



Iaido Study Group

When are classes?

Saturday mornings from 8:30 – 10:00 a.m. & Wednesday evenings 7:30 – 9:00 p.m.

The class fee is \$60 per month.

Getting Started

Show Up – Arrive 15 minutes before class* to meet the instructor and get oriented.

*Classes are offered year-round but please email the dojo before coming to ensure we are not having a special event instead of iaido class.

Sign Up – Only a waiver is required to start. We offer one free month of training before signing up for ongoing lessons.

Gear Up - Initially, nothing other than comfortable gym clothes are required. You may borrow a belt and wooden sword from the dojo.

Ramp Up - Eventually students will need to purchase the traditional clothing and equipment worn in iaido including hakama, keikogi, belt and iaito.

Who We Are

About Us

Our Mugai Ryu iaido study group formed in 2004 as a part of Aikido Association Atlanta, a unique and vibrant non-profit Martial Arts organization established in 1995. Our mission has been to provide quality martial arts instruction and to spread principles of self-improvement and non-violent conflict resolution to the general public.

Our instructors are volunteers and give willingly of their time and experience.

We are affiliated with the Japanese Iaido Federation (Nippon Iaido Renmei).

Contact

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**MUGAI
RYU**

IAIDO

居合道



MUGAI RYU IAIDO

J3 Academy & Fitness
13695 Highway 9 North
Alpharetta, GA 30004

Japanese Swordsmanship



What is iaido?

(EE – EYE- DOE)

Iaido is the Japanese art of drawing and cutting with the sword in one smooth motion. A very formal art from Japan, it is one of many martial systems developed and used by the Samurai.

Although battles are no longer fought with swords, training is serious and mindful of the art's lethal intent. In this way, iaido remains as vital today as it was hundreds of years ago.



Who can do iaido?

Our classes are open to all adults. Children showing the willingness, self-control and patience necessary to learn are also welcome as we do have some pre-teens who do quite well. There is no falling, rolling or contact involved so older adults are often able to train into advanced age.

Do you use real swords?

Most students use an iaito, which is an unsharpened aluminum alloy practice sword made to resemble, and feel like, a real Japanese sword. Experienced students sometimes use a shinken (real sword). Practice with sharp swords of any type by beginners is not allowed.

What is the relationship between iaido and Aikido?

There is no direct relationship. They are completely separate, independent, Japanese martial arts. Aikido is a modern art derived from older Samurai sword arts like iaido. Therefore the sword training in iaido is useful to Aikido practitioners and it is common to see students practicing both arts concurrently.

Extra Training

Several times each year we have supplemental training in the form of iaido seminars in Atlanta and Chicago.



Simone drawing and cutting

How are classes conducted?

Most of the training in iaido is performed solo, with the student imagining an opponent. Iaido techniques begin and end with the sword in the scabbard. There are numerous kata, both standing and kneeling, that are practiced over and over again. It is through the kata practice that students learn to control the Japanese sword in various situations.

Classes are conducted in the traditional manner. Techniques are demonstrated and the students are expected to carefully observe and mimic the instructor. Verbal instruction also occurs but is supplementary.

Who is the instructor?

Luke Maranto is the study group leader. He holds the rank of 4th Dan awarded by the Japanese Iaido Federation. He has been studying Japanese martial arts since 1982 and Mugai Ryu since 2004.

Alex Gurevich is the deputy study group leader, holding a 3rd Dan in iaido and 3rd Dan in Aikido.