

居合道



Iaido

# Iaido Syllabus

居合道

## Sword Safety

- Check all fittings are tight.
- Check the *Mekugi* (peg in handle) is not worn or loose. Consider carrying a spare.
- Check the *Tsukaito* (binding round the handle).
- Check the *Koiguchi* (mouth of the scabbard) for splits.
- Check *Bokken* (wooden sword) for splints.
- If you have a sword made from Spain then train with care and check fitments all the time as the tang is not long or secure in these weapons.
- Clean your sword after training to help prevent deterioration

## Clothing Safety

- Secure your Obi (belt).
- If needed always use good kneepads.

## Personal Safety

- Never point a sword at anyone or cut towards anyone.
- ALWAYS secure the thumb over the *Tsuba* (sword guard) prior to moving so as the sword remains in the scabbard. DO NOT attempt to grab a falling sword.
- Always look before cutting.
- Try to keep in time with the class, if you cannot then move to an area where you can make space for yourself and not cause a hazard to others.
- Don't walk in front or behind students who are training. Wait for them to finish, make sure they see you then make your intentions clear that you want to walk passed them.

**SAFE PRACTICE AND PRACTISES ARE YOUR  
RESPONSIBILITY.**

**DO NOT RELY ON OTHERS TO DO IT FOR YOU.**

請道館武術  
Kodokan Bujutsu