
3.1 Controlling the opponent .................................................... 40  
3.1.1 Seigan: The on guard position ..................................... 40  
3.1.2 Jodan No Kamae: The upper level position ................ 41  
3.1.3 Gedan No Kamae: The lower level position ................. 41  
3.1.4 Shira Seigan: The horizontal sword position ............. 42  
3.1.5 Shin No Kamae: The position to threaten the heart of the opponent 42
3.1.6 Waki Gedan No Kamae: The second lower level position ............ 43
3.1.7 Zenkutsu Tachi: The forward stance ........................................... 43
3.1.8 Kake Tachi: The crossed feet position ........................................... 44
3.2 Shaking the blood from the blade ..................................................... 44
3.2.1 The first form of Chiburi ............................................................. 45
3.2.2 The second form of Chiburi .......................................................... 45
3.2.3 The third form of Chiburi ............................................................ 47
3.2.4 The fourth form of Chiburi .......................................................... 47

Chapter 4 Finishing the form ............................................................... 49
4.1 Resheathing the Sword ................................................................. 49
4.1.1 The first form of the Noto ............................................................. 49
4.1.2 The second form of the Noto ......................................................... 52
4.1.3 The third form of the Noto ........................................................... 54
4.1.4 The fourth form of the Noto ........................................................ 56
4.2 After combat with the sword .......................................................... 57

PART III The Sword forms ................................................................. 58
1 Shohatto Maegiri ................................................................. 59
2 Ukenagashi ................................................................. 68
3 Ushirogiri ................................................................. 77
4 Zengogiri ................................................................. 85
5 Sayugiri ................................................................. 93
6 Tsuka Osae ............................................................... 103
7 Tekubi Osae ............................................................... 111
8 Kawashi Tsuki ............................................................... 120
9 Tsukekomi ............................................................... 129
10 Tsume ................................................................. 138
11 Sanpo ................................................................. 148
12 Shiho ................................................................. 161
13 Nukiawase ............................................................. 174
14 Todome ................................................................. 185
15 Suemonogiri ............................................................. 195

PART IV Transferring the principles of sword fighting into Aikido .......... 200
Chapter 1 Waiting for an attack ................................................. 201
1.1 There is no particular fighting stance ............................. 201
1.2 Awase, the attack and the defense reaction are
made simultaneously ................................................... 202
1.3 The movement for reacting to an attack is always the same .. 202
1.4 Irmi – Half a step is enough to defeat an attacker ............. 203

Chapter 2 Fighting an opponent ............................................. 204
2.1 The particularities of the one-edged sword ....................... 204
2.2 There are no levers in Aikido ........................................ 204
2.3 Why Aikido is never wrong ........................................... 205
2.4 In the moment of first contact the fight is already over
(NISHIO SENSEI) ......................................................... 205
2.5 Transferring the principles of Irmi and Atemi into a street fight .. 206

Chapter 3 Symmetry in Aikido .............................................. 210

PART V The Aikido techniques ............................................. 216
Chapter 1 Ai Hanmi Katate Dori No Ikkyo ............................. 217
Chapter 2 Shomen Uchi Ikkyo .............................................. 220
Chapter 3 Gyaku Hanmi Katate Dori No Kaiten Nage .......... 223
Chapter 4 Ai Hanmi Katate Dori No Shiho Nage ................. 226
Chapter 5 Gyaku Hanmi Katate Dori No Shiho Nage .......... 229
Chapter 6 Gyaku Hanmi Nikyo .............................................. 232
Chapter 7 Ai Hanmi Nikyo .................................................. 236
Chapter 8 Jodan Tsuki No Sankyo ....................................... 239
Chapter 9 Jodan Tsuki No Kote Kaeshi .............................. 243
Chapter 10 Shomen Uchi No Irmi Nage ............................... 246
Chapter 11 Shomen Uchi Uchi Kaiten Sankyo .................. 249
Chapter 12 Yokomen Uchi No Shiho Nage ......................... 253
Chapter 13 Yokomen Uchi Gokyo ....................................... 256

PART VI Appendix .......................................................... 259
List of the 15 described sword forms and the Aikido techniques .. 260
Terminology ................................................................. 262
Photo & Illustration Credits ............................................ 264