

## About laido

The word “laido” (居合道 i-ai-dō or just i-ai 居合) approximately translates into English as “the way of mental presence and immediate reaction”. While new students of laido may start learning with a wooden sword (bokken), those who study laido will be required to use a blunt-edged sword (iaito). As students become more experienced, they may use a sharp-edged sword (shinken).

laido is almost entirely practiced using forms, or kata. Though some schools of laido do hold competitions in which participants are judged based on their performance of kata, the art does not use sparring of any kind. Because of this non-fighting aspect, and laido’s emphasis on precise, controlled, fluid motion, it is sometimes referred to as “moving Zen.”

laido was developed by Hayashizaki Shigenobu in the late sixteenth century. Though it is an established fact that some lai-jutsu was practiced within other schools prior to Hayashizaki’s birth, he is credited with the creation of the system we know today as Muso Shinden Ryu, which—along with another system called Shindo Munen Ryu—is the basis of BNA laido practice.

The traditions and forms of Muso Shinden Ryu were transmitted through successive generations of swordsmen, among them Nakayama Hakudo Sensei, commonly recognized as one of the foremost martial artists of the Meiji period. One of Nakayama Sensei’s top students, Mitsuzuka Takeshi Sensei, established himself in Tokyo and continued the teachings of the Muso Shinden Ryu as transmitted to him by Nakayama Sensei. Birankai founder T. K. Chiba studied laido directly under Mitsuzuka Sensei in Tokyo for several years, and used this tradition as the foundation for his own school of lai Batto-ho.

Birankai



IAI BATTO-HO

SHODEN REQUIREMENTS

居合道	OMORI RYU (Shoden) Suwari Waza from seiza	SHINDO MUNEN RYU Tachi Waza
1	Shohatto	Iwanami
2	Sato	Ukifunegaeshi
3	Uto	Noarashigaeshi
4	Atarito	Utsusemi
5	Inyoshintai	Matsukaze
6	Ryuto	Zangetsu Hidari
7	Junto	Zangetsu Migi
8	Gyakuto	Dotogaeshi
9	Seichuto	Raitogaeshi
10	Koranto	Yoto
11	Gyakute Inyoshintai	Into
12	Batto (Nukiuchi)	Inazumagaeshi