

Cocks Moors Woods Aikido

Kamiza Set up

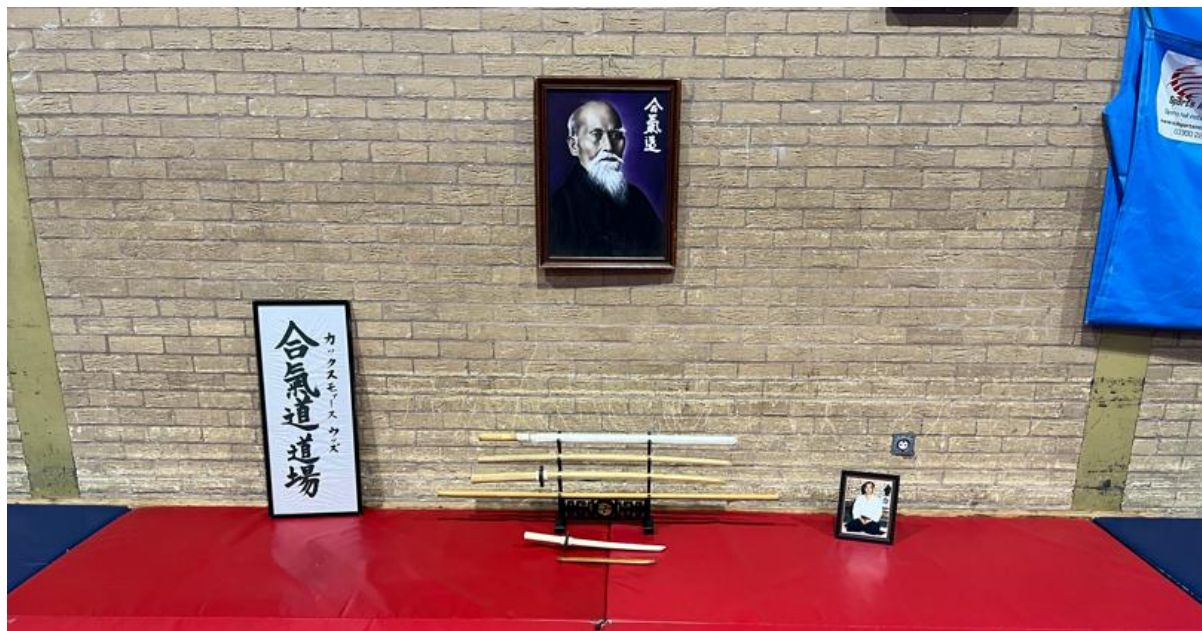
Kamiza literally means “seat of honour” or “place of the gods”

In Aikido the kamiza is on the front wall (a focal area) of the dojo and includes:

- A photo of the founder – Morihei Ueshiba – O Sensei
- Japanese picture saying Cocks Moors Woods Aikido
- A photo of past Sensei’s – Chiba Sensei
- Display of the teaching Sensei’s weapons

This symbolise:

- Respect for the founder and traditions
- The spirit and philosophy of the art
- A reminder of discipline, humility and etiquette



Set up the weapons with the handles furthest away from the door – this way any attackers would have further to go to grab the weapon to attack you.

The picture shows the set up and order of weapons on the stand at our dojo.

Once you have finished setting up the Kamiza, kneel down in front of the Kamiza and bow as a sign of respect.

