

IAIDO - JAPANISCHE SCHWERTKAMPFKUNST

Übungsgemeinschaft Hakushinkai Berlin e.V.

Leitung: Wim van Mourik, 6. Dan Iaido Renshi



ACCIDENT PROTECTION AT IAIDO

1. Whoever takes care for his/her equipment and is in good condition, automatically takes the first step for security in the dojo.
Great attention should be paid to the **Mekugi** (small bamboo stick), because this stick is the only connection between the handle and the blade. The pin must be checked at certain intervals for rotting or breaking, as well as drying out (falling out). This must be observed especially after long storage in the warmth.
2. **Examine the blade for breaks or cracks.**
When buying a used sword, special attention should be paid to any cracks or small and very small cracks in the area of the tsuba. Beginners often accidentally hit the dojo floor. This leads to material fatigue, which can cause the blade breaking off. Note that the blade is at risk of breakage after 7-10 years just through normal use at the beginner stage (excessive cuts).

The **Bokken** must also be checked for the accuracy mentioned.
3. **The most important safety rules are:**

Never cut directly towards a person! Do not stab backwards without attention!
It is painful to be hit with a Bokken on one part of the body. To avoid such incidents when practicing, you can make small changes in direction in the kata or lower the cut very slowly.
These last-mentioned points also mean to exercise and fulfill the training of **Reigi** (courtesy).
4. Of course, practitioners with **sharp swords (Shinken)**, who usually have at least 4th Dan, can be expected to double check their movement and to check the grip lock.
You should practice separately and never alone! F.e. use a red ribbon on the saya or a red sago as a warning and to ensure the safety of the practitioners.
5. **Never leave swords or bokken in the middle of the practice area.**
All swords and bokken should be placed in the exercise room so that nobody can injure themselves or step on the swords / bokken. Place them aside the walls. Instructors and practitioners tend to put their swords in the middle of the dojo during demonstrations in order to act with the Bokken.
The deposited sword is then surmounted and represents a source of accident.
This means a disregard of **Reigi**, as a lying sword always needs to be bypassed!
6. Safety in the dojo also includes never showing **playful or dangerous behavior**.
The dojo rules should be read by every practitioner and must be observed carefully.
7. **Behavior in group training:**
There are several reasons for interrupting the kata, e.g. if you start with the wrong kata.
In such situations, immediately put the sword back and carefully go back to the starting point without turning or watching others. You stay there motionless until everybody continues together with the new exercise. This way, order and security are maintained.
8. In case of an **injury**, the entire exercise operation should be interrupted until the injured person has left the exercise area and has been taken care of by an assigned helper. Injured people or people who have not yet fully cured their injuries should not attend training.