

INSTRUCTORS

Mr. Robert Wolfe is chief instructor of the Itten Dojo. He began martial arts practice with karate and judo in 1975 while in college and has taught since 1985. Mr. Wolfe has trained in swordsmanship since 1990, in aikijutsu/aikido since 1992, is authorized to teach both arts, and was awarded a degree in Japanese Studies by Bucknell University. Professionally, he is Director of the Level I/Deep Submergence Technical Division of the U.S. Navy Special Emphasis Programs Directorate, an office responsible for specifying technical requirements for procurement or repair of critical submarine components.

As an author, Mr. Wolfe has published numerous articles addressing the martial arts in a variety of periodicals, ranging from popular magazines such as *Inside Karate*, *Martial Arts Training*, *Aikido Today Magazine*, and *Martial Arts Professional*, to internationally distributed, academic publications such as the *Journal of Asian Martial Arts*.

Mr. Wolfe is the editor and publisher of *Sword and Spirit*, as well as moderator of the Dojo Management Forum on E-Budo.com.

Mr. Randy Manning also began martial arts with the study of karate, but now serves as assistant instructor to our MJER iaido class, having trained in swordsmanship since 1993 in a variety of styles.

Mr. Manning holds a Master of Business Administration Degree from Shippensburg University, and is a Patent Agent registered to practice before the U.S. Patent and Trademark Office. He recently retired from his position as Development Engineering Manager for the Fiber Optic Division of Tyco Electronics, but continues to serve as U.S. expert to the IEC SC86B, an international committee that develops standards for fiber optic passive components and interconnection devices, and as well conducts his own consulting business assisting a variety of private clients.

Mr. Alan Starner holds black-belt rank in aikido and karate, has trained in swordsmanship for more than ten years, and assists with instruction in both our aikido and iaido programs. He is Vice President of Perishable Foods for the Central Pennsylvania division of Advantage/Pezro Sales and Marketing.

Mr. Ellis Amdur serves as technical advisor to our aikido class, and visits the dojo regularly to conduct special seminars. Mr. Amdur is a crisis intervention specialist in Seattle, and began his martial arts training in 1968. He spent 13 years in Japan, and currently holds instructor licenses in the Araki-ryu Torite Kogusoku and the Toda-ha Buko-ryu naginatajutsu, teaching both of these martial traditions in Seattle. Mr. Amdur extensively cross-trained in judo, hsing i, Chen family tai chi chuan and muay thai. He began aikido training in 1973 with Terry Dobson in New York City, and continued his training in Japan with a number of instructors, most notably Kuwamori Yasunori and Kuroiwa Yoshio.

Mr. Amdur is the founder of Edgework, a company offering training and consultation to law enforcement and social service personnel in conflict de-escalation and management of the behavior of emotionally disturbed individuals.

Guest Instructors leading special seminars are a frequent feature of our dojo.

To date, we have been honored to host instructors such as: Phil Relnick, *menkyo kaiden* in Shinto Muso-ryu Jo and licensed instructor of Tenshinsho-den Katori Shinto-ryu bujutsu; budo luminaries Meik and Diane Skoss; noted aikido instructor, scholar and author John Stevens; Okabayashi Shogen, direct student of Takeda Tokimune and Hisa Takuma and founder of Hakuho-ryu Aikibudo; and Pam Parker, iaido 5th dan and instructor at the Ken-Zen Institute.



Itten Dojo Traditional Martial Arts of Japan

4425 Valley Road, Suite 300
Enola, PA 17025-2079
(717) 728-8871
ittendojoch@cs.com • www.ittendojo.org

ITTEN DOJO

Itten Dojo is a private center for the practice of aikido and traditional Japanese swordsmanship, located just ½ mile from the intersection of I-81 (Exit 61) and Wertzville Road (Route 944), in northeastern Hampden Township, Cumberland County. We offer an exceptional training facility and environment, and welcome serious inquiries from persons who might find they share our passion for classical martial arts.

Although aikido and swordsmanship vary in technique and training methodology, both lead to the same goal: the development of a strong and focused spirit. Previous martial arts experience is not required.

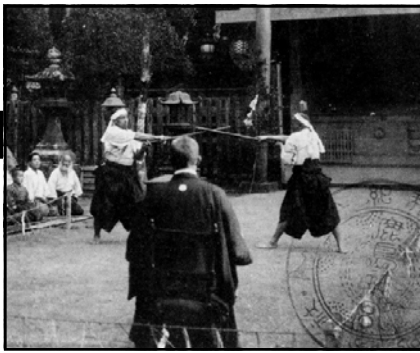
Within a traditional dojo, advancement in rank is viewed as a process enhancing the development of the individual, rather than as a goal for its own sake, and status in the dojo is determined solely on the basis of demonstrated performance. Expectations of women are the same as those for men of comparable size.

New students are guided very carefully in their early training, to insure they are able to build the requisite levels of physical conditioning and basic skill without undue risk of injury or discouragement. Beginners are expected to focus on just one of the arts we practice. Later, once permitted to do so, many members of the dojo train in both arts.

In addition to their regular training and special seminars with a variety of guest instructors, members of the dojo enjoy frequent social occasions, ranging from backyard barbecues to black-tie dinners and trips to museums and galleries.

Prospective students are required to make an appointment to watch class and, following the practice, can request to be interviewed for admission. The interview is intended to ensure that the expectations of the dojo and the student are in harmony, and questions are encouraged.

While the necessary uniforms and equipment required for training can be obtained through the dojo, only the prospective student can provide the most important ingredients for the creation of a martial artist: enthusiasm, dedication, a strong sense of fun and adventure, and the ability to retain forever the receptiveness of a beginner's mind.



WHY BUDO?

Budo, or martial Ways, are warrior arts continuing traditions dating prior to the dissolution of the samurai and the inauguration of the modern era in Japan. For many authorities, the enactment of the *Haitorei* in 1876 marks the dividing line between *koryu* (old-style) and *gendai* (modern) martial arts. The Haitorei prohibited samurai wearing two swords, the traditional badge of their class, and effectively ended the samurai as a distinct social entity.

Viewed by some as anachronistic, the traditional martial arts in fact offer modern adults a compelling alternative to the latest fitness fad or self-improvement regimen, an alternative that has remained fresh and viable, in many cases, for literally hundreds of years.

Aerobic and strength exercise, stress relief, practical self-defense, socializing with an exceptional group of like-minded individuals, and an environment designed to engender spiritual insights — budo offers this and more.

Although until relatively recently it was virtually impossible to find in this area instruction in classical Japanese martial traditions, the situation has changed appreciably. The budo are not yet widespread, and in many cases must be sought out, but increasingly anyone willing to extend himself or herself is likely to find the training he or she seeks.

The types of arts that are available are also expanding, but can be grouped into the broad categories of armed and unarmed systems (although many older traditions, while emphasizing one or the other, may incorporate elements of both). At Itten Dojo, we are exceptionally fortunate to have access to training in classical Japanese swordsmanship and an incredibly sophisticated, unarmed fighting art.



AIKIDO

Aikido is an unarmed martial art closely related to Japanese swordsmanship. In many other martial arts, the use of strength and speed is emphasized in nearly every situation. The art of aikido is different, utilizing a softer and slower style of movement, with physical power being viewed as decidedly detrimental to the attainment of perfect form. Many aikido techniques, when done properly, require only a few ounces of pressure to yield rather spectacular results.

Although aikido is a relatively new budo, dating to the early 20th century, it is derived from a much older martial tradition. *Aikijujutsu* was created in the 12th century as a secret art of the Minamoto clan and was closely guarded over the course of the samurai era. Training in aikijujutsu was first opened to the public by Takeda Sokaku in the early 1900's, at which time the art became known as Daito-ryu.

The founder of aikido, Ueshiba Morihei, was one of Takeda's most gifted students. Ueshiba sensei was born in 1883 and throughout his youth devoted himself to arduous training in classical jujutsu, as well as in the use of the sword, staff, and spear. Following his introduction to Takeda in 1915, Ueshiba trained diligently, eventually earning a *hiden mokuroku* (the first scroll of transmission within the Daito-ryu), as well as instructor certification and permission to teach as Takeda's direct representative.

Despite becoming quite accomplished in Daito-ryu, Ueshiba sensei grew increasingly troubled by the prevailing notion of using martial arts to win at all costs. As his own spiritual search deepened and he was led to the belief that victory at the expense of another person is not true victory, Ueshiba sensei's personal practice evolved to explore the concept that the finest application of true martial skill is found not in the ability to defeat others, but rather in the dedicated effort to defeat discord within oneself.



Following a spiritual revelation he experienced in the spring of 1925, answering his question of how to reconcile martial practice within a larger framework of morality and service to the community, Ueshiba sensei began to refine his aikido. Working initially from a body of techniques virtually identical to the repertoire he amassed in Daito-ryu, Ueshiba sensei pared, honed, and adapted, eventually formalizing an art suitable for the world at large. The result is a budo that can be pursued for practical self-defense, for fitness and self-improvement, for spiritual insights, or even purely for fun.

Motion in aikido is almost entirely circular, emphasizing flowing flexibility while maintaining stable balance. Within the martial context, the objective of aikido is to gain absolute control of an opponent at first contact, both physically and spiritually, allowing the possibility an opponent can be deterred or restrained with minimal harm. The art of aikido provides a wide range of possible responses to aggression, and is especially appropriate for study by women as well as men, law enforcement officers, and those who enjoy the challenge of sophisticated technique.

As a supplement to our unarmed practice, the study of aikido at Itten Dojo includes training with the four-foot staff (*aikijo*) and the sword (*aikiken*).

Our aikido class is fortunate to train under the technical guidance of Ellis Amdur, one of the most highly respected aikido instructors and authors in this country. Mr. Amdur was a student of Terry Dobson, Kuroiwa Yoshio, and Kuwamori Yasunori (each of them direct students of Ueshiba sensei), and visits our dojo regularly for seminars and private training sessions for members of the dojo.

The minimum age for participation in the aikido class is 12 years and only a proper uniform consisting of *judogi* and *zori* (sandals) is required to start training.



IAIDO

Iaido is a form of swordsmanship focusing on drawing the sword and cutting in a single motion. The art originated almost 450 years ago during the Sengoku period, a time of constant warfare. The creator of iaido, Jinsuke Shigenobu, formed a new systems of swordsmanship based on his wartime experiences, and the style eventually became known as Muso Jikiden Eishin-ryu.

Today, iaido is primarily a vehicle for personal development. The training is based on *kata* (solo forms) and *kumitachi* (paired, combative forms). Iaido training methods require intense mental and physical concentration. Repeating these forms, very precisely over the course of many years, fosters physical and spiritual growth and self-realization.

We train as a Muso Jikiden Eishin-ryu study group in association with the Foothills Budokai (Denver, Colorado) and the Gakken Dojo (Tokyo, Japan).

The line of Eishin-ryu in which we train includes a modern variant of iaido, Hiken Muso-ryu Iaigirido, with strong emphasis on *tameshigiri* (test-cutting) as an integral component of practice.

Persons interested in the study of iaido should understand that expectations of students are high, particularly with regard to the amount of practice that must be accomplished on one's own, outside the dojo. The expense of training is greater than is the case for aikido, due to the cost of uniforms and equipment.

Iaido training is open to students at least 16 years of age. Members of the iaido class must acquire a *shinken*, a "live," steel sword approved for use in training.

Detailed information on uniform and equipment requirements will be provided by the instructor on request.