



# Goju-Ryu Karate-Do Ho-Ei Juku



## Sword training - Safely

It is the responsibility of all individual members to maintain a valid licence for training with weapons in the Martial Arts. Instructors also need additional indemnity insurance cover and, ideally, a first aid qualification.

### Sword Safety

- Check all fittings are tight
- Check the mekugi (peg) is not worn, or loose
- Check the tsuka ito (handle wrap) is tight
- Check the koiguchi (scabbard mouth) for splits.
- Check your bokken for splits, or splinters.

### Clothing Safety

- Learn to dress properly, securing the obi (belt) and hakama trousers.
- If using new clothing, check length of hakama and sleeves before hand
- Always use good knee pads on hard flooring
- Old clothing is fine if kept clean and repaired.

### Personal Safety

- Always loosen up and warm up first with gentle exercise
- Do not assume this will be part of the class
- Pay attention at all times, and never fool around.
- Never point a sword at anyone, or cut towards anyone with a sword.
- Always secure the tsuka (guard) with the left thumb before moving.
- Never attempt to grab a falling sword.
- Always look before cutting; it is good sense and good Iaido.
- Try to keep in time with the class. If you cannot, then move back to a place where you will not cause a hazard to others.
- If you do not understand an instruction, ask.
- Don't walk in front, or behind people who are practising; wait for them to finish, make sure they can see you, then make your intentions clear
- When watching, please keep quiet.
- Do not sit with your legs stretched out unless told to. Tuck them under the hakama
- When in the dojo, either practising, or watching, be prepared to move if necessary

### Carrying the sword outside of the dojo

The Japanese sword, in all its forms (bokken, iaito or shinken) is a lethal weapon and can be considered "offensive" if care and consideration is not taken when carrying it in public places. There is occasional publicity concerning the carrying of knives and other weapons. Furthermore, we hear of highly publicised attacks made with such weapons. The rules for carrying your sword to and from the dojo are simply common sense

- Never carry a sword without it being in a case of some sort. To do so would be illegal.
- Buy, or make a box to carry your sword in. Gun cases are a good option.
- When using a vehicle, keep swords in the boot, out of sight.
- Always carry your licence with you, containing your photo ID and insurance, just in case you are asked.
- Explain why you carry a sword with you.
- Never threaten anyone with a sword, even in fun!
- If stopped by the Police while in possession of a sword, do not take it out to show them in public. Suggest bringing them to the dojo, or other destination first.