

rules of conducting and  
refereeing tanto-randori  
contests in

oirikjA jkizoh

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# AIKIDOKA'S HANDBOOK



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# Foreword

This manual is designed for those practicing the emulative branch of Aikido. Here the reader comes to know the basic requirements to the participants of tanto-randori contests stated by Japanese Aikido Association (JAA). However, some innovations and changes are always introduced, therefore all the participants are recommended to attend the seminars.

The information represented in this booklet is the result of many Aikido trainers' cooperation; as a matter of fact it is a blend of common experience.

I am very grateful to A.Karashevsky, I.Solonitsyn, I.Dmitriev, D.Nikulin, V.Tokmakov, A.Taran and all others who have contributed in systematization of the bulk of information attained during the international competitions, seminars, etc.

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## Food for contemplation

A participant of Tomiki Aikido combats uses all his strength and acts at the top of his abilities; nonetheless it is within his inner world where a real battle takes place. He is absorbed in struggling with his own drawbacks, i.e. laziness, fear, pride, etc. Thus the opponent turns into an aide on the path of self perfection.

The goal of the sportsman is to master his own body and mind, to make them his irreproachable servants fulfilling all the lord's orders.

It is the heart that is the real lord, the heart filled with Love. A person with his heart full of Love wins without a combat...

# Questions of the day

1. «WHY SHOULD ONE KNOW THE RULES?»

*answer:*

A sportsman can be devilishly mighty and technically agile but unaware of rules he will hardly win

the combat. And if you are doomed, why should you take part at all?

2. «RULES TURN A COMBAT INTO A GAME. DO WE REALLY NEED THEM?»

*answer:*

Fortunately mortal battles are over. The time of samurai wars has passed. I deem winning without anger and physical damage is

much more appropriate for our time. Those desiring real combats should search for some other Way.

## Questions of the day

### 3. «COMBATS IN AIKIDO AREN'T REAL ONES, ARE THEY?»

*answer:*

They are not. They are combats with special rules. Moreover it is not the medals or honours that keep you going. It is the opportunity to take a wonderful trip to the world of

your imperfections. There will you face real foes. He who can find courage to give them a fight will smile to his opponent as if welcoming his dear friend and ally.

# Tanto work

Many people practicing Aikido get entangled with some quite difficult technical aspects, i.e. how to make a correct tanto attack and what techniques can be applied to the attacking person.

**The correct position:**



## Tanto work

### WHEN STRIKING WITH TANTO YOU MUST:

1. Maintain straight bearing;
2. Move forward;
3. Stretch the striking arm fully;
4. Maintain balance during the attack as well as after it;
5. Attack only the valid zone:
  - torso between the waist and the line linking the armpits, including the back and side parts + arms pressed to the body at the aforementioned level;
  - armpits are unattackable.
6. Not leave the «back» leg too far and raise your heel only a little;
7. End your attack in a stable position.

# Tanto work

## The correct tanto attack





## Tanto work



### Mistakes:

- To attack losing your balance or being in an awkward position;
- To strike moving back or remaining still;
- To strike other marks but the valid zone;
- To give too many stabs at once;
- To attack from a distance closer than your stretched arm.

## Tanto work

### You may:

(Requirements for the 5 techniques allowed to the tanto wielder).

- use the techniques only if you opponent gripped one of your arms with both the hands.
- do the techniques using the tanto-free hand only.
- the tanto hand can be used only for kuzushi purposes.
- all the techniques must be performed only with tegatana.

### You mustn't:

- grab your opponent with fingers of your free hand.
- perform the techniques using the tanto hand.

## Tanto work

### Important details

TANTO PRESSED TO THE BREAST OF THE OPPONENT can bring you half the score.

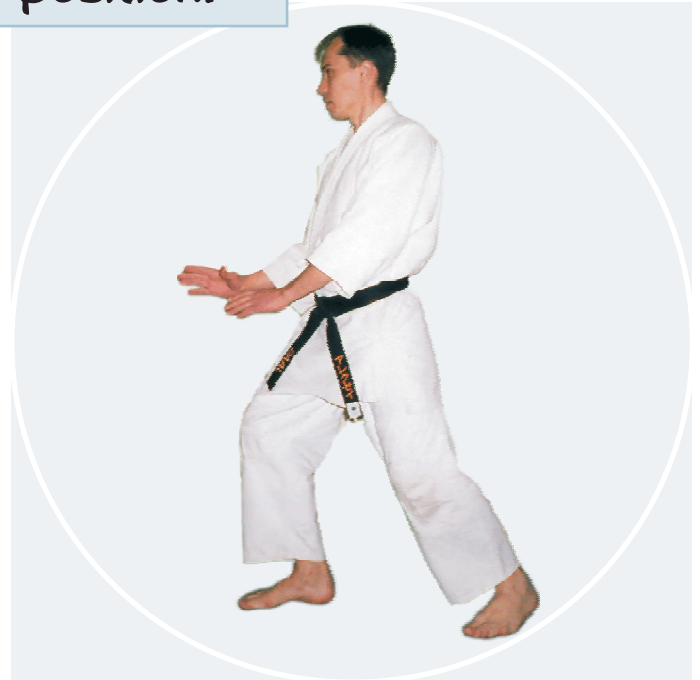
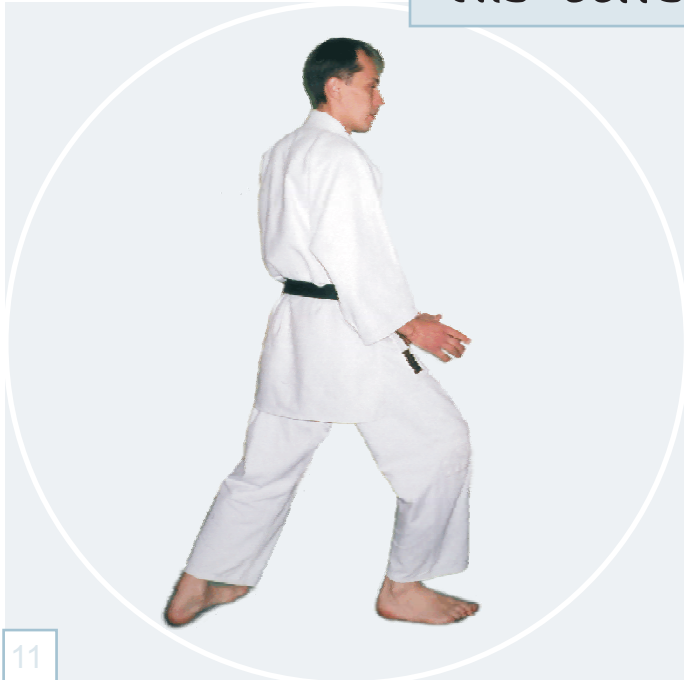
TANTO CAN BE PRESSED ONLY IN CASE OF THE MOVING MISTAKES OF THE OPPONENT (when he comes close to you without a dodge or holds your free hand).

When with tanto you should pay 80 per cent of attention to tsuki and only 20 per cent to the allowed 5 techniques.

# Work without tanto

The main condition of work without tanto is TAISABAKI (dodge from the attack line)

The correct position:



## Work without tanto

### 3 ways to elude an attack:

- ⇒ Sidesteps.
- ⇒ Prolonging the distance.
- ⇒ Shortening the distance.

IT IS SIGNIFICANT TO NOTE THAT ONE SHOULD ALWAYS KEEP MOVING,  
**STANDING STILL WILL NEVER DO.**

Experienced sportsmen, however, prefer the strategy of active combat at a close distance since the opponent cannot make efficient tanto attacks.

## How to perform techniques without tanto

- The 17 techniques are performed, with the doer **NOT FALLING OVER** (but you are welcome to fall on one of your knees, maintaining nevertheless straight bearing and balance. This tip does not concern wazas № 10 and №15 - they are done in standing).
- the 17 techniques are performed **IN MOTION** (not standing still).
- the techniques are performed **NOT BY SHEER STRENGTH BUT BY USING UNSOKU** - whole body movement.
  - **One must not** grab his opponent's both arms with both your hands, i.e. your right hand grasping his left arm simultaneously with your left hand grasping his right arm.

THE SAMURAI SPIRIT (JANSHIN) being reflected in the sportsman's accuracy and concentration **MUST BE FELT IN EVERY ACTION.**

## Some other important details:

### The correct position while performing a waza



- If you are stabbed while performing a technique and even if you have successfully performed it, the referee will give preference to *tsuki ari*;
- If you leave the tatami (even with one foot) you get a *shido* (-0,5 score);

## Some other important details:

- you are free to push the opponent off the bounds of the tatami with your *teगतanas*. This is acceptable when you do not bend or use stark muscle power
  - the dynamics of motion must be observed;
- If a waza is begun in the bounds of the tatami it can be considered passable despite the opponents' further leaving the bounds;

## The correct position while performing a waza





## Some other important details:

### The correct position while performing a waza



- If one of the sportsmen violates the rules (*shido*) and the other succeeds in realizing some technique, the former is not given a *shido*; his opponent simply scores accordingly to the quality of performance (*yuko* - 1 score, *wazari* - 2 scores, *ippon* - 4 scores);

## Some other important details:

- If a sportsman falls over while doing a technique he gets a *chui* (-1 scores) for the reason that this uncontrollable fall may cause both getting injured;
- and surely you can do nothing but the 17 techniques.

The correct position while performing a waza



## THE GOLDEN RULE:

IN CASE OF EQUAL SCORES THE PERSON WITH MORE HIGH-QUALITY SCORES IS GIVEN THE VICTORY.

AND IF THE PARTICIPANTS HAVE ABSOLUTELY IDENTICAL SCORES, THAT HAVING EXPRESSED THE SAMURAI SPIRIT TO A GREATER EXTENT IS MORE LIKELY TO BECOME THE WINNER.

