



# BUSHIDO DOJO HANDBOOK

JOHN ARAUJO SENSEI

# BUSHIDO TENSHIN DOJO

## AIKIDO

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WELCOME TO BUSHIDO TENSHIN DOJO

THE INFORMATION CONTAINED HEREIN WAS PREPARED TO ASSIST YOU, THE NEW STUDENT IN GETTING ACQUAINTED WITH THE DOJO'S POLICIES AND PROCEDURES AS WELL AS GENERAL INFORMATION THAT WE FEEL IS IMPORTANT. IF YOU HAVE QUESTIONS REGARDING THIS INFORMATION PLEASE ASK YOUR SEMPAI (SENIOR STUDENT) OR SENSEI.



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# TABLE OF CONTENTS

## INTRODUCTION

INTRODUCTION TO AIKIDO	1
WHAT IS BUSHIDO TENSHIN AIKIDO	1
JOHN ARAUJO SENSEI	2
BUSHIDO DOJO ( MON )	3
DOJO ETIQUETTE	3
DOJO RULES	4
DOJO DUES	6
TESTING	6
DAN GRADE FEES	6
DAN CERTIFICATES	6
TERMINOLOGY	7
PARTS OF THE BODY	9
COUNTING	9
COMMON PHRASES	9
TESTING REQUIREMENTS	10
INFO ON BUSHIDO FEDERATION	12



## INTRODUCTION TO AIKIDO

ALTHOUGH AIKIDO IS A RELATIVELY RECENT INNOVATION WITHIN THE WORLD OF THE MARTIAL ARTS, IT IS HEIR TO A RICH CULTURAL AND PHILOSOPHICAL BACKGROUND. AIKIDO WAS CREATED IN JAPAN BY MORIHEI UESHIBA; HE WAS TRAINED EXTENSIVELY IN SEVERAL TRADITIONAL ARTS OF JIU-JITSU AS WELL AS SPEAR AND SWORD ARTS. AIKIDO IS NOT JUST A SYSTEM OF SELF-DEFENSE. AIKIDO ENCOURAGES SELF-CULTIVATION AND IMPROVEMENT. AIKIDO HAS NO TOURNAMENTS, COMPETITIONS, CONTESTS OR SPARRING. INSTEAD, AIKIDO TECHNIQUE IS LEARNED COOPERATIVELY AT A PACE COMMENSURATE WITH THE ABILITIES OF EACH STUDENT.

### BUSHIDO TENSHIN AIKIDO

MANY STUDENTS ASK WHAT IS BUSHIDO TENSHIN AIKIDO? IT CAN BE EASILY EXPLAINED AS “THE AIKIDO PRACTICED AT BUSHIDO DOJO”. ALTHOUGH IT’S NOT A “STYLE” OR “SYSTEM” OF AIKIDO, BUSHIDO AIKIDO CAN BE BETTER DESCRIBED AS A CONCEPT OR WAY OF PRACTICING AIKIDO AS TAUGHT BY JOHN ARAUJO SENSEI.

ARAUJO SENSEI BEGAN HIS AIKIDO TRAINING AT THE AGE 17. HE OPENED UP HIS FIRST AIKIDO DOJO IN 2007 NEW BEDFORD, MA. ARAUJO STUDIED WITH MANY MASTERS IN THE US AND IN JAPAN. HIS GREATEST INFLUENCE WAS BY HARUO MASTOUKA SENSEI. ARAUJO SENSEI ALSO STUDIED THE ART OF SHOTOKAN KARATE AT AGE 7 UNDER HANSHI JOHN ALMEIDA FOR 10 YEARS.

## JOHN ARAUJO SENSEI CHIEF INSTRUCTOR



CHIEF INSTRUCTOR JOHN ARAUJO SENSEI HOLDS A 6TH DEGREE BLACK BELT IN AIKIDO AND PRESIDENT OF THE BUSHIDO TENSHIN AIKIDO FEDERATION. HE HAS OVER 35 YEARS MARTIAL ARTS EXPERIENCE AND BEGAN HIS MARTIAL ART CAREER IN 1979 AT AGE 7 THROUGH JOHN ALMEIDA (HANSHI) 8TH DAN, SHOTOKAN KARATE-DO STYLE FOR APPROXIMATELY 10 PLUS YEARS.

ARAUJO SENSEI THEN AT THE AGE OF 17 WAS INTRODUCED TO ANOTHER MARTIAL ART CALLED AIKIDO, WHERE HE WENT ON TO TRAIN UNDER JACK LEONARDO SENSEI AT THE NEW BEDFORD AIKIKAI, WHO WAS A STUDENT OF KANAI SENSEI, KOICHI TOHEI, AND YAMADA SENSEI.

AFTER LEONARDO SENSEI'S PASSING, ARAUJO SENSEI JOINED AIKIDO WELLNESS CENTER IN DARTMOUTH MA. UNDER D. CARDOZA SENSEI FOR A FEW YEARS AFTER BEGINNING HIS AIKIDO JOURNEY'S. IN EARLY 2000 ARAUJO SENSEI ATTENDED A TENSHIN AIKIDO SEMINAR IN FLORIDA. ARAUJO SENSEI TRAINED FOR SEVERAL YEARS IN TENSHIN AIKIDO UNTIL HE REALIZED HE HAD OBTAINED ALL THE KNOWLEDGE AVAILABLE TO HIM BY HIS SHIHAN. RESIGNING FROM HIS FORMER SHIHAN, ARAUJO SENSEI STARTED A NEW CHAPTER IN HIS TENSHIN AIKIDO CAREER. WITH THE TENSHIN AIKIDO OF H. MATSUOKA SENSEI, L. SANTOS SENSEI, E. FREEMAN SENSEI, & C. DUNN SENSEI ARAUJO SENSEI BEGAN TO SPREAD STEVEN SEAGAL'S STYLE OF AIKIDO.

**BUSHIDO DOJO MEANS THE WAY OF THE WARRIOR**

ARAUJO SENSEI ALSO HOLDS RANK IN THE ARTS OF **SHOTOKAN KARATE-DO ISSUED BY JOHN ALMEIDA INTERNATIONAL KARATE ASSOC.**

TODAY ARAUJO SENSEI TRAVELS THROUGHOUT THE COUNTRY CONDUCTING SEMINARS, TEACHING AND SHARING HIS TENSHIN AIKIDO AND KENJUTSU. SENSEI ARAUJO IS ALSO PART AND A MEMBER OF THE I.I.M.A.A, & SEVERAL OTHER MARTIAL ARTS ORGANIZATIONS



## THE DOJO MON

THE BUSHIDO DOJO MON MUST BE WORN ON THE LEFT SLEEVE OF YOUR GI IN THE BICEP AREA (FOUR FINGERS BELOW THE SEAM). THE INITIAL PATCH WILL BE SUPPLIED TO EACH STUDENT. ADDITIONAL PATCHES CAN BE PURCHASED AT THE DOJO.

### DOJO ETIQUETTE

PROPER OBSERVANCE OF ETIQUETTE IS AS MUCH A PART OF YOUR TRAINING AS IS LEARNING TECHNIQUES. PLEASE TAKE THE FOLLOWING GUIDELINES SERIOUSLY.

AT THE BEGINNING OF AIKIDO CLASS, ALL STUDENTS SHOULD BE LINE UP IN FRONT OF THE SHOMEN / KAMIZA, WHICH MEAN HOLY WALL. STUDENTS SHOULD LINE UP FROM RIGHT TO LEFT /RIGHT BEING SENIOR STUDENT ACCORDING TO THEIR RANK.

WHEN SENSEI IS BOWING ALL STUDENTS WILL PLACE THE LEFT HAND IN FRONT OF THERE LEFT KNEE FIRST THEN THERE RIGHT HAND IN FRONT OF THERE RIGHT KNEE, FORMING A TRIANGLE WITH THEIR HANDS.

AT WHICH TIME THE STUDENTS SHOULD (REI) BOW AT THAT SAME TIME SENSEI (REI) BOW PLACING THERE FOREHEAD IN THE CENTER OF THAT TRIANGLE.

AT THAT POINT ALL STUDENTS WILL BRING THERE HAND TOGETHER IN FRONT OF THERE FACE AND WILL CLAP TWO TIMES WITH SENSEI THEN BOW ONE MORE TIME TOGETHER.

IF SENSEI IS NOT OPENING CLASS THEN SEMPai WILL CONDUCT THE OPENING THE SAME WAY SENSEI DOES.

IF SENSEI IS TEACHING CLASS THEN SEMPai WILL BOW THE CLASS IN WITH OUT ANY CLAPS AND START THE WARM UP. SENSEI WILL THEN AFTER THE WARM UP WILL START THE FORMAL OPENING OF AIKIDO CLASS.

ALL STUDENTS WILL TREAT THERE SEMPai WITH GREAT RESPECT BECAUSE HE OR SHE IS TEACHING FOR SENSEI IN HIS ABSENT. ALL CLASSES WILL BE CONDUCTED THE SAME TRADITIONAL WAY SENSEI DOES. ANY DISRESPECT OR DISRUPTION OF CLASS WILL RESULT IN TERMINATION FROM THE DOJO.

**DOJO ETIQUETTE CON'T**

WHEN ENTERING OR LEAVING THE DOJO, IT IS PROPER TO BOW IN THE DIRECTION OF THE KAMIZA, OR THE FRONT OF THE DOJO. YOU SHOULD ALSO BOW WHEN ENTERING OR LEAVING THE MAT.

BE ON TIME FOR CLASS. IF YOU DO HAPPEN TO ARRIVE LATE, SIT IN SEIZA ON THE EDGE OF THE MAT UNTIL THE INSTRUCTOR GRANTS PERMISSION TO JOIN PRACTICE.

IF YOU SHOULD HAVE TO LEAVE THE MAT OR DOJO FOR ANY REASON DURING CLASS. APPROACH THE INSTRUCTOR AND ASK FOR PERMISSION.

AVOID SITTING ON THE MAT WITH YOUR BACK TO THE KAMIZA. ALSO DO NOT LEAN AGAINST THE WALLS OR SIT WITH YOUR LEGS STRETCHED OUT. ( EITHER SIT IN SEIZA OR CROSS LEGGED.)

THE DOJO IS NOT TO BE USE FOR ANY PURPOSE OTHER THAN REGULARLY SCHEDULED CLASSES WITHOUT THE DIRECT PERMISSION OF THE HEAD INSTRUCTOR.



## DOJO RULES & TRAINING RULES

DO NOT BRING FOOD GUM, OR BEVERAGES WITH YOU INTO THE DOJO.

PLEASE KEEP YOUR FINGER NAILS AND TOE NAILS CUT SHORT.

PLEASE KEEP TALKING DURING CLASS TO A MINIMUM. WHAT CONVERSATION THERE SHOULD BE RESTRICTED TO ONE TOPIC- AIKIDO.

CARRY OUT THE DIRECTIVES OF THE INSTRUCTOR **PROMPTLY**. DO NOT KEEP THE REST OF THE CLASS WAITING FOR YOU.

DO NOT ENGAGE IN ROUGH-HOUSING OR NEEDLESS CONTEST OF STRENGTH DURING CLASS.

KEEP YOUR TRAINING UNIFORM CLEAN, IN GOOD SHAPE, AND FREE OF OFFENSIVE ODORS.

NO SHOES ON THE MAT

CLEANING IS AN ACTIVE PRAYER OF THANKSGIVING. IT IS EACH STUDENT'S RESPONSIBILITY TO ASSIST IN CLEANING THE DOJO.

THE MAT SHOULD BE CLEAN BEFORE EACH CLASS.

CLEAN THE KAMIZA / SHOMEN AFTER EACH CLASS.

THE LAST CLASS OF THE DAY WILL THEN CLEAN THE MATS WITH THE PROPER CLEANING AGENT.

EVERY FRIDAY BEFORE CLASS OF EACH WEEK THE DOJO WILL BE CLEAN  
DUSTING MOPING VACUUMING AND RESTROOM.

RESPECT YOUR TRAINING TOOLS. WEAPONS SHOULD BE IN GOOD CONDITION AND IN THEIR PROPER PLACE WHEN NOT IN USE.

NEVER USE SOMEONE ELSE'S PRACTICE GI OR WEAPONS.

A FEW MINUTES BEFORE CLASS TIME YOU SHOULD BE WARMED UP AND FORMALLY SEATED IN QUIET MEDITATION TO RID YOUR MIND OF THE DAY'S PROBLEM AND PREPARE FOR STUDY.

DURING CLASS WHEN THE INSTRUCTOR DEMONSTRATES A TECHNIQUE FOR PRACTICE, SIT QUIETLY AND ATTENTIVELY IN SEIZA. AFTER THE DEMONSTRATION BOW TO THE INSTRUCTOR, THEN TO YOUR PARTNER AND IMMEDIATELY BEGIN TO PRACTICE.

WHEN THE END OF A TECHNIQUE IS SIGNALLED, STOP IMMEDIATELY, BOW TO YOUR PARTNER AND QUICKLY LINE UP WITH OTHER STUDENTS.

IF IT IS NECESSARY TO ASK A QUESTION OF THE INSTRUCTOR YOU SHOULD GO TO HIM OR HER AND BOW RESPECTFULLY (STANDING BOW). NEVER CALL THE INSTRUCTOR OVER TO YOU.

WHEN RECEIVING PERSONAL INSTRUCTION, SIT IN SEIZA AND WATCH INTENTLY. BOW FORMALLY WHEN THE INSTRUCTOR HAS FINISHED. WHEN ANOTHER NEAR BY IS BEING INSTRUCTED YOU MAY STOP YOUR PRACTICE TO WATCH. SIT FORMALLY AND BOW AS BEFORE.



## DOJO RULES & TRAINING CON'T

RESPECT THOSE MORE EXPERIENCED. NEVER ARGUE ABOUT TECHNIQUE.

IF YOU UNDERSTAND THE MOVEMENT AND ARE WORKING WITH SOMEONE WHO DOES NOT YOU MAY LEAD THAT PERSON THROUGH IT. DO NOT ATTEMPT TO CORRECT OR INSTRUCT YOUR TRAINING PARTNER UNLESS YOU ARE AUTHORIZED TO DO SO.

NO JEWELRY SHOULD BE WORN DURING PRACTICE, INCLUDING RINGS AND PIERCED EARRINGS.

NEVER DRINK ALCOHOLIC BEVERAGES WHILE STILL WEARING PRACTICE GI.

DO NOT TALK OR WALK AROUND WHILE THE INSTRUCTOR IS DEMONSTRATING OR DURING THE OPENING AND CLOSING CEREMONY.

IF THE DOJO HAS MIRRORS KEEP THEM CLEAN.

IF AN UNDER T-SHIRT IS NECESSARY, WHITE COLOR IS NECESSARY.

SEMPAI IS TO OFFER TO FOLD SENSEI HAKAMA. FOLD IT PROPERLY

PAY TUITION AND TEST FEES ON TIME.

RECORD TRAINING HOURS HONESTLY YOURSELF.

ALWAYS FOLLOW DOJO WARM UP FORMAT.

WHEN CLASS IS OVER AND THE FORMAL ENDING OF CLASS IS COMPLETED ALL STUDENTS WILL KEEP THERE LEFT HAND ON THE MAT, HEAD IN UPRIGHT POSITION WATCHING SENSEI LEAVE THE MAT. SENSEI WILL THEN SAY DOSO ALL STUDENTS WILL THEN BOW. EVERY OTHER STUDENTS WILL STEP FORWARD AND FACE ONE ANOTHER THEN BOW TO EACH OTHER



## DOJO DUES

MONTHLY DUES AT BUSHIDO TENSHIN DOJO HEADQUARTERS. ALL DUES DEPENDS ON THE TIMELY PAYMENT OF YOUR MONTHLY DUES IN ORDER TO PROPERLY OPERATE AS A DOJO.

MONTHLY FEES WILL BE DUE ON THE FIRST WEEK OF EACH MONTH. DUES ARE SUBJECT TO CHANGE.

KYU TESTING FEES IS \$65.00

BUSHIDO TENSHIN DOJO ANNUAL FEES IS \$100.00

## TESTING FEES

TESTING FEES WILL BE DUE AND PAYABLE FOR ALL KYU GRADES TWO WEEKS BEFORE THE DAY OF YOUR EXAMINATION. THIS PRICE WILL INCLUDE KYU GRADE CERTIFICATE.

STUDENTS WHO DO NOT PAY THE TESTING FEE BEFORE THE TESTING DATE WILL NOT BE ALLOWED TO TEST. STUDENT WILL HAVE TO TEST THE NEXT SCHEDULE TIME.

## DAN GRADE FEES DAN CERTIFICATE

CERTIFICATES FEES

SHODAN \$ 250.00 NIDAN \$350 SANDAN \$450 YONDAN \$500

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## JAPANESE TERMINOLOGY FOR THE BEGINNER

A BEGINNING STUDENT OF AIKIDO MUST OVERCOME THE INITIAL OBSTACLE OF UNFAMILIAR JAPANESE TERMINOLOGY USED TO DESCRIBE THE TECHNIQUES AND PRACTICES OF AIKIDO. ACTUALLY, THE TERMS USED IN AIKIDO ARE SIMPLE AND DESCRIPTIVE. A LITTLE EFFORT IN LEARNING THIS VOCABULARY CAN ADD MUCH TO ONE'S ABILITY TO LEARN AND UNDERSTAND AIKIDO. JAPANESE TERMINOLOGY IS ALWAYS USED IN TEACHING AIKIDO FOR TWO REASONS. FIRST, IT HELPS TO PRESERVE THE TRADITIONAL HERITAGE OF A JAPANESE MARTIAL ART, AND SECOND, IT PROVIDES A STANDARD TERMINOLOGY FOR AIKIDO PRACTITIONERS AROUND THE

<b>AI:</b>	HARMONY
<b>KI:</b>	SPIRIT
<b>DO:</b>	WAY
<b>AIKIDO:</b>	THE WAY FOR HARMONY OF THE SPIRIT
<b>ATEMI WAZA:</b>	TECHNIQUES OF STRIKING
<b>BOKKEN:</b>	WOODEN PRACTICE SWORD
<b>BUDO:</b>	RELATING TO THE WAY OF THE WARRIOR
<b>BUSHIDO:</b>	THE WAY OF CHIVALRY
<b>DAN:</b>	BLACK BELT RANK
<b>DEAI:</b>	THE MOMENT OF TRUTH, MEETING OF TWO FORCES
<b>DESHI:</b>	STUDENT
<b>DOJO:</b>	THE PLACE WHERE THE WAY IS REVEALED
<b>HAKAMA:</b>	WIDE SKIRTED PANTS WORN OVER GI
<b>HANMI:</b>	THE RELAXED TRIANGULAR STANCE OF AIKIDO
<b>HANMI HANDACHI:</b>	TECHNIQUES PRACTICE WITH NAGE SITTING AND UKE STANDING
<b>HARA:</b>	THE LOWER ABDOMEN
<b>IRIMI:</b>	ENTERING MOVING INTO AND THROUGH THE LINE OF ATTACK WITH NO THOUGHT OF ESCAPE
<b>JIYU WAZA:</b>	FREE TECHNIQUES IN TESTING USUALLY AGAINST 1 OPPONENT.
<b>JO:</b>	WOODEN TRAINING STAFF 50" LONG 3/4" TO 1/4" IN DIAMETER
<b>JO DORI:</b>	TECHNIQUES OF STAFF TAKING
<b>KAMAE:</b>	A POSTURE OR STANCE OF READINESS, IN EACH KAMAE THERE ARE DIFFERENT POSITIONS FOR THE HANDS OR WEAPON
<b>KATA DORI:</b>	SHOULDER OR LAPEL GRAB
<b>KATATE DORI:</b>	WRIST GRAB
<b>KIAI:</b>	THE RELEASE OF SPIRITUAL AND PHYSICAL POWER

## Terms Continued

KOHAI:	JUNIOR STUDENT
KOKYU:	BREATHING THE POWER OF BREATH AND LIFE
KOSA DORI:	CROSS HAND GRAB
KUMI JO:	PAIRED JO PRACTICE
KUMI TACHI:	PAIRED SWORD PRACTICE
KYU:	WHITE BELT GRADE
MAAI:	THE DISTANCE OF SPACE BETWEEN TWO FORCES
MISOGI:	PURIFICATION OF MIND, BODY, AND SPIRIT. SWEATING IS MISOGI; CLEANING IS MISOGI
MUNETSUKI:	STRAIGHT PUNCH FOR THE HEART OR SOLAR PLEXUS
MUSHIN:	NO MIND, A MIND WITHOUT EGO
NAGE:	A THROW. ONE WHO THROWS
OMOTE:	TO THE FRONT
RANDORI	FREE TECHNIQUE AGAINST MULTIPLE ATTACK
REI:	TO BOW
RYOTE DORI:	TWO HANDS GRABBING TWO HANDS
RYOTE MOCHI:	TWO HANDS GRABBING ONE HAND
SAMURAI:	TO SERVE
SENSEI:	TEACHER, ONE WHO GIVES GUIDANCE ALONG THE WAY
SHIME	CHOKE
SHOMENUCHI:	STRIKE TO THE TOP OF THE HEAD
TACHI:	JAPANESE LONG SWORD
TACHI DORI:	TECHNIQUE OF SWORD TAKING
TAIJUTSU:	EMPTY HANDED TECHNIQUE
TANO DORI;	TECHNIQUES OF KNIFE TAKING
TENKAN:	TURNING TO DISSIPATE FORCE
TORI OR DORI:	GRAB

<b>TSUKI:</b>	STRAIGHT PUNCH OR A THRUST WITH A WEAPON
<b>UKE:</b>	ONE WHO RECEIVED THE PERSON BEING THROWN
<b>UKEMI:</b>	TECHNIQUES OF FALLING
<b>URA:</b>	TO THE REAR
<b>USHIRO:</b>	FROM BEHIND
<b>WAZA:</b>	TECHNIQUE
<b>YOKOMENUCHI:</b>	STRIKE TO THE SIDE OF THE HEAD USUALLY THE
<b>YUDANSHA;</b>	BLACK BELT RANK HOLDERS
<b>ZANSHIN:</b>	CONTINUITY; REMAINING AWARE AND PREPARED FOR THE NEXT ACTION



## PARTS OF THE BODY

<b>ASHI</b>	FOOT	<b>MEN</b>	HEAD
<b>ROKKUTSU</b>	RIB AREA	<b>MUNE</b>	CHEST
<b>HIJI</b>	ELBOW	<b>TE</b>	HAND
<b>KATA</b>	SHOULDER	<b>TEKUBI</b>	WRIST
<b>KOSHI</b>	HIP	<b>YUBI</b>	FINGERS
<b>KUBI</b>	NECK	<b>HARA</b>	STOMACH
<b>KUCHI</b>	MOUTH	<b>SENAKA</b>	BACK
<b>ME</b>	EYES		

## COUNTING TO TEN

<b>ICHI</b>	ONE
<b>NI</b>	TWO
<b>SAN</b>	THREE
<b>SHI</b>	FOUR
<b>GO</b>	FIVE
<b>ROKU</b>	SIX
<b>SHICHI</b>	SEVEN
<b>HACHI</b>	EIGHT
<b>KYU</b>	NINE
<b>JU</b>	TEN

## COMMON DOJO PHRASES

<b>ARIGATO</b>	THANK YOU
<b>Douzo</b>	PLEASE
<b>HAJIME</b>	PLEASE BEGIN
<b>YAME</b>	PLEASE STOP
<b>KONNICHIWA</b>	GOODAFTERNOON
<b>KONBANWA</b>	GOOD EVENING
<b>MOKUSOU</b>	MEDITATE
<b>OHAYOUGOZAIMASU</b>	GOOD MORNING

## BUSHIDO TENSHIN DOJO AIKIDO TESTING REQUIRMENT

**7TH KYU**      **YELLOW** BELT **2** MONTHS **25** HOURS OF TRAINING

**ATEMI:**            KAO-TSUKI MUNE-TSUKI SHOMENUCHI YOKOMENUCHI KO-YOKO  
**KIHON UKEMI:** MAE UKEMI MAE SUTEMI USHIRO UKEMI USHIRO SUTEMI  
**GERI WAZA:**    MAE GERI YOKO GERI MAWASHI GERI USHIRO MAWASHI GERI  
**TAI SABAKI:**    TENKAN TAI NO TENKAN IRIMI SHIKKO

**6TH KYU**      **ORANGE** BELT **3** MONTHS **30** HOURS OF TRAINING

**KATATE DORI** TENKAN & TENKAN KOKYUNAGE    **RYOTE DORI** TENCHINAGE & KOKYU DOSA  
**SHOMENUCHI** SURIAGE & SURIAGE TENKAN    **KAO-TSUKI** SURIAGE & SURIAGE TENKAN  
**KOSA DORI** TENKAN KOKYUNAGE                    **KATA DORI** SOTO KIRI TENKAN  
**YOKOMENUCHI** SURIAGE & UKENAGASHI TENKAN  
**KATATE DORI** SURIAGE TENKAN                    **MAE GERI** SURIAGE  
**TAI SABAKI (RANDORI)**

**5TH KYU**      **BLUE** BELT **4** MONTHS **50** HOURS OF TRAINING

**SHOMENUCHI** IKKYO & IRMINAGE ( OMOTE & URA ) **SHOMENUCHI** KOTEGASHI  
**KOSA DORI** KOTEGAESHI  
**KATATE DORI** SHIHOUNAGE ( OMOTE URA )            **RYOTE DORI** KOKYU DOSA  
**TAI SABAKI (RANDORI)**

**4TH KYU**      **PURPLE** BELT **6** MONTHS **70** HOURS OF TRAINING

**SHOMENUCHI** IKKYO NIKYO & IRMINAGE ( OMOTE / URA ) & KOTEGAESHI  
**RYOTE DORI** KOKYU DOSA    **KATATE DORI** SHIHOUNAGE ( OMOTE URA ) & SAYUNAGE  
**KOSA DORI** NIKYO ( OMOTE & URA ) KOTEGAESHI    **USHIRO TEKUBI DORI** KOKYUNAGE  
**MAE GERI** (KICKING TECHNIQUE)  
**TAI SABAKI (RANDORI)**

**3RD KYU**      **GREEN** BELT **7** MONTHS **80** HOURS OF TRAINING

**SHOMENUCHI** IKKYO NIKYO SANKYO YONKYO ( OMOTE & URA STANDING / SWARIWAZA )  
**KATATE DORI** IRMINAGE KOTEGAESHI KAITENNAG    **YOKOMENUCHI** SHIHOUNAGE  
**MOROTE DORI** 5 TECHNIQUES                            **MUNE DORI** 5 TECHNIQUES  
**USHIRO TEKUBI DORI** SANKYO                            **HANMI HANDACHI** SHIHOUNAGE ( KATATE )  
**MAE GERI** (2 KICKING TECHNIQUES)                    **TAI SABAKI (RANDORI)**

**2ND KYU BROWN BELT 8 MONTHS 80 HOURS OF TRAINING**

**SHOMENUCHI** IKKYO NIKYO SANKYO YONKYO IRIMINAGE (OMOTE & URA) STANDING & SWARIWAZA & KOTEGAESHI KATENNAGE

**YOKOMENUNCHI** SAYUNAGE SHIHOUNAGE KOTEGAESHI

**USHIRO TEKUBI DORI** IKKYO NIKYO SANKYO YONKYO (OMOTE & URA)

**KATATE DORI** 5 TECHNIQUES **HANAMI HANDACHI** 5 TECHNIQUES

**MOROTE DORI** 5 TECHNIQUES **MUNE DORI** 5 TECHNIQUES

**KAO TSUKI** 5 TECHNIQUES **GERI WAZA** TECHNIQUES

**(RANDORI)**

**1ST KYU BROWN BELT W/BLACK STRIPE 9 MONTHS 100 HOURS OF TRAINING**

**SHOMENUCHI** IKKYO NIKYO SANKYO YONKYO (OMOTE & URA)

**KAO TSUKI** 5 TECHNIQUES **YOKOMENUNCHI** IKKYO NIKYO SANKYO (OMOTE & URA)

**YOKOMENUNCHI** 5 TECHNIQUES **USHIRO TEKUBI DORI KUBISHIME** 5 TECHNIQUES

**USHIRO KATA DORI** IKKYO NIKYO SANKYO (OMOTE & URA)

**HANAMI HANDACHI** 5 TECHNIQUES

**REQUEST FREE TECHNIQUES INCLUDING GERI (KICKING TECHNIQUES)** JIYU WAZA

**RANDORI** 2 MAN ATTACK

**SHODAN : ( 120 HOURS AND 10 MONTHS AFTER RECEIVING IKKYU )**

**ALL BASIC TECHNIQUE AND PREVIOUS REQUIREMENTS PLUS:**

**KUMI TACHI** : FIRST 6 BASIC KATAS

**TANTO DORI** : A DIFFERENT TECHNIQUES FROM EACH ATTACKS

**TACHI DORI**: A TOTAL OF FIVE DIFFERENT TECHNIQUES

**RANDORI**: THREE PEOPLE ATTACKING

**NIDAN : ( MINIMUM OF 3 YEARS OF CONSISTENT TRAINING AFTER RECEIVING SHODAN )**

**ALL BASIC TECHNIQUES AND PREVIOUS REQUIREMENTS PLUS:**

**KUMI TACHI**: FIRST TWELVE 12 BASIC KATAS

**KUMI JO**: FIRST 6 BASIC KATAS

**RANDORI** : THREE PEOPLE ATTACK WITH ATEM

**SANDAN** : (420 HOURS AND OR 5 YEARS OF CONSISTENT TRAINING) (AFTER RECEIVING NIDAN)

**YONDAN & ABOVE:** ONLY BY RECOMMEDATION OF SENSEI JOHN ARAUJO



# Bushido Tenshin Aikido Federation

The Bushido Tenshin Aikido Federation (BTF) is the membership organization that affiliates dojo's throughout the country and international under the instruction Of John Araujo Shihan. The BTF is a not-for-profit organization (501-C3), providing both technical and administrative guidance and support to its members.

The BTF not only oversees the practice of Aikido and its instruction but also develops and maintains rigorous technical standards, while advancing and promoting the practice of Aikido through various activities. The BTF registers Dan grades directly, while standardizing all ranking requirements consistent with it's regulations. The BTF also organizes, promotes and conducts Aikido demonstrations and international seminars, encourages activities of member dojos.

The direction and management of the BTF is under the governance of a Board of Directors, a Technical Committee, and a Director of Operations. The Chairman of the Technical Committee and President of the Board of Directors is John Araujo Shihan, Chief Instructor of Aikido Of Bristol County. Araujo Sensei leads the BTF with a profound understanding of Aikido and its history. Under Araujo Sensei's leadership, the primary focus and priority of the BTF Board and Committees is to maintain a unity through technical standards for all members, to create a strong cohesion between and accessibility to senior instructors of Aikido world-wide, and to implement a clear pathway for the continuity of our high standards of practice.

The Bushido Tenshin Aikido Federation is dedicated to practicing and sharing our Aikido. We are free from politics, egos and distractions. We provide positive, supportive guidance on and off the mat to help everyone succeed and achieve their Aikido goals. Those seeking to convert from other forms will find we honor all ranks and certifications. We seek to provide more skills, not replace the ones you have earned already.

The BTF does not advocate, support, or practice unlawful discrimination based on age, ethnicity, gender, national origin, disability, race, size, religion, sexual orientation, or socio-economic background. Whether looking to start a dojo/club, or have an existing school, we welcome you in and will help you grow. Several strategies are available for beginners and those accomplished Aikidoka looking to study the Tenshin ways. Seminars, private sessions and DVD learning systems are all available to help in your transition to this powerful martial art.

Starting at day one, students are trained in foot work and how to manage a fall or takedown without injury. This is immediately followed by in-depth striking and deflection training. This system allows students with only a short period of training to be able to deflect an attack while taking an advantageous position and execute counter strikes. As understanding in techniques increase, so does the student's available martial tools. Before long, students can not only defend themselves through striking, but are capable of complete control over an attacker. Bushido Tenshin Aikido provides a martial approach to the art of Aikido.

While honoring traditional Aikido, Bushido Tenshin Aikido Federation takes a different approach by using both traditional and non-traditional attacks and techniques. Built on the foundation of Tenshin deflections, footwork and ukemi, Bushido Tenshin Aikido Federation forges a different path from the standard traditional Aikido.



## HOSTING A SEMINAR

TRADITIONAL JAPANESE PROTOCOL MAKE SURE THE ENTIRE DOJO IS CLEAN AND FRESH.  
(REFER TO DOJO PROTOCOL.)

PROVIDE SENSEI WITH A CLEAN AND COMFORTABLE SEPARATE CHANGING AREA.

DISPLAY FRESH FLOWERS OR A PLANT NEAR OR ON THE SHOMEN.

LAUNDRY AND PRESS ALL OF SENSEI'S KEIKO GI'S.

OFFER SENSEI WATER AND REFRESHMENTS AT ANY INTERMISSION TIME DURING THE SEMINAR.

ALWAYS OFFER TO FOLD SENSEI'S HAKAMA WHEN HE IS REMOVING HIS HAKAMA.

RETURN HAKAMA FOLDED PROPERLY TO SENSEI. BOW WHEN HE IS RECEIVING HAKAMA.

PROVIDE AN INEXPENSIVE GIFT FOR SENSEI TO PRESENT AT THE END OF THE SEMINAR.

ALL DOJO MEMBERS TO PITCH IN MONEYS FOR SENSEI GIFT, FOOD ETC.

GIFT TO BE PRESENTED BY DOJO-CHO.

GIFT RETRIEVED FROM A DOJO SEMPAI OR DESIGNEE. AS SEMPAI/ DESIGNEE WHEN RETRIEVING THE GIFT TO DOJO-CHO, MOVE QUICKLY.

WHEN DINING, SERVE SENSEI WHEN NECESSARY.

DO NOT EAT BEFORE SENSEI, EVEN AT HIS REQUEST. NO THANK YOU SENSEI IS PROPER.

ALWAYS REFER TO SENSEI INSIDE OR OUT OF THE DOJO AS SENSEI.

SERVE AND ASSIST SENSEI WHEN IT DEEMS NECESSARY.

FOR LINING UP AND CONDUCTING ORDER, PLEASE REFER TO DAILY TRADITIONAL JAPANESE PROTOCOL. ALWAYS EXPRESS AND SHOW THANKFULNESS FOR SENSEI'S TIME AND TEACHINGS.

JAPANESE TRADITIONAL DOJO PROTOCOL

KEEP THE DOJO CLEAN AND ORDERLY AT ALL TIMES.  
CLEAN THE SHOMEN AFTER EVERY CLASS.  
SWEEP MATS BEFORE AND AFTER CLASS.  
CLEAN AND ORGANIZE WEAPON RACKS BEFORE AND AFTER EVERY CLASS.  
WASH AND DISINFECT MATS ON A REGULAR BASIS.  
KEEP SHOE RACK CLEAN AND FREE OF ZORI WHEN NO CLASS. IT IS NOT STORAGE.  
KEEP BATHROOM CLEAN AND FRESH.  
HAVE TOILETRIES AND PAPER TOWELS AVAILABLE.  
MAINTAIN A QUALITY FIRST AID KIT.  
IF DOJO HAS MIRRORS, KEEP THEM CLEAN.  
PROVIDE A FRESH SUPPLY OF WATER.  
KEEP UNIFORMS ALL STANDARD. WHITE. NO HEADBANDS  
IF AN UNDER T SHIRT IS NECESSARY, WHITE COLOR IS NECESSARY.  
MAKE SURE UNIFORM IS CLEAN AND WRINKLE FREE.  
BE DRESSED AND READY BEFORE CLASS STARTS.  
MAKE SURE BELT IS CLEAN AND TIED PROPERLY.  
DO NOT TAKE BELT OFF IN THE DOJO AREA. DRESSING ROOM ONLY.  
SEMPAI IS TO OFFER TO FOLD SENSEI'S HAKAMA. FOLD IT PROPERLY.  
WHEN GETTING ON AND OFF THE MAT ALWAYS BOW.  
WHEN ARRIVING AND DEPARTING THE DOJO BOW AND GREET OTHERS IN THE DOJO.  
TALKING IN THE DOJO ESPECIALLY ON THE MAT NEEDS TO BE LIMITED.  
WHEN GETTING ON AND OFF THE MAT BOW IN, SIT IN SEIZA AND BOW IN TO O SENSEI.  
WHEN ON THE MAT IF YOU ARE NOT STRETCHING, PLEASE SIT IN SEIZA.  
NEVER SIT OR STAND DURING CLASS BETWEEN SENSEI AND THE SHOMEN.  
ALWAYS PAY ATTENTION TO SENSEI.  
ASK QUESTIONS WHEN ALLOWED, BUT DO NOT QUESTION.  
KEEP YOUR MIND OPEN TO ALL TEACHINGS FROM SENSEI.  
PAY TUITION AND TEST FEES ON TIME.  
RECORD TRAINING HOURS HONESTLY YOURSELF.  
FOLLOW TRADITIONAL OPENING AND CLOSING OF CLASS EVERY CLASS.  
KEEP LEFT HAND ON THE MAT, HEAD IN UPRIGHT POSITION WATCHING SENSEI  
ALWAYS FOLLOW FEDERATION WARM UP FORMAT.  
ALWAYS CONDUCT YOURSELF IN PROPER MANNERISM. DON'T LAUGH OR ARGUE WITH OTHERS.  
VOLUNTEER TO HELP SENSEI WITH CLEANING OR OTHER WORK AROUND THE DOJO.

THIS IS A GENERAL GUIDE TO FOLLOW FOR EVERY DAY DOJO PROTOCOL. IT IS THE RESPONSIBILITY OF EVERYONE IN THE DOJO TO MAKE SURE PROTOCOL IS BEING FOLLOWED. LET US ALL REMEMBER WHAT THE DOJO MEANS TO US AND HOW THE DOJO BUILD SPIRIT. WITHOUT PROTOCOL IN TRAINING, WE HAVE NO TRAINING.  
DOMO ARIGATO.



JOHN ARAUJO SENSEI