



IAIDO is a Japanese traditional Budo concerned with drawing the blade and cutting in the same motion. (In Japanese, Budo means martial arts or military arts.)

A typical form (kata) consists of the draw and cut, a finishing cut, cleaning the blade and returning it to the scabbard, all without looking away from the imaginary opponent.

Most forms are practiced solo.



The term “Iai” is taken from the Japanese phrase, “Tsune ni ite, kyu ni awasu”

“Whatever we may be doing or wherever we may be, we must always be prepared for anything.”



‘Saya-no-uchi’ the essence of Iaido

‘Saya-no-uchi’ is a truncated phrase. The full-length phrase is ‘Saya no uchi de katsu’ which means: ‘Victory in the scabbard of the sword.’

The real intention is: One must obtain victory while the sword is undrawn.

Iaido is a non-combative discipline, engaged in the individual's cultivation.

Through the blade, we seek to improve ourselves; to become better people; to promote peace and well-being beyond the walls of the training hall and into our daily lives.



Practitioners of Iaido use a shinken (an authentic Japanese sword) or an Iaito (a practice sword). Bokuto (wooden swords) are also sometimes used.



Nakayama Hakudo

A pivotal figure in the development of Iaido



Iaido, as an art, is usually attributed to Hayashizaki Jinsuke Shigenobu (1542-1621). Little is known about him, but his supposed students originated most of the Iaido styles practiced today.

There are many different styles of Iaido. The Canadian Kendo Federation practices the Seitei or ZenKen standardized set of twelve forms of kata. Besides this set of forms there are the forms of the koryu or traditional/old schools.

KAI MUSO KAI practices the Seitei set and the koryu known as Muso-Shinden Ryu. Muso-Shinden Ryu was mainly created by Nakayama Hakudo (pictured above).



Instructor

Chris Gilham has been practicing Iaido for over 15 years now. He is the main instructor for Iaido and the Head Instructor at Ka Muso Kai Antigonish.

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Fees

*Drop-in fee: \$7
3-Month Membership: \$90
One Year Membership: \$300
St. FX Students receive a 25% discount
on the above rates*

Schedule

*TRAINING TIMES
Wednesdays: 8 - 10 pm
Gilmore Hall Gymnasium*



KA MUSO KAI operates as a member of the Canadian Kendo Federation.

The Canadian Kendo Federation is a member of the International Kendo Federation, the largest body world-wide for the training and development of Kendo, Iaido and Jodo.



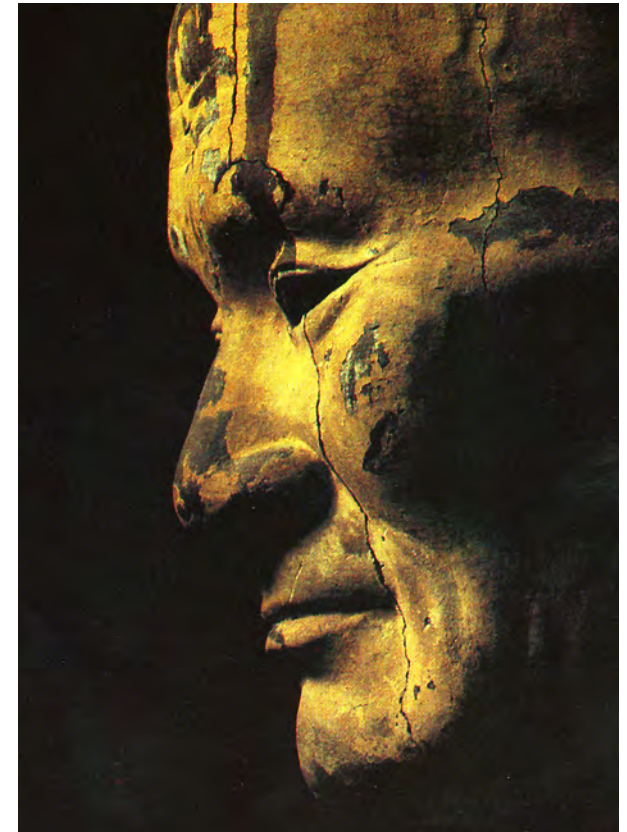
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Japanese Swordsmanship



居合道

KA MUSO KAI

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