



Iaido

(EE-EYE-DOE)

Iaido is a Japanese sword discipline with a strong emphasis on drawing and cutting in one motion. A very formal art, it is one of many martial systems developed and used exclusively by the Samurai. Iaido techniques were primarily designed to train for unexpected attacks by other Samurai during everyday situations. Therefore unlike modern Kendo, most Iaido techniques begin and end with the sword in the scabbard. Although battles are no longer fought with swords, training is serious and mindful of the art's lethal intent. In this way, Iaido remains as vital today as it was hundreds of years ago.

History of Iaido

The founder of MJER Iaido is Hayashizaki Jinsuke Minamoto no Shigenobu (1542–1621), who was inspired to develop Iaido about 450 years ago. Many schools of Iaido can trace their lineage directly to him, including that of Musō Jikiden Eishin Ryū (MJER). Our current Soke (headmaster) is Ikeda Takashi Seikō Sensei (born 1932), who is the 22nd consecutive headmaster. MJER is mostly practiced in Japan, although there is growing interest in other countries, including the United States.

Clear Lake Iaido

Musō Jikiden Eishin Ryū

*Classical Japanese
Swordsmanship*



www.clear-lake-iaido.com



CLEAR LAKE IAIDO - M_{USO} J_{IKIDEN} E_{ISHIN} R_{YU}

Benefits of Iaido

Physical – Training develops core muscles, balance, coordination, efficiency, and stamina with an emphasis on proper body mechanics, posture, and precision.

Mental – Iaido develops awareness, focus, and self-control. In addition to training, casual study and interest in Japanese history and culture is encouraged so the student achieves an understanding of the cultural context of MJER. This becomes more important at advanced levels.

Equipment needed

Initially, nothing other than comfortable clothes are required. Following that, students are expected to purchase a bokutō (wooden sword) and an obi (belt). Soon thereafter students will need to purchase the traditional clothing worn in Iaido: the hakama (pleated trousers), keiko gi (jacket), and juban (under jacket). Eventually, students will acquire an iaitō, an aluminum alloy practice sword made to resemble a shinken or Japanese sword. Practice with sharp swords of any type by beginners is never allowed.

Contact Information at:
www.clear-lake-iaido.com

Location

We are near the corner of FM 518 & FM 2351. Look for the Friendswood Cleaners on the southwest corner. We are in the Sundance Yoga Studio in the strip shopping center behind the cleaners. The shopping center includes Ace Hardware and Tuesday Morning.

Sundance Yoga Studio
 128 S. Friendswood Dr.
 Friendswood TX 77546

Schedule* (as of 2015 April. 14)

Day	Time	Location
Wednesday	8:15 – 9:30 PM	Sundance Yoga in Friendswood
Friday	7 – 9 PM	Sundance Yoga in Friendswood
Sunday	6 – 8 PM	Sundance Yoga in Friendswood

* Please go to www.clear-lake-iaido.com to confirm the schedule. E-mail before coming to ensure practice is not cancelled or moved.

How is training performed?

For beginners all of the training is solo, with the student imagining an opponent. These are practiced over and over again to instill the basics of using the Japanese sword, and later its use in various situations. Advanced students will gradually learn the paired forms starting with basic drills.

Classes are conducted in the traditional manner. Waza (forms) are demonstrated and students are expected to carefully observe and mimic the instructor. Verbal instruction is supplementary.

