

Welcome to Aikido of San Jose!

Thank you for joining us in our training and we hope that we are able to help you along your training as well.

Founded in the late 1920s to 1930s by O'Sensei, Morihei Ueshiba, Aikido is a blend of the martial arts that O'Sensei had studied and his spiritual practices at the time. The Aikido name was not adopted until 1942 and the martial art was referred to as "aiki-jujitsu" and "aiki-budo" before the official naming. The name "Aikido" can be interpreted in many ways - but the purely literal translation would be "the way of unifying energy." Thus, the practice of Aikido is a martial art in which energies from attacker and defender are unified/blended.

There are many reasons to train in a martial art and we are glad you have chosen to practice Aikido. As with any martial art, it is important to remember that each of us are here to improve ourselves through the art, and that it is not a competition. Please always remember to treat your training partners with respect and care. May your journey in the art result in a clearer focus and a better understanding of yourself.

In this welcome packet, you will find some information that may be helpful in your journey, but keep in mind that any of the aikidoka at ASJ are always willing to help and answer any questions you may have. Aikido is an art derived from love and gratitude - let that be an anchor to your training and let us all travel this part of our journeys together.

Yoroshiku onegaishimasu - よろしく おねがいします

"True budo is a work of love. It is a work of giving life to all beings, and not killing or struggling with each other. Love is the guardian deity of everything. Nothing can exist without it. Aikido is the realization of love." - O'Sensei, Morihei Ueshiba

List of Instructors

Chief Instructor - Jack Wada Shihan, 7th Dan



Jack Wada Shihan started his Aikido career in 1969 under Robert Frager and Robert Nadeau senseis. Teaching since 1974, Wada Shihan currently holds a 7th-degree black belt, awarded by World Aikido Headquarters (Hombu) in Tokyo.

Wada Shihan also has taught Aikido for the Human Performance department at San Jose State University, the University of California at Santa Cruz, and through the honors program at West Valley Community College in Saratoga, California.

In addition to Aikido, Wada Shihan has studied Karate and T'ai Chi, holding a teaching certificate in T'ai Chi from Master Choy Kam Man.

Co-Dojo Cho - Harry Concepcion Sensei, 5th Dan



Harry Sensei has studied with Jack Wada Shihan since 1988 and currently holds the rank of 5th degree black belt. He teaches the adults noon class on Thursday, as well as the Saturday afternoon classes on a rotation basis with Yu-chen Sensei.

Before Aikido, Harry earned his black belt in Karate and has also studied Kung Fu and Tae Kwon Do. Harry is an avid cyclist and snowboarder.

Co-Dojo Cho - Yu-Chen Shen, 3rd Dan



Yu-Chen Sensei began her studies in Chicago, Ill and has been training with Jack Wada Shihan since 1999. She currently holds the rank of 3rd degree black belt. She shares teaching responsibilities for Saturday noon class with Harry Sensei.

Yu-Chen enjoys the physical, psychological, and spiritual aspects of Aikido. She finds that Aikido's philosophy of blending with the other person or opponent helps her to enhance her relationships with her family, friends, and colleagues. Aikido also helps Yu-Chen to strengthen her mind-body connection.

Off the mat, Yu-Chen loves being a scientist, going on hikes, eating yummy food, watching superhero movies, and spending time with her family.



Frank Silvey, 5th Dan



Lou Birmingham, 5th Dan



Mike Brown, 4th Dan



David Eves, 4th Dan



Paul Heffernan, 3rd Dan



Juli Nash, 3rd Dan



Meng Ear, 2nd Dan



Max Runov, 2nd Dan



Thanh Huynh, 2nd Dan



Sean Feurtado, 1st Dan

These are our dojo instructors who are always willing to help out with questions or extra practice, but feel free to approach any sempai (a senior student) at the dojo when you have any questions.

Dojo Etiquette

Whether you are new to a dojo or have years of prior experience - here are a few tips to make your new dojo home a wonderful environment to train, make new friends and grow.

Entering the Dojo

- Upon entering the dojo, if the class is bowing in, please have a seat until class has started
- Shoes should be taken off near the entrance and stored under the benches before continuing to the changing rooms
- Slippers should be worn when going to the restroom, and can be found under the bench near the restroom door
 - Women's restroom key is hanging in the changing room

Gi

- The uniform we wear is referred to as a "gi"
- It should be worn left side under right side
- Please keep your gi clean - washing and maintaining your gi on a regular basis, especially during the hot summer months of training
- Be courteous to others in the dressing room by storing your clothes neatly and taking them home to be cleaned

Getting onto the mat

- If class has not started yet, feel free to get onto the mat for stretching and basic personal practice
- Once the instructor arrives, line up in seiza (seated position, feet tucked under) along the red mat line, attention on the instructor
- If class has started, please wait until the instructor has finished speaking to bow into class on the mat, away from practice (ie, in front of the shomen, in a corner of the mat, etc)
- Most aikidoka are barefooted during training. Socks are allowed to be worn on the mat, but please make sure that they are clean

Bowing in

- When bowing in, turn body to face the shomen (area where O'Sensei's photo is stationed). Bow once, clap four times (representing the four elements: air, land, water, fire), bow again. Bow to instructor to start class.
 - Often, the phrase "O-ne-gai-shi-masu" will be used when bowing to the instructor. It simply means, "Please!", but has the intended meaning of "Let's start class."
 - If there is an outside guest instructor and/or you are visiting a different dojo, the bow in procedure may be different

- If you are late and class has already bowed in, please find a mat space not being used by aikidoka and bow in independently before stretching and/or joining class

During practice

- Once the instructor has demonstrated, please turn to someone next to you and bow to invite them to practice
 - “Onegaishimasu” may also be used here
 - At times, the instructor may ask you to keep the same partner and/or find a new partner
- Once the instructor claps, bow again to your partner to thank them for practice before hurrying back to sit seiza at the red mat line
- If the instructor comes to help guide your practice and sits down in seiza, please follow and sit as well

Bowing out

- At the end of the session, please line back up at the red mat line
- Follow the same pattern for bowing in - face shomen, bow once, clap four times, bow again
- Instructor will turn and face class, bow again
 - At this time, many students will say “A-ri-gat-ou go-zai-masu” or a variation thereof, which means “Thank you very much!”
- Once the instructor has stepped off the mat, please find all your partners and bow to them a final time to thank them for the practice
- If you have to leave early in the middle of class, find a mat space away from aikidoka and quietly bow out independently

After practice

- It is customary for white belt students (mudansha) to help clean the mats after class
- Please grab a blue duster from the broom closet and work with other students to sweep the debris off the mat in an organized pattern
 - Start in a line on the side of the restroom/changing room doors and sweep across to the other side. Turn and sweep back and forth until the whole mat is cleaned. Open a window near the benches and shake off debris before putting the duster back in the broom closet.
- Avoid sweeping over the hakamas being folded by black belt students (yudansha) and/or students practicing after class
- Feel free to stay and ask other students for help/extra practice once class is over, but be respectful of whoever is locking the dojo up to leave in a timely manner

Leaving the dojo

- Before leaving the dojo, please make sure that you have cleaned up after yourself - trash is thrown away and all personal belongings gathered up, especially your gi and anything else that needs to be washed

- We highly encourage reusable water bottles instead of disposable ones. Water is available from the dispenser at the front of the dojo.

Miscellaneous

- Please make sure that proper care is taken to ensure good hygiene as aikido is a relatively close contact martial art
- Aikido-gi should be washed on a regular basis as well as any other items used during practice, such as towels and/or undershirts
- Respect should be given to all people at the dojo, regardless of rank, gender and/or any other personal fact
- While aikido is a close contact martial art, please respect your partners' personal space while on and off the mat
- Aikido is a martial art dedicated to peace, love and harmony - please be conscious of that philosophy in all areas related to the dojo

Thank you for training!

The Language of Aikido – Useful Terms

Aikido	(Eye-key-doe)	Ai = Harmony, Ki = Spirit, Do = The Way or Path
Arigato gozaimasu	(Ah-ree-gah-toe go-zah-ee-mahss)	Thank you
Bokken	(Bow-ken)	Wooden Sword used in practice
Bushido	(Boo-she-doe)	Warrior's Code. The way of the warrior.
Deshi	(Day-she)	Student, pupil, disciple.
Dojo	(Doe-joe)	Training hall or school.
Domo arigato gozaimashita	(doe-moe ah-ree-gah-toe go-zah-ee-mah-she-tah)	Thank you very much. (spoken by students at the end of class and at the end of a training practice)
Dori	(Doe-ree)	Hold
Gi	(Ghee)	Training uniform.
Gomen Nasai	(Go men Nah sai)	Sorry
Hakama	(Hah-ka-mah)	A divided, pant-like skirt.
Hajime	(Hah-jee-may)	Let's start!
Hanmi	(Hawn-me)	Triangular stance.
Hiji	(Hee-jee)	Elbow
Irimi	(Ee-ree-me)	To enter; entering.
Jiyu Waza	(Jee-you Wah-zah)	Free style techniques/practice.
Jo	(Joe)	Wooden staff. Standard size is 52 inches long.
Kata	(Kah-tah)	Shoulder. Also can mean 'form' practice of pre-arranged exercises or movements.
Katate dori	(Kah-tah-tay Door-eee)	Wrist grab
Keiko	(Kay-koh)	Practice session; training.
Ki	(Key)	Energy or Spirit—the vital force of the body; Universal Energy
Ki no Nagare	(Key-noh Nah-gah-ray)	Flowing energy or movement.
Kiai	(Key-eye)	A piercing scream or cry with practical and psychological value meaning - 'Meeting of the Spirits'.
Kokyu	(Koke-you)	Breath power—the coordination of ki flow with breathing.
Kokyu Dosa	(Koke-you doe-sah)	A method of off-balancing and pinning your partner with your 'ki' instead of with your physical power.

Konnichi wa	(Kone-knee-chee-wah)	Good day (said after 10:00 am)
Kyu	(Cue)	Aikido rank. A mudansha or non black belt level.
Maai	(Mah-eye)	Distance between uke and nage;— meaning 'harmony of space'.
Nage	(Nah-gay)	The person who throws or is attacked. Throw.
Obi	(Oh-bee)	Belt.
Ohayo gozaimasu	(Ohio go-zah-ee-mahs)	Good Morning (said before 10:00 am)
Onegai Shimasu	(Oh-nigh-guy-she-mahss)	I make a request. (spoken when one wishes to practice with a fellow student or teacher)
O'Sensei	(Oh sen-say)	The great teacher. (Morihei Ueshiba)
Randori	(Rahn-doe-ree)	Multiple attack.
Rei	(Ray)	Bow or Salutation.
Ryote Dori	(Ree-oh-tay Door-eee)	Both hands.
Sempai	(Sem-pie)	Senior student.
Sensei	(Sen-say)	Teacher, instructor.
Seiza	(Say-zah)	Formal sitting posture.
Shomen	(Show-men)	Front or top of the head. Altar at the front of the dojo.
Suburi	(Sue-boo-ree)	A single movement using the bokken or jo. This is done as a solo practice.
Suwari Waza	(Sue-wah-ree Wah-zah)	Seated techniques.
Tachi-Dori	(Tah-chee Door-eee)	Techniques of sword taking.
Tai No Henko	(Tie-noh Hen-ko)	Basic blending exercise of turning or tenkan.
Tanto	(Tahn-toe)	Wooden knife.
Tegatana	(Tay-gah-tah-nah)	Hand blade. Sword edge of the hand.
Tenkan	(ten-kahn)	Turning.
Tsuki	(Tski)	Thrust or punch.
Uke	(Ooo-kay)	The person providing the attack or being thrown by nage.
Ukemi	(Ooo-keh-me)	The art of falling away from harm.
Ushiro	(Ooo-she-row)	Behind or rear.
Yame	(Yah-may)	Stop!

Yokomen	(Yoh-koh-men)	Strike to the side of the head.
Yudansha	(You-dahn-shah)	Black belt grade holder.

Counting to 10

Ichi	(eee-chee)	One (1)
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Ni	(knee)	Two (2)
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San	(sahn)	Three (3)
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Shi	(she)	Four (4)
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Go	(goh)	Five (5)
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Roku	(row-koo)	Six (6)
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Shichi	(she-chee)	Seven (7)
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Hachi	(hah-chee)	Eight (8)
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Ku	(koo)	Nine (9)
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Ju	(joo)	Ten (10)
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