



Toronto Aikikai

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Photo by
Wolfgang R. Fürst

Iaido and Iaijutsu Traditional Japanese Swordsmanship

At Toronto Aikikai, we study and practice the curriculum of the Muso Shinden Ryu style of Iaido as established by Mitsunari Kanai Shihan (pictured above).

Each Iaido class starts with warm up exercises that includes a variety of drawing (nukitsuke), cutting (kiritsuke), cleaning (chiburi) and resheathing (notto) sword techniques.

These are followed by group training where kata are demonstrated by the instructor and are performed together with the students. Next, students practice on their own under the instructor's supervision.

Iaido classes are held on Monday and Wednesdays from 6:00 to 7:00 pm and on Saturdays from 9:30 to 10:30 am.

Ryushin Shouchi Ryu is a school of kobudō (ancient martial arts) specializing in Iaijutsu (quick-draw sword art). This system originated from traditional Japanese swordsmanship techniques that have been transmitted over hundreds of years, distilling the wisdom, discipline, and determination of generations of masters. The current headmaster of RSR is Kunikazu Yahagi Soke (pictured above).

RSR is dedicated to the practice and preservation of the skills that closely resemble the fighting techniques of the samurai, which fundamentally derive from conscious breathing and body movements that determine the speed and accuracy of sword movements. Introduction to Iaijutsu classes are held on Sundays from 11:15 am to 12:45 pm.