



# CHUDOKAI express

## History of the Naginata

The naginata is a halberd-like weapon that was used extensively in feudal Japan. Described by some as simply "a sword on the end of a long pole", the naginata was actually a sophisticated weapon which required considerable skill and stamina to use effectively in battle. It consisted of a curved blade, 1 to 2 feet in length, mounted onto an oak shaft that



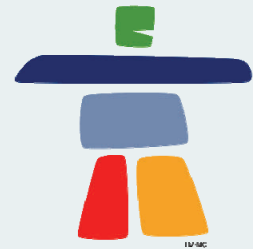
was usually 5 to 9 feet long. The actual dimensions of a naginata were primarily dependent on personal preferences and battle

conditions. Attached to the butt end of the shaft was a sharp end-cap, or ishizuki, which was used to pierce between the plates of an attacker's armor.

Although the exact origin of the naginata is not known, three theories are prominent today. The first states that the naginata evolved from a simple farming tool used for chopping. In the early part of the third century BC, farmers attached sharp stones to the end of long wooden shafts. Later, metal was used in place of the stones.

The second theory is that the naginata evolved directly as a weapon. The first prototype blades were most likely made of bronze, followed later by steel. This theory sets the development of the naginata well after the introduction of metal to Japan from the Asian continents (after 200 BC).

The third theory is that Chinese halberds were carried to Japan during early migrations, sometime around 200 BC. By the



vancouver 2010



### QUOTE:

**"If curling were easy, they'd call it hockey."**

**-Unknown**

### *REMEMBER...*

Iaido Test

March 2

Aiki Buki Test

March 4

Leo's Komedey Korner

March 20

Kyu Test

April 1

Instructor's Class

April 7

## IAIDO TEST

Tuesday March 2 @ 8:40pm  
All students who are eligible and prepared are encouraged to test

## AIKI BUKI TEST

Thursday March 4 @ 8:30pm  
All students who are eligible and prepared are encouraged to test

## LEO'S KOMEDY KORNER

Saturday March 20 @ 8:30pm sharp  
at Leo's Komedy Korner.  
Tickets are \$15 per person and can be picked up at Aikido Canada (Chudokan Aikido Dojo).

## INSTRUCTOR'S CLASS

Wednesday April 7 @ 7:00pm  
3rd Kyu and above are encouraged to attend

## KYU TEST

Thursday April 1 @ 11:00am & 7:00pm  
All students who are eligible and prepared are encouraged to test



SHINSA

*examination, judging, test*

History of the Naginata  
*cont'd*

Han and Wei Dynasties (approximately 200 AD) these weapons closely resembled the type of naginata eventually used by Japanese warriors. Some historians believe that, although the Chinese may have invented the weapon, it was later developed, utilized, and refined by the Japanese.

Despite the uncertainty surrounding its origin, it is a well-known fact that the naginata was being fully utilized in battle by the 10th century. Cavalry battles had become more important by this time, and it was difficult to repel mounted warriors simply by means of the bow, arrow, and sword. The naginata proved to be a superb weapon for close-up fighting; its sweeping arcs of destruction were used to cut a horse's legs and kill its rider once the horse fell to the ground. During the Gempei War (1180), in which the Taira clan was pitted against the Minamoto, the naginata rose to a position of particularly high esteem. Because of its extensive use at that time, changes were made in the type of armor worn by warriors. The addition of "sune-ate", or shin guards, came into use directly because of injuries inflicted by naginata-bearing warriors. The naginata was also used extensively by women warriors. It is a common misconception that women of that era were submissive and subdued. In reality, they were highly trained warriors who were well versed in the use of the naginata as well as many hand to hand fighting techniques. One of the most famous women warriors was Itagaki. Famous for her naginata skills, Itagaki was in charge of a garrison of 3,000 warriors at the Torizakayama castle. The Hojo shogunate dispatched over 10,000

warriors to crush them. Itagaki led her troops out of the castle directly into the Hojo warriors, killing a significant number of them before finally being overpowered. Off of the battlefield, the naginata was also used by women as a means of protecting themselves and their children while the men were away in battle or working in the fields. Because of the size and reach of the weapon, a woman could keep an attacker at a safe distance.

The introduction of firearms into Japan in the mid-17th century significantly altered battlefield strategies, and the naginata gradually became a weapon used solely by women for protection in their homes. Naginata training was also used as a means of exercise and character development. During the Edo period, a time of relative peace in feudal Japan, all Japanese women were required to master the naginata by age 18. By this time, naginata were usually ornately decorated, and were considered an essential part of a woman's dowry.

Today, the martial art of Naginata is still practiced extensively in Japan and elsewhere. Many different "styles" or schools (ryu) of Naginata are in existence, with Atarashii Naginata and Jikishin-kage ryu being the most popular. Other popular styles are Tendo ryu and Toda Ha Buko ryu. Regardless of the style, all naginata training has at its core the goal of developing respect for traditional etiquette and spiritual training.

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## LEO'S KOMEDY KORNER!!

Come out and have a few laughs for a good cause. Tickets are \$15 per person must be 19 years of age to attend. Pick up tickets at Aikido Canada. All proceeds go to Rose City Athletic Organization.

**GET YOUR TICKETS NOW!!**

## TEST RESULTS

### **CHUDOKAN DOJO, Windsor, Ontario, Canada**

#### Youth

Emma Chlumecky	9 <sup>th</sup> Kyu
James Nguyen	9 <sup>th</sup> Kyu
Nicholas Nguyen	9 <sup>th</sup> Kyu
Alvin Savaya	9 <sup>th</sup> Kyu
Daniel Savaya	9 <sup>th</sup> Kyu
Julia Pastorius	8 <sup>th</sup> Kyu

#### Adult

Jeremy Tanner	9 <sup>th</sup> Kyu
Daniel A. Westfall	9 <sup>th</sup> Kyu
Andjela Stevanovic	7 <sup>th</sup> Kyu
Anton Chertov	6 <sup>th</sup> Kyu
Judy Lund	Shodan
Joseph Maadi	Shodan

### **ANSHINKAN DOJO, Birmingham, Michigan, USA**

Jeffery Hoffmaster	4 <sup>th</sup> Kyu
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### **TRUE BALANCE AIKIDO DOJO, Sterling Heights, Michigan, USA**

Andrew J. Kauffman	9 <sup>th</sup> Kyu
Nicholas C. Lowman	8 <sup>th</sup> Kyu
Alin D. Buse	3 <sup>rd</sup> Kyu
Paul Vigiano	Sandan

### **MICHIGAN AIKIDO ACADEMY, St. Clair Shores, Michigan, USA**

Aleksander Szygowski	Nidan
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### **CHISHINKAN DOJO, Fairmont, West Virginia, USA**

Joshua P. Edwards	7 <sup>th</sup> Kyu
Donnie J. Edwards	4 <sup>th</sup> Kyu

### **RETSUSHINKAN DOJO, Birmingham, Alabama, USA**

Travis W. Palmgren	7 <sup>th</sup> Kyu
Jude Jaber	7 <sup>th</sup> Kyu
James G. Campbell	6 <sup>th</sup> Kyu
Ashleigh Lambiotte	5 <sup>th</sup> Kyu
Chris Tomberlin	4 <sup>th</sup> Kyu
Sarah Morriss	Shodan
Zachary Daniel	Shodan
David Runnels	Nidan

### **SOKUKAN DOJO, Alpharetta, Georgia, USA**

Cameron Murgash	7 <sup>th</sup> Kyu
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**CAFI INSTRUCTOR PROMOTIONS**

Judy Lund	Sensei
Joseph Maadi	Sensei
Aleksander Szygowski	Fuku Shidojin
David Runnels	Fuku Shidojin
Paul Vigiano	Shidojin

**ON GUARD CONTROL & DEFENSIVE TACTICS**Control/Defensive Tactics Course Graduate

Steve Caron

Handcuffing—Basic Course

Michal Bonieki  
 Darryl Preston  
 Anthony Gebrael  
 Kirk Bray  
 James Knight  
 Jenny Perla-Leon  
 Steve Caron  
 Dustin Hindi  
 Mike Dufour  
 John Robinson

Handcuffing—Basic Instructor

Charly Badaoui  
 Michael Dubé

Baton-Basic Course

Richard Zarour  
 Sabah Habib  
 Kirk Bray  
 Darryl Preston  
 Tim Harper  
 Steve Meloche  
 James Knight  
 Mike Dufour  
 Brent Ford  
 Dustin Hindi  
 John Robinson  
 Michal Bonieki  
 Don Nussio

Baton—Basic Instructor

Charly Badaoui  
 Michael Dubé  
 Keith Deslippe

**MA AI**

MA AI refers to the critical distance between opponents, a point at which forces are essentially neutral, but where anything can happen. Fundamental to MA AI is "MA," roughly defined as the way something (or someone) moves through space over time. Many teachers have stated that MA "cannot be taught," either one has this sense of timing, or one does not. However, MA can be enhanced and developed through training. An iaidoka (a student of iaido) who has a good, well-developed sense of MA has an uncanny sense of time and distance. Combined with a sense of zanshin, it is the difference between a merely competent practitioner and a great one. As in other traditional martial art forms, the MA AI of iaido embodies the concept of the sphere of protection, but in this case the circle is extended by the use of the sword.

**MA AI**