SHIN-BUDO KAI　真武道会

CRITERIA FOR REQUIRED HOURS OF IKKYU SHINSA

GRADE: IKKYU

REQUIRED HOURS: OVER 80 HOURS AFTER EARNING 2ND KYU
INTERVALS OF AT LEAST 6 MONTHS
OF ACTIVE TRAINING BEFORE SHINSA

REQUIRED SUBJECTS: AIKIDO, BOKKENDO AND JODO
FOR FULL DETAIS OF IKKYU SHINSA,
SEE AIKIDO SHINSA KIJUN BELOW

TESTING FEE: $50 INCLUDING IKKYU CERTIFICATE

Pay attention to the following words before you take your *shinsa* (examination).

① Understand each technique and subject in *shinsa kijun* clearly.
② Practice each technique and subject in *shinsa kijun* repeatedly.
③ Take any technical advice by the senior students.
④ Test yourself through demonstrating each technique and subject in *shinsa kijun*.
⑤ Perform each technique and subject with confidence when taking your *shinsa*.

INDIVIDUAL PROMOTION RECORDS

NAME:

KYU RANKS:	EARNED ON:	DAN RANKS:	EARNED ON:
5TH KYU		SHODAN	
4TH KYU		NIDAN	
3RD KYU		SANDAN	
2ND KYU		YONDAN	
IKKYU		GODAN	

A TABLE OF CONTENTS

PART ONE: AIKIDO (135 Required Techniques) •••••••••••••••••••••• Aikido pp. 1-12

I. DASHI-HIRAKI (34 techniques) •••••••••••••••••••••••••••••• 2-4
II. YOKO-HIRAKI (33 techniques) •••••••••••••••••••••••••••••• 5-7
III. HIKI-HIRAKI (48 techniques) •••••••••••••••••••••••••••••••• 8-10
IV. USHIRO-MUKI-HIRAKI (19 techniques) ••••••••••••••••••••11-12
V. SUWARI WAZA (1 technique) ••••••••••••••••••••••••••••••••12

PART TWO: BOKKENDO •• Bokkendo pp. 1-74

A LIST OF ABBREVIATIONS •••••••••••••••••••••••••••••• 1-3
I. KEN KAMAE → ROM •••••••••••••••••••••••••••••••••••••• 4-5
II. ASHI SABAKI → ROM •••••••••••••••••••••••••••••••••••••• 6-11
A. AYUMI ASHI •• 6-7
B. OKURI ASHI •• 8-9
C. TSUGI ASHI ••10
D. HIRAKI ASHI ••11
III. KEN SABAKI → ROM ••12-14
IV. KEN HITORI KATA ••15-30
A. KEN TAISO ••15-18
B. HAPPO-KIRI [GIRI] ••••••••••••••••••••••••••••••••••••••19-21
C. KEN 13 KATA ••22-24
D. TACHI-SUJI HAPPO-KIRI [GIRI] (1) ••••••••••••••••••••25-26
E. TACHI-SUJI HAPPO-KIRI [GIRI] (2) ••••••••••••••••••••27-28
F. KEN 6 KATA WITH KIAI UTTERANCE ••••••••••••••••29-30
V. KEN KUMIKATA ••31-74
A. KEN 13 KATA — UCHITACHI VS. SHITACHI ••••••••31-35
B. KEN AWASE ••36-42
C. KEN SABAKI KIHON KUMIKATA ••••••••••••••••••••••43-54
D. KIHON HASSEI KUMIKATA ••••••••••••••••••••••••••••55-74

PART THREE: JODO •••••••••••••••••••••••••••••••••••••••

SHIN-BUDO KAI　真武道会

AIKIDO SHINSA KIJUN　合氣道審査基準

(CRITERIA OF AIKIDO EXAMINATION)

SEPTEMBER 1ST, 2005

IKKYU　一級

PART ONE: AIKIDO　合気道 (135 REQUIRED TECHNIQUES)

ELEMENTS OF AIKIDO TECHNIQUES　合氣道技の要素

I. NAGE WAZA　投げ技	II. KATAME WAZA　固め技
1. KOKYU-NAGE　呼吸投 **2. KOTE-KAESHI　小手返** **3. SHIHO-NAGE　四方投**	**1. IKKYO　一教** **2. NIKYO　二教** **3. SANKYO　三教** **4. YONKYO　四教** **5. GOKYO　五教** **6. UDE-KATAME　腕固め**

The following are *Aikido* techniques arranged by the first movement of *ashi sabaki* (footwork) of *nage* (a thrower). Except V. *Suwari Waza Kokyu Dosa*, the required techniques were itemized by the following categoies of *ashi sabaki*.

I. DASHI-HIRAKI (34 techniques)
II. YOKO-HIRAKI (33 techniques)
III. HIKI-HIRAKI (48 techniques)
IV. USHIRO-MUKI-HIRAKI (19 techniques)
V. SUWARI WAZA (1 technique)

I. DASHI-HIRAKI　出し開き　(34 TECHNIQUES)

Nage takes one step forward and then turns his/her other foot into the direction of 30-45 degrees.

1. KATATE-KOSA-TORI　片手交叉取

KOKYU-NAGE　呼吸投	1. TOBIKOMI (G-A) 2. TEKUBI-KIRI → IRIMI (G-A) 3. MAKI-KAESHI → IRIMI (G-A)
KOTE-KAESHI　小手返	1. TOBIKOMI
NIKYO　二教	1. TEKUBI-KIRI → IRIMI
SANKYO　三教	1. SUDORI → IRIMI
UDE-KATAME　腕固め	1. SUDORI → IRIMI

2. KATATE-TORI　片手取

KOKYU-NAGE　呼吸投	1. TENCHI-NAGE → IRIMI (G-B) 2. TEKUBI-TORI → IRIMI (G-A) 3. TEKUBI-KOSA-TORI → IRIMI (G-A) 4. TEKUBI-KIRI → IRIMI (G-A) → c2h
KOTE-KAESHI　小手返	1. TEKUBI-KIRI → IRIMI → c2h
SANKYO　三教	1. SUDORI → IRIMI → KATSUGI (Carry over his/her shoulder) → c2h

I. DASHI-HIRAKI (continued)

3. KATATE-TORI-RYOTE-MOCHI　片手取両手持

KOKYU-NAGE	**呼吸投**	1. TOBIKOMI (G-A) 2. MAKI-KAESHI → IRIMI (G-A)
KOTE-KAESHI	**小手返**	1. TOBIKOMI

4. RYOTE-TORI　両手取

KOKYU-NAGE	**呼吸投**	1. TENCHI-NAGE → IRIMI (G-B) 2. TEKUBI-TORI → IRIMI (G-A) 3. TEKUBI-KIRI → IRIMI (G-A) → c2h
KOTE-KAESHI	**小手返**	1. TEKUBI-KIRI → IRIMI → c2h

5. SHOMEN-UCHI　正面打

KOKYU-NAGE	**呼吸投**	1. TOBIKOMI (G-A)
KOTE-KAESHI	**小手返**	1. TOBIKOMI
IKKYO	**一教**	1. MICHIBIKI → TENKAN
NIKYO	**二教**	1. MICHIBIKI → TENKAN
SANKYO	**三教**	1. MICHIBIKI → TENKAN
YONKYO	**四教**	1. MICHIBIKI → TENKAN

I. DASHI-HIRAKI (continued)

6. <u>YOKOMEN-UCHI　横面打</u>

KOKYU-NAGE　呼吸投	1.TAI-ATARI JUJI → IRIMI (G-A) 2. JUJI → IRIMI (G-A)
KOTE-KAESHI　小手返	1. JUJI → IRIMI
IKKYO　一教	1. TAI-ATARI → TENKAN
NIKYO　二教	1. TAI-ATARI → TENKAN
SANKYO　三教	1. TAI-ATARI → TENKAN
YONKYO　四教	1. TAI-ATARI → TENKAN
GOKYO　五教	1. TAI-ATARI → TENKAI

II. YOKO-HIRAKI　横開き　(33 TECHNIQUES)

Nage takes one foot sideways and then turns his/her other foot into the direction of 30-45 degrees.

1. KATATE-KOSA-TORI　片手交叉取

KOKYU-NAGE　呼吸投	1. UDE-MAWASHI → YOKO-HIRAKI (G-A)
KOTE-KAESHI　小手返	1. UDE-MAWASWHI → YOKO-HIRAKI
SHIHO-NAGE　四方投	1. MICHIBIKI → IRIMI → YOKO-HIRAKI
IKKYO　一教	1. MICHIBIKI → IRIMI → YOKO-HIRAKI
NIKYO　二教	1. TEKUBI-KIRI → YOKO-HIRAKI → c2h

2. KATATE-TORI　片手取

KOKYU-NAGE　呼吸投	1. UDE-OROSHI → IRIMI → YOKO-HIRAKI (G-B)
KOTE-KAESHI　小手返	1. TEKUBI-KOSA-TORI → YOKO-HIRAKI → c2h
SHIHO-NAGE　四方投	1. MICHIBIKI → IRIMI
IKKYO　一教	1. MICHIBIKI → IRIMI 2. HANTAI → TENKAN
NIKYO　二教	1. MICHIBIKI → IRIMI 2. HANTAI → TENKAN

II. YOKO-HIRAKI 2. KATATE-TORI (continued)

SANKYO　三教	1. MICHIBIKI → IRIMI 2. HANTAI → TENKAN 3. TEKUBI-KAESHI → YOKO-HIRAKI 4. SUDORI → YOKO-HIRAKI
YONKYO　四教	1. MICHIBIKI → IRIMI 2. HANTAI → TENKAN

3. <u>KATATE-TORI-RYOTE-MOCHI　片手取両手持</u>

KOKYU-NAGE　呼吸投	1. UDE-OROSHI → IRIMI → YOKO-HIRAKI (G-B)
SHIHO-NAGE　四方投	1. MICHIBIKI → IRIMI

4. <u>RYOTE-TORI　両手取</u>

KOKYU-NAGE　呼吸投	1. UDE-OROSHI → IRIMI → YOKO-HIRAKI (G-B) 2. UDE-KIRI-OROSHI → YOKO-HIRAKI (G-B)
KOTE-KAESHI　小手返	1. TEKUBI-KOSA-TORI →YOKO-HIRAKI → c2h
SHIHO-NAGE　四方投	1. MICHIBIKI → IRIMI
IKKYO　一教	1. MICHIBIKI → IRIMI
NIKYO　二教	1. TEKUBI-KIRI → YOKO-HIRAKI
SANKYO　三教	1. SUDORI → YOKO-HIRAKI → c2h

II. YOKO-HIRAKI (continued)

5. KATA-TORI　肩取

IKKYO　一教	1. MICHIBIKI → IRIMI →ht 2. HANTAI → TENKAN → ht
NIKYO　二教	1. MICHIBIKI → IRIMI → ht 2. HANTAI → TENKAN → ht

6. SHOMEN-UCHI　正面打

IKKYO　一教	1. IRIMI → YOKO-HIRAKI

7. YOKOMEN-UCHI　横面打

KOTE-KAESHI　小手返	1. UDE-MAWASHI → YOKO-HIRAKI

III. HIKI-HIRAKI 引き開き (48 TECHNIQUES)

Nage takes one foot backward and then turns his/her other foot into the direction of 30-45 degrees.

1. KATATE-KOSA-TORI 片手交叉取

KOKYU-NAGE 呼吸投	1. MICHIBIKI → KAESHI (G-A) → c2h 2. TENCHI-NAGE → HIKI-HIRAKI (G-B) → c2h
KOTE-KAESHI 小手返	1. MICHIBIKI → KAESHI → c2h
SHIHO-NAGE 四方投	1. MICHIBIKI → IRIMI → c2h
SANKYO 三教	1. SUDORI → HIKI-HIRAKI → c2h

2. KATATE-TORI 片手取

KOKYU-NAGE 呼吸投	1. HANTAI → TENKAN (G-A) → c2h
KOTE-KAESHI 小手返	1. HANTAI → TENKAN → c2h 2. TEKUBI-KOSA-TORI → HIKI-HIRAKI → ht
SHIHO-NAGE 四方投	1. MICHIBIKI → IRIMI → c2h 2. HANTAI → TENKAN → c2h
IKKYO 一教	1. MICHIBIKI → IRIMI → c2h 2. HANTAI → TENKAN → c2h
NIKYO 二教	1. MICHIBIKI → IRIMI → c2h
SANKYO 三教	1. MICHIBIKI → IRIMI →c2h

3. KATATE-TORI-RYOTE-MOCHI 片手取両手持

SHIHO-NAGE 四方投	1. MICHIBIKI → IRIMI → c2h

III. HIKI-HIRAKI (continued)

4. <u>RYOTE-TORI　両手取</u>

KOKYU-NAGE　呼吸投	1. HANTAI → TENKAN (G-A) → c2h 2. TENCHI-NAGE → HIKI-HIRAKI (G-B) → c2h
KOTE-KAESHI　小手返	1. TEKUBI-KOSA-TORI → HIKI-HIRAKI → ht
SHIHO-NAGE　四方投	1. MICHIBIKI → IRIMI → c2h
IKKYO　一教	1. MICHIBIKI → IRIMI → c2h
NIKYO　二教	1. MICHIBIKI → IRIMI → c2h

5. <u>KATA-TORI　肩取</u>

KOKYU-NAGE　呼吸投	1. HANTAI → TENKAN (G-A) → c2h 2. UDE-KIRI-OROSHI → HIKI-HIRAKI (G-B) → c2h
KOTE-KAESHI　小手返	1. HANTAI → TENKAN → c2h
SHIHO-NAGE　四方投	1. MICHIBIKI → IRIMI → c2h 2. HANTAI → TENKAN → c2h
IKKYO　一教	1. MICHIBIKI → IRIMI → c2h 2. HANTAI → TENKAN → c2h
NIKYO　二教	1. MICHIBIKI → IRIMI → c2h 2. HANTAI → TENKAN → c2h
SANKYO　三教	1. MICHIBIKI → IRIMI → c2h 2. HANTAI → TENKAN → c2h 3. SUDORI → HIKI-HIRAKI → c2h

YONKYO　四教	1. MICHIBIKI → IRIMI → c2h 2. HANTAI → TENKAN → c2h

6. <u>SHOMEN-UCHI　正面打</u>

SHIHO-NAGE　四方投	1. MICHIBIKI → IRIMI → HIKI-HIRAKI
SANKYO　三教	1. SUDORI → HIKI-HIRAKI

7. <u>YOKOMEN-UCHI　横面打</u>

KOKYU-NAGE　呼吸投	1. HANTAI → TANKAN (G-A) 2. UDE-MAWASHI → HIKI-HIRAKI (G-A)
KOTE-KAESHI　小手返	1. HANTAI → TENKAN
SHIHO-NAGE　四方投	1. MICHIBIKI → IRIMI 2. HANTAI → TENKAN
SANKYO　三教	1. SUDORI → HIKI-HIRAKI

8.<u>MUNE-TSUKI　胸突</u>

KOKYU-NAGE　呼吸投	1. HANTAI → TENKAN (G-A)
KOTE-KAESHI　小手返	1. HANTAI → TENKAN
SHIHO-NAGE　四方投	1. MICHIBIKI → IRIMI
IKKYO　一教	1. MICHIBIKI → IRIMI 2. HANTAI → TENKAN

IV. USHIRO-MUKI-HIRAKI 後ろ向き開き (19 TECHNIQUES)

Nage turns round 180 degrees and then turns his/her body.

1. KATATE-TORI 片手取

KOKYU-NAGE 呼吸投	1. TEKUBI-TORI → TENKAN (G-A) 2. UDE-OROSHI → TENKAN (G-B) 3. TENCHI-NAGE → TENKAN (G-B)
KOTE-KAESHI 小手返	1. TEKUBI-KOSA-TORI → TENKAN
SHIHO-NAGE 四方投	1. TENKAN 2. MICHIBIKI → TENKAN
IKKYO 一教	1. MICHIBIKI → TENKAN

2. KATATE-TORI-RYOTE-MOCHI 片手取両手持

KOKYU-NAGE 呼吸投	1. UDE-MAWASHI → TENKAN Up/down (G-A) 2. UDE-MAWASHI → TENKAN Flat/under (G-A) 3. UDE-MAWASHI → TENKAN Flat/flex (G-A) 4. HACHI-NO-JI (G-A)→ c2h 5. TEKUBI-KIRI → TENKAN Flat/flex (G-A) → c2h 6. UDE-OROSHI → TENKAN (G-B)
KOTE-KAESHI 小手返	1. UDE-MAWASHI → TENKAN

IKKYO　一教	1. MICHIBIKI → IRIMI 2. MICHIBIKI → TENKAN
NIKYO　二教	1. TEKUBI-KIRI → TENKAN 2. MICHIBIKI → TENKAN

3. <u>MUNE-TSUKI　胸突</u>

KOTE-KAESHI　小手返	1.TENKAN

V. <u>SUWARI WAZA　坐り技</u> (1 technique)

Both *nage* and *uke* sit upright facing with each other and *uke* holds both wrists of *nage* in the following technique.

KOKYU-DOSA　呼吸動作	1. OSHI (push)

[END OF AIKIDO]

PART TWO: BOKKENDO 木剣道

The following is a list of abbreviations in alphabetical order, which you will need to understand the criteria of *shinsa* for *Bokkendo* and *Jodo*. You had better use this list to look up what each abbreviation means.

A LIST OF ABBREVIATIONS

A a → *ashi*
The word *ashi* means a foot or a leg.

D d → *dashi*
The word *dashi* means to step forward.
A man takes one step forward.

d-h → *dashi-hiraki*
A man takes one step forward
And then turns his/her other foot to the direction of 30-45 degrees.

H h → ① *hanmi*
A man stands with one foot forward
And then he/she takes his/her other foot backward.
→ ② *hidari*
The word *hidari* means the left side.
→ ③ *hiki*
The word *hiki* means to draw.
A man takes one step backward.
→ ④ *hiraki*
The word *hiraki* means to change an angle.
A man takes one foot forward, backward or sideways
And then turns his/her other foot to the direction of some degrees.

h-a → *hidari-ashi*
The word *hidari-ashi* means the left foot.

h-a d → *hidari-ashi dashi*
A man steps his/her left foot forward.

h-a d-h → *hidari-ashi dashi-hiraki*
A man steps his/her left foot forward
And then turns his/her other foot to the direction of 30-45 degrees.

h-a h → *hidari-ashi hiki*
A man steps his/her left foot backward.

h-a h-h → *hidari-ashi hiki-hiraki*
A man steps his/her left foot backward
And then turns his/her right foot to the direction of 30-45 degrees.

h-a h-t → *hidari-ashi hiki-tsuke*
While the right foot remains still on the ground,
A man draws his/her left foot close to that one.

h-a h-y → *hidari-ashi hidari-yoko*
A man moves his/her left foot toward the left side.

h-a m-y → *hidari-ashi migi-yoko*
A man moves his/her left foot toward the right side.

hh → *hidari-hanmi*
A man stands with his/her left foot forward.

h-h → *hiki-hiraki*
A man steps one foot backward
And then turns his/her other foot to the direction of 30-45 degrees.

h-t → *hiki-tsuke*
While one foot remains still on the ground,
A man draws his/her other foot close to that one.

h-y → *hidari-yoko*
The word *hidari-yoko* means the left side.
A man moves his/ her foot (feet) toward the left side.

M

m → *migi*
The word *migi* means the right side.

m-a → *migi-ashi*
The word *migi-ashi* means the right foot.

m-a d → *migi-ashi dashi*
A man steps his/her right foot forward.

m-a d-h → *migi-ashi dashi-hiraki*
A man steps his/her right foot forward
And then turns his/her left foot to the direction of 30-45 degrees.

m-a h → *migi-ashi hiki*
A man steps his/her right foot backward.

m-a h-h → *migi-ashi hiki-hiraki*
A man steps his/her right foot backward
And then turns his/her left foot to the direction of 30-45 degrees.

m-a h-t → *migi-ashi hiki-tsuke*
While the left foot remains still on the ground,
A man draws his/her right foot close to that one.

m-a h-y → *migi-ashi hidari-yoko*
A man moves his/her right foot toward the left side.

m-a m-y → *migi-ashi migi-yoko*
A man moves his/her right foot toward the right side.

mh → *migi-hanmi*
A man stands with the right foot forward.

m-y → *migi-yoko*
The word *migi-yoko* means the right side.
A man moves his/her foot (feet) toward the right side.

R ROM → Read Only Memory (Material)
A ROM mark allows an examinee to omit the actual performance in *shinsa*.

T t → *tsuke*
The word *tsuke* means to attach. A man draws one foot toward the other foot.

Y y → *yoko*
The word *yoko* means sideways. A man moves his/her foot (feet) sideways.

I. KEN KAMAE　剣構え　(Posture with a *Bokken*) → ROM

When an examinee performs each *ken kamae* as mentioned below, he/she should stay put in *migi-chudan*. After that, an examinee should follow each suggestion by an examiner.

1. MIGI-CHUDAN (mh)　右中段

Standing with the right foot forward, an examinee stays put in a middle position
With the point of the *bokken* aimed at the center of an opponent's face or throat.

2. MIGI-GEDAN (mh)　右下段

Standing with the right foot forward, an examinee stays put in a lower position
With the point of the *bokken* aimed at the height of an opponent's knee.

3. MIGI-JODAN (mh)　右上段

Standing with the right foot forward, an examinee stays put in an upper position
With the *bokken* held above the head.

4. HIDARI-JODAN (hh)　左上段

Standing with the left foot forward, an examinee stays put in an upper position
With the *bokken* held above the head.

5. MIGI-WAKIGAMAE (hh)　右脇構え

Standing with the left foot forward, an examinee stays put in a side position
With the *bokken* held out and back at the right side.

I. KEN KAMAE (continued)

6. MIGI-HASSO (hh)　右八双（右八相）

Standing with the left foot forward, an examinee stays put in a half upper position With the *bokken* held vertically slightly above the right shoulder.

7. MIGI-RYOTE-AGE (mh)　右両手上げ

Standing with the right foot forward, an examinee stays put in a head-protecting Position with the *bokken* held horizontally.

8. HIDARI-RYOTE-AGE (hh)　左両手上げ

Standing with the left foot forward, an examinee stays put in a head-protecting Position with the *bokken* held horizontally.

II. <u>ASHI SABAKI　足捌き</u> (Footwork) → ROM

An examinee must memorize each *ashi sabaki* in that order because an examiner only reads out each name of the subjects. When an examinee performs each *ashi sabaki* as mentioned below, he/she should stay put in *migi-chudan*. After that, an examinee should follow each suggestion by an examiner.

A. AYUMI ASHI
B. OKURI ASHI
C. TSUGI ASHI
D. HIRAKI ASHI

A. <u>AYUMI ASHI　歩み足</u> (Walking Footwork in Style)

1. <u>ZENSHIN　前進</u>

An examinee moves forward with walking footwork.

[① ② ③]
Count 1 ▲ MIGI-CHUDAN (mh)
m-a d
Count 2 ● MIGI-CUDAN (mh)
h-a d
Count 3 ●HIDARI-CHUDAN (hh)
m-a d
● MIGI-CHUDAN (mh)

2. <u>KOTAI　後退</u>

An examinee moves backward with walking footwork.

[① ② ③]
Count 1 ▲ MIGI-CHUDAN (mh)
h-a h
Count 2 ● MIGI-CHUDAN (mh)
m-a h
Count 3 ● HIDARI-CHUDAN (hh)
h-a h
● MIGI-CHUDAN (mh)

A. AYUMI ASHI (continued)

3. YOKO (HIDARI AND MIGI)　横（左と右）

An examinee moves sideways by crossing both feet.

[① ② ③ ④]

Count 1 ▲ MIGI-CHUDAN (mh)
h-a h-y (move his/her left foot toward the left side)
Count 2 ● MIGI-CHUDAN (mh)
m-a h-y (move his/her right foot like crossing both feet
Toward the left side)
Count 3 ● MIGI-CHUDAN (mh)
h-a h-y
Count 4 ● MIGI-CHUDAN (mh)
m-a h-y
● MIGI-CHUDAN (mh)

[⑤ ⑥ ⑦ ⑧]

Count 5 ▲ MIGI-CHUDAN (mh)
m-a m-y (move his/her right foot toward the right side)
Count 6 ● MIGI-CHUDAN (mh)
h-a m-y (move his/her left foot like crossing both feet
Toward the right side)
Count 7 ● MIGI-CHUDAN (mh)
m-a m-y
Count 8 ● MIGI-CHUDAN (mh)
h-a m-y
● MIGI-CHUDAN (mh)

B. <u>OKURI ASHI　送り足</u> (Sliding Footwork in Style)

1. <u>ZENSHIN　前進</u>

An examinee moves forward with sliding footwork.

[① ② ③]

Count 1　▲ MIGI-CHUDAN (mh)
m-a d and h-a h-t (move his/her left foot toward the right foot)
Count 2　● MIGI-CHUDAN (mh)
m-a d and h-a h-t
Count 3　● MIGI-CHUDAN (mh)
m-a d and h-a h-t
● MIGI-CHUDAN (mh)

2. <u>KOTAI　後退</u>

An examinee moves backward with sliding footwork.

[① ② ③]

Count 1　▲ MIGI-CHUDAN (mh)
h-a h and m-a h-t (move his/her right foot toward the left foot)
Count 2　● MIGI-CHUDAN (mh)
h-a h and m-a h-t
Count 3　● MIGI-CHUDAN (mh)
h-a h and m-a h-t
● MIGI-CHUDAN (mh)

B. OKURI ASHI (continued)

3. YOKO (HIDARI AND MIGI)　横（左と右）

An examinee moves sideways with sliding footwork.

[① ② ③ ④]

Count 1 ▲ MIGI-CHUDAN (mh)
h-a h-y (move his/her left foot toward the left side)
Count 2 ● MIGI-CHUDAN (mh)
m-a h-y (move his/her right foot toward the left foot
With sliding footwork)
Count 3 ● MIGI-CHUDAN (mh)
h-a h-y
Count 4 ● MIGI-CHUDAN (mh)
m-a h-y
● MIGI-CHUDAN (mh)

[⑤ ⑥ ⑦ ⑧]

Count 5 ▲ MIGI-CHUDAN (mh)
m-a m-y (move his/her right foot toward the right side)
Count 6 ● MIGI-CHUDAN (mh)
h-a m-y (move his/her left foot toward the right foot
With sliding footwork)
Count 7 ● MIGI-CHUDAN (mh)
m-a m-y
Count 8 ● MIGI-CHUDAN (mh)
h-a m-y
● MIGI-CHUDAN (mh)

C. <u>TSUGI ASHI　継ぎ足</u> (Connecting Footwork in Style)

1. <u>ZENSHIN　前進</u>

An examinee moves forward with connecting footwork.

[① ②]
Count 1 ▲ MIGI-CHUDAN (mh)
h-a h-t toward m-a (move his/her left foot toward his/her right foot)
Count 2 ● MIGI-JODAN (mh)
m-a d and SHOMEN-UCHI (mh)
● MIGI-CHUDAN (mh)

[③ ④]
Count 3 ▲ MIGI-CHUDAN (mh)
h-a h-t toward m-a
Count 4 ● MIGI-JODAN (mh)
m-a d and SHOMEN-UCHI (mh)
● MIGI-CHUDAN (mh)

2. <u>KOTAI　後退</u>

An examinee moves backward with connecting footwork.

[① ②]
Count 1 ▲ MIGI-CHUDAN (mh)
m-a h-t toward h-a (move his/her right foot toward his/her left foot)
Count 2 ● MIGI-JODAN (mh)
h-a h and SHOMEN-UCHI (mh)
● MIGI-CHUDAN (mh)

[③ ④]
Count 3 ▲ MIGI-CHUDAN (mh)
m-a h-t toward h-a
Count 4 ● MIGI-JODAN (mh)
h-a h and SHOMEN-UCHI (mh)
● MIGI-CHUDAN (mh)

D. <u>HIRAKI ASHI　開き足</u> (Footwork for Changing an Angle)

1. <u>ZENSHIN　前進</u>

An examinee moves forward and then changes an angle like d-h (*dashi-hiraki*).

[① ②]
Count 1 ▲ MIGI-CHUDAN (mh)
m-a d-h and HIDARI-MEN-UCHI (mh)
Count 2 ● MIGI-CHUDAN (mh)
h-a d-h and MIGE-MEN-UCHI (*gyaku*) (hh)
● HIDARI-CHUDAN (*gyaku*) (hh)

[③]
Count 3 ▲ HIDARI-CHUDAN (*gyaku*) (hh)
m-a d-h and MUNE-TSUKI (*jun*) (mh)
● MIGI-CHUDAN (mh)

2. <u>KOTAI　後退</u>

An examinee moves backward and then changes an angle like h-h (*hiki-hiraki*).

[① ②]
Count 1 ▲ MIGI-CHUDAN (mh)
m-a h-h (move his/her right foot toward either the right side) (→)
(Or the left side) (←)
Count 2 ● HIDARI-JODAN (hh)
h-a h-h (move his/her left foot toward the right side) (→)
And HIDARI-MEN-UCHI (mh)
● MIGI-CHUDAN (mh)

[③ ④]
Count 3 ▲ MIGI-CHUDAN (mh)
h-a h-h (move his/her left foot toward either the right side) (→)
(Or the left side) (←)
Count 4 ● MIGI-JODAN (mh)
m-a h-h (move his/her right foot toward the left side) (→)
And MIGI-MEN-UCHI (*gyaku*) (hh)
● HIDARI-CHUDAN (*gyaku*) (hh)

III. KEN SABAKI　剣捌き　(Handling a *Bokken*) → ROM

When an examinee performs *ken sabaki* as mentioned below, he/she should stay put in *migi-chudan*. After that, an examinee should follow each suggestion by an examiner. For example, "perform two times," "perform three times," and so on.

1. SHOMEN-UCHI　正面打

An examinee strikes the front of the center of the opponent's head.

Count 1　▲ MIGI-CHUDAN (mh)
m-a d and SHOMEN-UCHI (mh)
● MIGI-CHUDAN (mh)

2. MIGI-MEN-UCHI　右面打

An examinee strikes the upper right corner of the opponent's head.

Count 1　▲ MIGI-CHUDAN (mh)
h-a d-h and MIGI-MEN-UCHI (*gyaku*) (hh)
● HIDARI-CHUDAN (*gyaku*) (hh)

3. HIDARI-MEN-UCHI　左面打

An examinee strikes the upper left corner of the opponent's head.

Count 1　▲ MIGI-CHUDAN (mh)
m-a d-h and HIDARI-MEN-UCHI (mh)
● MIGI-CHUDAN (mh)

III. KEN SABAKI (continued)

4. <u>MIGI-KOTE-UCHI　右小手打</u>

An examinee strikes the opponent's right wrist.

Count 1　▲ MIGI-CHUDAN (mh)
m-a d and MIGI-KOTE-UCHI (mh)
● MIGI-CHUDAN (mh)

5. <u>HIDARI-KOTE-UCHI　左小手打</u>

An examinee strikes the opponent's left wrist.

Count 1　▲ MIGI-CHUDAN (mh)
m-a d-h and HIDARI-KOTE-UCHI (mh)
● MIGI-CHUDAN (mh)

6. <u>MIGI-DO-UCHI (1)　右胴打</u>

An examinee strikes the opponent's right torso.

Count 1　▲ MIGI-CHUDAN (mh)
m-a d-h and MIGI-DO-UCHI (*gyaku*) (mh)
● MIGI-CHUDAN (*gyaku*) (mh)

7. <u>MIGI-DO-UCHI (2)　右胴打</u>

An examinee strikes the opponent's right torso.

Count 1　▲ MIGI-CHUDAN (mh)
h-a d-h and MIGI-DO-UCHI (*gyaku*) (hh)
● HIDARI-CHUDAN (*gyaku*) (hh)

III. KEN SABAKI (continued)

8. HIDARI-DO-UCHI　左胴打

An examinee strikes the opponent's left torso.

Count 1　▲ MIGI-CHUDAN (mh)
m-a d-h and HIDARI-DO-UCHI (mh)
● MIGI-CHUDAN (mh)

9. MUNE-TSUKI　胸突

An examinee thrusts straight into the opponent's chest.

Count 1　▲ MIGI-CHUDAN (mh)
m-a d and MUNE-TSUKI (*jun*) (mh)
● MIGI-CHUDAN (mh)

10. MIGI-KESA-KIRI [GIRI]　右袈裟切り

An examinee cuts the opponent aslant through the shoulder.
→ Cut from the left to the right (→).

Count 1　▲ MIGI-CHUDAN (mh)
h-a d-h and MIGI-KESA-KIRI [GIRI] (*gyaku*) (hh)
● HIDARI-CHUDAN (*gyaku*) (hh)

11. HIDARI-KESA-KIRI [GIRI]　左袈裟切り

An examinee cuts the opponent aslant through the shoulder.
→ Cut from the right to the left (←).

Count 1　▲ MIGI-CHUDAN (mh)
m-a d-h and HIDARI-KESA-KIRI [GIRI] (mh)
● MIGI-CHUDAN (mh)

IV. KEN HITORI KATA　剣独り型

(A Solo Performance of Arranged *Bokken* Forms)

An examinee must memorize each *ken hitori kata* in that order because an examiner only reads out each name of the subjects. When an examinee performs each *ken hitori kata* as mentioned below, he/she should do *rei* (bowing) toward *shomen* (the front) with the posture of *sage-to* (holding his/her *bokken* at his/her left side) just before he/she performs each *ken hitori kata*. After that, an examinee should stay put in *migi-chuhan* before he/she executes the first action (count 1) of each *ken hitori kata*.

A. KEN TAISO
B. HAPPO-KIRI [GIRI]
C. KEN 13 KATA
D. TACHI-SUJI HAPPO-KIRI [GIRI] (1)
E. TACHI-SUJI HAPPO-KIRI [GIRI] (2)
F. KEN 6 KATA WITH KIAI UTTERANCE

A. KEN TAISO　剣体操

(A Solo Performance of *Bokken* Exercises)

1. MEN-UCHI WAZA　面打技

An examinee performs several striking techniques.

[① ② ③ ④ ⑤ ⑥]

Count 1 ▲ MIGI-CHUDAN (mh)
m-a d and SHOMEN-UCHI (mh)
● MIGI-CHUDAN (mh)

Count 2 ▲ MIGI-CHUDAN (mh)
m-a h
▲ HIDARI-JODAN (hh)
m-a d and SHOMEN-UCHI (mh)
● MIGI-CHUDAN (mh)

Count 3 ▲ MIGI-CHUDAN (mh)
m-a h
▲ MIGI-WAKIGAMAE (hh)
m-a d and SHOMEN-UCHI (mh)
● MIGI-CHUDAN (mh)

Count 4 ▲ MIGI-CHUDAN (mh)
m-a h
▲ MIGI-HASSO (hh)
m-a d and SHOMEN-UCHI (mh)
● MIGI-CHUDAN (mh)

Count 5 ▲ MIGI-CHUDAN (mh)
m-a d
▲MIGI-JODAN (mh)
h-a d-h and MIGI-MEN-UCHI (*gyaku*) (hh)
● HIDARI-CHUDAN (*gyaku*) (hh)

Count 6 ▲ HIDARI-CHUDAN (*gyaku*) (hh)
m-a h
▲ HIDARI-JODAN (hh)
m-a d-h and HIDARI-MEN-UCHI (mh)
● MIGI-CHUDAN (mh) for *osame* (finish)

2. MEN-UCHI WAZA WITH AYUMI ASHI　歩み足で面打技

An examinee performs several striking techniques while walking forward.

[① ②]
Count 1 ▲ MIGI-CHUDAN (mh)
m-a d and SHOMEN-UCHI (mh)
● MIGI-CHUDAN (mh)

Count 2 ▲ MIGI-CHUDAN (mh)
h-a d and SHOMEN-UCHI (hh)
● HIDARI-CHUDAN (hh)

[③ ④]
Count 3 ▲ HIDARI-CHUDAN (hh)
m-a d and SHOMEN-UCHI (mh)
● MIGI-CHUDAN (mh)

Count 4 ▲ MIGI-CHUDAN (mh)
h-a d and SHOMEN-UCHI (hh)
● HIDARI-CHUDAN (hh)
And then *ushiro-muki* (→) (turn on his/her heels)

[⑤ ⑥

Count 5 ▲ MIGI-JODAN (mh)
m-a d and SHOMEN-UCHI (mh)
● MIGI-CHUDAN (mh)

Count 6 ▲ MIGI-CHUDAN (mh)
h-a d and SHOMEN-UCHI (hh)
● HIDARI-CHUDAN (hh)

[⑦ ⑧]

Count 7 ▲ HIDARI-CHUDAN (hh)
m-a d and SHOMEN-UCHI (mh)
● MIGI-CHUDAN (mh)

Count 8 ▲ MIGI-CHUDAN (mh)
h-a d and SHOMEN-UCHI (hh)
● HIDARI-CHUDAN (hh)
And then *ushiro-muki* (→)
● MIGI-CHUDAN (mh) for *osame* (finish)

3. MEN-UCHI WAZA AND TSUKI WAZA　面打技と突技

An examinee performs several consecutive techniques of striking and poking.

[① ②]

Count 1 ▲ MIGI-CHUDAN (mh)
m-a h
▲ HIDARI-JODAN (hh)
m-a d and SHOMEN-UCHI (mh)
● MIGI-CHUDAN (mh)

Count 2 ▲ MIGI-CHUDAN (mh)
m-a d-h and MUNE-TSUKI (*jun*) (mh)
● MIGI-CHUDAN (mh)

[③ ④]

Count 3 ▲ MIGI-CHUDAN (mh)
h-a d and SHOMEN-UCHI (hh)
● HIDARI-CHUDAN (hh)

Count 4 ▲ HIDARI-CHUDAN (hh)
h-a d-h and MUNE-TSUKI (*gyaku*) (hh)
● HIDARI-CHUDAN (*gyaku*) (hh)
And then *usiro-muki* (→) (turn on his/her heels)

[⑤ ⑥]

Count 5 ▲ MIGI-JODAN (mh)
m-a d and SHOMEN-UCHI (mh)
● MIGI-CHUDAN (mh)

Count 6 ▲ MIGI-CHUDAN (mh)
h-a d-h and *mawashi* (rotate) and MUNE-TSUKI (*gyaku*) (hh)
● HIDARI-CHUDAN (*gyaku*) (hh)

[⑦ ⑧]

Count 7 ▲ HIDARI-CHUDAN (*gyaku*) (hh)
m-a d and SHOMEN-UCHI (mh)
● MIGI-CHUDAN (mh)

Count 8 ▲ MIGI-CHUDAN (mh)
h-a d-h and *mawashi* and MUNE-TSUKI (*gyaku*) (hh)
● HIDARI-CHUDAN (*gyaku*) (hh)
And then *ushiro-muki* (→)
● MIGI-CHUDAN (mh) for *osame* (finish)

B. <u>HAPPO-KIRI [GIRI]　八方切り</u>

(A Solo Performance of Arranged Forms of Cutting and Poking the Eight Directions → Perform two times)

An examinee stands with the posture of *taito* (ready to perform) and then starts *batto* (pull up his/her *bokken*).

HOW TO COUNT: 1 2 // 3 4 // 5 6 // 7 8 // 9 10 // 11 12 // 13 //

[① ②]

Count 1 ▲ MIGI-CHUDAN (mh)
m-a d and SHOMEN-UCHI (mh)
● MIGI-CHUDAN (mh)

Count 2 ▲ MIGI-CHUDAN (mh)
h-a d-h and MUNE-TSUKI (*gyaku*) (hh)
● HIDARI-CHUDAN (*gyaku*) (hh)
And then *ushiro-muki* (→) (turn on his/her heels)

[③ ④]

Count 3 ▲ MIGI-JODAN (mh)
m-a d and SHOMEN-UCHI (mh)
● MIGI-CHUDAN (mh)

Count 4 ▲ MIGI-CHUDAN (mh)
m-a d-h and MUNE-TSUKI (*jun*) (mh)
● MIGI-CHUDAN (mh)
And then *hidari-muki* (←) (turn to the left)

[⑤ ⑥]

Count 5 ▲ HIDARI-JODAN (hh)
h-a d and SHOMEN-UCHI (hh)
● HIDARI-CHUDAN (hh)

Count 6 ▲ HIDARI-CHUDAN (hh)
h-a d-h and MUNE-TSUKI (*gyaku*) (hh)
● HIDARI-CHUDAN (*gyaku*) (hh)
And then *ushiro-muki* (→)

B. HAPPO-KIRI [GIRI] (continued)

[⑦ ⑧]

Count 7 ▲ MIGI-JODAN (mh)
m-a d and SHOMEN-UCHI (mh)
● MIGI-CHUDAN (mh)

Count 8 ▲ MIGI-CHUDAN (mh)
m-a d-h and MUNE-TSUKI (*jun*) (mh)
● MIGI-CHUDAN (mh)
And then *hidari-naname-muki* (←) (change front half left)

[⑨ ⑩]

Count 9 ▲ HIDARI-JODAN (hh)
h-a d and SHOMEN-UCHI (hh)
● HIDARI-CHUDAN (hh)
And then *ushiro-muki* (→)

Count 10 ▲ MIGI-JODAN (mh)
m-a d and SHOMEN-UCHI (mh)
● MIGI-CHUDAN (mh)
And then *hidari-muki* (←)

[⑪ ⑫]

Count 11 ▲ HIDARI-JODAN (hh)
h-a d and SHOMEN-UCHI (hh)
● HIDARI-CHUDAN (hh)
And then *ushiro-muki* (→)

Count 12 ▲ MIGI-JODAN (mh)
m-a d and SHOMEN-UCHI (mh)
● MIGI-CHUDAN (mh)

B. HAPPO-KIRI [GIRI] (continued)

[⑬]

Count 13 ▲ MIGI-CHUDAN (mh)
h-a h, m-a h-t
▲ HIDARI-WAKIGAMAE (mh)
With *migi-katate-tachi*
(Hold his/her *bokken* with the right hand only at his/her left side)
Start to turn clockwise (→)
And then KIRI [UCHI]-HARAI (→)
(Swing his/her *bokken* horizontally)
→ 1 ½ turn
● MIGI-WAKIGAMAE (hh)
● HIDARI-JODAN (hh)
h-a h
● MIGI-CHUDAN (mh) for *osame* (finish)

C. KEN 13 KATA　13 の剣型

(A Solo Performance of Arranged *Bokken* 13 Forms)

An examinee stands with the posture of *taito* (ready to perform) and then starts *batto* (pull up his/her *bokken*).

HOW TO COUNT: 1.2 // 3 4 // 5 6 // 7 8 // 9 // 10 // 11 12 // 13 //

[① ②]

Count 1 ▲ MIGI-CHUDAN (mh)
h-a y (←) and *hidari-yori* (move to the left side)
And then *uke-hazushi* (turn aside a blow) (mh)
● MIGI-RYOTE-AGE (mh)

Count 2 ▲ MIGI-RYOTE-AGE (mh)
h-a d-h and MIGI-KESA-KIRI [GIRI] (*gyaku*) (hh)
● HIDARI-CHUDAN (*gyaku*) (hh)

[③ ④]

Count 3 ▲ HIDARI-CHUDAN (*gyaku*) (hh)
m-a d-h and HIDARI-MEN-UCHI (mh)
● MIGI-CHUDAN (mh)

Count 4 ▲ MIGI-CHUDAN (mh)
h-a d-h and MIGI-MEN-UCHI (*gyaku*) (hh)
● HIDARI-CHUDAN (*gyaku*) (hh)
And then *ushiro-muki* (→) (turn on his/her heels)

[⑤ ⑥]

Count 5 ▲ MIGI-JODAN (mh)
m-a d and SHOMEN-UCHI (mh)
● MIGI-CHUDAN (mh)

Count 6 ▲ MIGI-CHUDAN (mh)
m-a d-h and MUNE-TSUKI (*jun*) (mh)
● MIGI-CHUDAN (mh)
And then *ushiro-muki* (←)

C. KEN 13 KATA (continued)

[⑦ ⑧]

Count 7 ▲ HIDARI-JODAN (hh)
h-a d and SHOMEN-UCHI (hh)
● HIDARI-CHUDAN (hh)

Count 8 ▲ HIDARI-CHUDAN (hh)
h-a d-h and MUNE-TSUKI (*gyaku*) (hh)
● HIDARI-CHUDAN (*gyaku*) (hh)

[⑨]

Count 9 ▲ HIDARI-CHUDAN (*gyaku*) (hh)
m-a d-h and HIDARI-MEN-UCHI (mh)
● MIGI-CHUDAN (mh)
h-a h-h and then *ushiro-muki* (←)

[⑩]

Count 10 ▲ MIGI-CHUDAN (mh)
m-a d and *tsuki-dashi* (thrust)
h-a d-h and MIGI-MEN-UCHI (*gyaku*) (hh)
● HIDARI-CHUDAN (*gyaku*) (hh)
m-a h-h and then *ushiro-muki* (→)

[⑪ ⑫]

Count 11 ▲ HIDARI-CHUDAN (*gyaku*) (hh)
h-a d-h and MUNE-TSUKI (*gyaku*) (hh)
● HIDARI-CHUDAN (*gyaku*) (hh)

Count 12 ▲ HIDARI-CHUDAN (*gyaku*) (hh)
m-a d-h and HIDARI-MEN-UCHI (mh)
● MIGI-CHUDAN (mh)

C. KEN 13 KATA (continued)

[⑬]

Count 13 ▲ MIGI-CHUDAN (mh)
h-a h, m-a h-t
▲ HIDARI-WAKIGAMAE (mh)
With *migi-katate-tachi*
(Hold his/her *bokken* with the right hand only at his/her left side)
Start to turn clockwise (→)
And then KIRI [UCHI]-HARAI (→)
(Swing his/her *bokken* horizontally)
→ One turn
● MIGI-WAKIGAMAE (hh)
● HIDARI-JODAN (hh)
h-a h
● MIGI-CHUDAN (mh) for *osame* (finish)

D. <u>TACHI-SUJI HAPPO-KIRI [GIRI] (1)　太刀筋八方切り</u>
(A Solo Performance of the Eight Cutting Directions by a *Bokken*)

An examinee stands with the posture of *taito* (ready to perform) and then starts *batto* (pull up his/her bokken). After that, an examinee stands with *shizen-tai* (the posture in which he/she stands with both feet side by side naturally), and then thrusts his/her *bokken* with the posture of *massugu-chudan*.(the straight middle position) An examinee should not change his/her standing position until he/she finishes performing from count1 through count 9.

[①]

Count 1　▲ MASSUGU-CHUDAN with *shizen-tai* (refer to the above)
Bend both knees slightly and SHOMEN-UCHI
● MASSUGU-CHUDAN (*shizen-tai*)

[②]

Count 2　▲ MASSUGU-CHUDAN (*shizen-tai*)
Straighten himself/herself out and GYAKU-SHOMEN-UCHI
With *sukui-age* (scoop up)
● RYOTE-AGE (*shizen-tai*)

[③

Count 3　▲ RYOTE-AGE (*shizen-tai*)
Bend both knees slightly and MIGI-KESA-KIRI [GIRI] (*gyaku*)
● MIGI-WAKI-NANAME-CHUDAN (*gyaku*) (*shizen-tai*)

[④]

Count 4　▲ MIGI-WAKI-NANAME-CHUDAN (*gyaku*) (*shizen-tai*)
Straighten himself/herself out and GYAKU-MIGI-KESA-KIRI [GIRI]
With *sukui-age*
● RYOTE-AGE (*shizen-tai*)

[⑤]

Count 5　▲ RYOTE-AGE (*shizen-tai*)
Bend both knees slightly and HIDARI-KESA-KIRI [GIRI]
● HIDARI-WAKI-NANAME-CHUDAN (*shizen-tai*)

D. TACHI-SUJI-HAPPO-KIRI [GIRI] (1) (continued)

[⑥]

Count 6 ▲ HIDARI-WAKI-NANAME-CHUDAN (*shizen-tai*)
Straighten himself/herself out
And GYAKU-HIDARI-KESA-KIRI [GIRI]
With *sukui-age*
● RYOTE-AGE (*shizen-tai*)

[⑦]

Count 7 ▲ RYOTE-AGE (*shizen-tai*)
Bend both knees slightly and HIDARI-DO-HARAI (←)
● HIDARI-YOKO-CHUDAN (*shizen-tai*)

[⑧]

●Count 8 ▲ HIDARI-YOKO-CHUDAN (*shizen-tai*)
Bend both knees slightly and MIGI-DO-HARAI (→)
● MIGI-YOKO-CHUDAN (*gyaku*) (*shizen-tai*)

[⑨]

Count 9 ▲ MIGI-YOKO-CHUDAN (*gyaku*) (*shizen-tai*)
● MASSUGU-CHUDAN (*shizen-tai*) for *osame* (finish)

E. <u>TACHI-SUJI HAPPO-KIRI [GIRI] (2)　太刀筋八方切り</u>
(A Solo Performance of the Eight Cutting Directions by a *Bokken*)

An examinee stands with the posture of *taito* (ready to perform) and then starts *batto* (pull up his/her bokken).

HOW TO COUNT: 1 2 // 3 4 // 5 // 6 7 // 8 // 9 10 // 11 // 12 //

[① ②]

Count 1 ▲ MIGI-CHUDAN (mh)
m-a d and SHOMEN-UCHI (mh)
● MIGI-CHUDAN (mh)

Count 2 ▲ MIGI-CHUDAN (mh)
m-a d and GYAKU-SHOMEN-UCHI (mh)
With *sukui-age* (scoop up)
● MIGI-RYOTE-AGE (mh)

[③ ④]

Count 3 ▲ MIGI-RYOTE-AGE (mh)
h-a d-h and MIGI-MEN-UCHI (*gyaku*) (hh)
● HIDARI-CHUDAN (*gyaku*) (hh)

Count 4 ▲ HIDARI-CHUDAN (*gyaku*) (hh)
m-a d-h and HIDARI-MEN-UCHI (mh)
● MIGI-CHUDAN (mh)

[⑤]

Count 5 ▲ MIGI-CHUDAN (mh)
h-a h-h and HIDARI-KIRI-[UCHI] HARAI (←)
(Swing his/her *bokken* horizontally)
● HIDARI-YOKO-CHUDAN (mh)
And then *ushiro-muki* (←) (turn on his/her heels)

E. TACHI-SUJI-HAPPO-KIRI [GIRI] (2) (continued)

[⑥ ⑦]

Count 6 ▲ HIDARI-WAKIGAMAE (*gyaku*) (mh)
h-a d-h and GYAKU-HIDARI-KESA-KIRI [GIRI] (hh)
With *sukui-age*
● HIDARI-RYOTE-AGE (hh)

Count 7 ▲ HIDARI-RYOTE-AGE (hh)
m-a d-h and HIDARI-KESA-KIRI [GIRI] (mh)
● HIDARI-WAKI-NANAME-CHUDAN (mh)

[⑧]

Count 8 ▲ HIDARI-WAKI-NANAME-CHUDAN (mh)
h-a h-t and m-a h-h and then MIGI-KIRI [UCHI]-HARAI (→)
● MIGI-YOKO-CHUDAN (*gyaku*) (hh)
And then *ushiro-muki* (→)

[⑨ ⑩]

Count 9 ▲ MIGI-WAKIGAMAE (*jun*) (hh)
m-a d-h and GYAKU-MIGI-KESA-KIRI [GIRI] (mh)
With *sukui-age*
● MIGI-RYOTE-AGE (mh)

Count 10 ▲ MIGI-RYOTE-AGE (mh)
h-a d-h and MIGI-KESA-KIRI [GIRI] (*gyaku*) (hh)
● MIGI-WAKI-NANAME-CHUDAN (*gyaku*) (hh)

[⑪]

Count 11 ▲ MIGI-WAKI-NANAME-CHUDAN (*gyaku*) (hh)
m-a d-h and MUNE-TSUKI (*jun*) (mh)
● MIGI-CHUDAN (mh)

[⑫]

Count 12 ▲ MIGI-CHUDAN (mh)
h-a h, m-a h and m-a h
With *ayumi ashi* (3-back)
● MIGI-CHUDAN (mh) for *osame* (finish)

F. <u>KEN 6 KATA WITH KIAI UTTERANCE　氣合いと共に６つの剣型</u>

(A Solo Performance of Arranged *Bokken* 6 Forms While Uttering "*Yei*!"
Perform each count from 1 through 6 with one "*yei*" utterance respectively)

An examinee stands with the posture of *taito* (ready to perform) and then starts *batto* (pull up his/her bokken).

[①] [*Shomen-uchi*]

Count 1 ▲ MIGI-CHUDAN (mh)
m-a d and SHOMEN-CHI (mh)
With "YEI"
● MIGI-CHUDAN (mh)

[②] [*Zengo Shomen-uchi*]

Count 2 ▲ MIGI-CHUDAN (mh)
m-a d and SHOMEN-UCHI (mh)
With "YE-"
● MIGI-CHUDAN (mh)
And then *ushiro-muki* (←) (turn on his/her heels)
● HIDARI-JODAN (hh)
h-a d and SHOMEN-UCHI (hh)
With "-EI"
● HIDARI-CHUDAN (hh)
With *migi-orishiki* (the right knee down)

[③] [*Zengo Shomen-uchi*]

Count 3 Stand up
▲ HIDARI-CHUDAN (hh)
m-a h
▲ MIGI-WAKIGAMAE (hh)
h-a d and SHOMEN-UCHI (hh)
With "YE-"
● HIDARI-CHUDAN (hh)
And then *ushiro-muki* (→)
● MIGI-JODAN (mh)
m-a d and SHOMEN-UCHI (mh)
With "-EI"
● MIGI-CHUDAN (mh)
With *hidari-orishiki* (the left knee down)

F. KEN 6 KATA WITH KIAI UTTERANCE (continued)

[④] [*Renzoku Yokomen-uchi*]
Count 4 Stand up
▲ MIGI-CHUDAN (mh)
m-a d-h and HIDARI-MEN-UCHI (mh)
With "YE-"
● MIGI-CHUDAN (mh)
h-a d-h and MIGI-MEN-UCHI (*gyaku*) (hh)
With "-EI"
● HIDARI-CHUDAN (*gyaku*) (hh)

[⑤] [*Kesa-kiri* and *Ashi-kiri-harai*]
Count 5 ▲ HIDARI-CHUDAN (*gyaku*) (hh)
h-a h
▲ MIGI-CHUDAN (mh)
m-a d-h and HIDARI-KESA-KIRI [GIRI] (mh)
With "YE-"
● HIDARI-WAKI-NANAME-CHUDAN (mh)
m-a d and ASHI-KIRI [UCHI]-HARAI (→)
With "-EI"
● MIGI-YOKO-CHUDAN (*gyaku*) (mh)
With *hidari-orishiki* (the left knee down)

[⑥] [*Kesa-kiri* and *Ashi-kiri-harai*]
Count 6 Stand up
▲ MIGI-CHUDAN (mh)
h-a d-h and MIGI-KESA-KIRI [GIRI] (*gyaku*) (hh)
With "YE-"
● MIGI-WAKI-NANAME-CHUDAN (*gyaku*) (hh)
h-a d and ASHI-KIRI [UCHI]-HARAI (←)
With "-EI"
● HIDARI-YOKO-CHUDAN (hh)
With *migi-orishiki*

[*Zanshin*]
And finally, stand up and then stay put in MIGI-CHUDAN (mh)
For *osame* (finish)

V. KEN KUMIKATA　剣の組型

(A Performance of Arranged *Bokken* forms by *Uchitachi* vs. *Shitachi*)

An examinee must memorize all the techniques of *ken kumikata* in that order because an examiner only reads out each name of the subjects.

Both *uchitachi* and *shitachi* stand facing with each other and should follow each suggestion by an examiner.

Both *uchitachi* and *shitachi* should do *rei* (bowing) toward *shomen* (the front) with the posture of *sage-to* (holding his/her *bokken* at his/her side) just before they perform each *kata* (the arranged forms) as mentioned below.

A. KEN 13 KATA — UCHITACHI VS. SHITACHI
B. KEN AWASE
C. KEN SABAKI KIHON KUMIKATA
D. KIHON HASSEI KUMIKATA

A. KEN 13 KATA — UCHITACHI VS. SHITACHI　13 の剣型

(A Performance of Arranged *Bokken* 13 Forms by *Uchitachi* vs. *Shitachi*)

Both *uchitachi* and *shitachi* stand facing with each other. Then both of them stand with the posture of *taito* (ready to perform) respectively and then start *batto* (pull up their *bokken*).

The following numbers, for example, ① ② ③ and so on,correspond to the actual count of *ken* 13 *kata*of *ken hitori kata*.

HOW TO COUNT: 1　2　//　3　4　//　5　6　//　7　8　// 9　//　10　//　11　12　//　13　//

UCHITACHI	**SHITACHI**
[① ②]	
▲MIGI-CHUDAN (mh)	▲MIGI-CHUDAN (mh), wait
① ▲ MIGI-CHUDAN (mh) → m-a d and SHOMEN-UCHI (mh)	
	① ▲ MIGI-CHUDAN (mh) h-a y, and *hidari-yori* (←) (Move his/her left foot toward the left side) Then *uke-hazushi* (turn aside a blow)
● MIGI-CHUDAN (mh)	● MIGI-RYOTE-AGE (mh)

A. KEN 13 KATA — UCHITACHI VS. SHITACHI (continued)

UCHITACHI	**SHITACHI**
▲ MIGI-CHUDAN (mh)	▲ MIGI-RYOTE-AGE (mh)
	② ▲ MIGI-RYOTE-AGE (mh) ← h-a d-h and MIGI-KESA-KIRI (*Gyaku*) (hh) Eventually MIGI-MEN-UCHI (*gyaku*) (hh)
② ▲ MIGI-CHUDAN (mh) m-a h-h and *uke* (block) (*gyaku*) (hh)	
● HIDARI-CHUDAN (*gyaku*) (hh)	● HIDARAI-CHUDAN (*gyaku*) (hh)
[③ ④]	
▲ HIDARI-CHUDAN (*gyaku*) (hh)	▲ HIDARI-CHUDAN (*gyaku*) (hh)
	③ ▲ HIDARI-CHUDAN (*gyaku*) (hh) ← m-a d-h and HIDARI-MEN-UCHI (mh)
③ ▲ HIDARI-CHUDAN (*gyaku*) (hh) h-a h-h and *uke* (*jun*) (mh)	
● MIGI-CHUDAN (mh)	● MIGI-CHUDAN (mh)
▲ MIGI-CHUDAN (mh)	▲MIGI-CHUDAN (mh)
	④ ▲ MIGI-CHUDAN (mh) ← h-a d-h and MIGI-MEN-UCHI (*Gyaku*) (hh)
④ ▲ MIGI-CHUDAN (mh) m-a h-h and *uke* (*gyaku*) (hh)	
● HIDARI-CHUDAN (*gyaku*) (hh)	● HIDARI-CHUDAN (*gyaku*) (hh) ← And then *ushiro-muki* (→) (Turn on his/her heels)
[⑤ ⑥]	
▲ HIDARI-CHUDAN (*gyaku*) (hh)	▲ MIGI-JODAN (mh)
	⑤ ▲ MIGI-JODAN (mh) ← m-a d and SHOMEN-UCHI (mh)
⑤ ▲ HIDARI-CHUDAN (*gyaku*) (hh) h-a d	
● HIDARI-CHUDAN (*jun*) (hh)	● MIGI-CHUDAN (mh)

A. KEN 13 KATA — UCHITACHI VS. SHITACHI (continued)

UCHITACHI	**SHITACHI**
▲ HIDARI-CHUDAN (*jun*) (hh)	▲ MIGI-CHUDAN (mh)
	⑥ ▲ MIGI-CHUDAN (mh)
	← m-a d-h and MUNE-TSUKI (*jun*) (mh)
⑥ ▲ HIDARI-CHUDAN (*jun*) (hh)	
m-a d	
● MIGI-CHUDAN (mh)	● MIGI-CHUDAN (mh)
	← And then *ushiro-muki* (←)
[⑦ ⑧]	
▲ MIGI-CHUDAN (mh)	▲ HIDARI-JODAN (hh)
	⑦ ▲ HIDARI-JODAN (hh)
	← h-a d and SHOMEN-UCHI (hh)
⑦ ▲ MIGI-CHUDAN (mh)	
h-a h *hazushi* (avoid an attack)	
● MIGI-CHUDAN (mh)	● HIDARI-CHUDAN (*jun*) (hh)
▲ MIGI-CHUDAN (mh)	▲ HIDARI-CHUDAN (*jun*) (hh)
	⑧ ▲ HIDARI-CHUDAN (*jun*) (hh)
	← h-a d-h and MUNE-TSUKI (*gyaku*) (hh)
⑧ ▲ MIGI-CHUDAN (mh)	
m-a h and *hazushi*	
● HIDARI-JODAN (hh)	● HIDARI-CHUDAN (*gyaku*) (hh)
[⑨]	
▲ HIDARI-JODAN (hh)	▲ HIDARI-CHUDAN (*gyaku*) (hh)
	⑨ ▲ HIDARI-CHUDAN (*gyaku*) (hh)
	← m-a d-h and HIDARI-MEN-UCHI (mh)
	● MIGI-CHUDAN (mh)
	h-a h-h and then *ushiro-muki* (←)
⑨ ▲ HIDARI-JODAN (hh)	
m-a d-h and *uke* (*jun*)	
h-a h-h and then *ushiro-muki* (←)	
● MIGI-CHUDAN (mh)	● MIGI-CHUDAN (mh)

A. KEN 13 KATA — UCHITACHI VS. SHITACHI (continued)

UCHITACHI	**SHITACHI**
[⑩]	
▲ MIGI-CHUDAN (mh)	▲MIGI-CHUDAN (mh)
	⑩ ▲ MIGI-CHUDAN (mh)
	← m-a d and *tsuki-dashi* (thrust)
	h-a d-h and MIGI-MEN-UCHI (*gyaku*) (hh)
	● HIDARI-CHUDAN (*gyaku*) (hh)
	m-a h-h and then *ushiro-muki* (→)
⑩ ▲ MIGI-CHUDAN (mh)	
m-a h-t and *uke* (*jun*)	
h-a d-h and *uke* (*gyaku*)	
m-a h-h and then *ushiro-muki* (→)	
● HIDARI-CHUDAN (*gyaku*) (hh)	● HIDARI-CHUDAN (*gyaku*) (hh)
[⑪ ⑫]	
▲ HIDARI-CHUDAN (*gyaku*) (hh)	▲ HIDARI-CHUDAN (*gyaku*) (hh)
	⑪ ▲ HIDARI-CHUDAN (*gyaku*) (hh)
	← h-a d and MUNE-TSUKI (*gyaku*) (hh)
⑪ ▲ HIDARI-CHUDAN (*gyaku*) (hh)	
m-a h and *hazushi*	
● HIDARI-CHUDAN (*gyaku*) (hh)	● HIDARI-CHUDAN (*gyaku*) (hh)
▲ HIDARI-CHUDAN (*gyaku*) (hh)	▲ HIDARI-CHUDAN (*gyaku*) (hh)
	⑫ ▲ HIDARI-CHUDAN (*gyaku*) (hh)
	← m-a d-h and HIDARI-MEN-UCHI (mh)
⑫ ▲ HIDARI-CHUDAN (*gyaku*) (hh)	
m-a h and *hazushi*	
● HIDARI-JODAN (hh)	● MIGI-CHUDAN (mh)

A. KEN 13 KATA — UCHITACHI VS. SHITACHI (continued)

[⑬]	
▲ HIDARI-JODAN (hh)	▲ MIGI-CHUDAN (mh)
⑬ ▲ HIDARI-JODAN (hh)	⑬ ▲ MIGI-CHUDAN (mh)
h-a h	h-a h and m-a h-t
▲ MIGI-GEDAN (mh), wait	▲ HIDARI-WAKIGAMAE (mh) With *migi-katate-tachi* (the right hand only) Start to turn clockwise (→) And then KIRI [UCHI]-HARAI (→) 1-turn
● MIGI-GEDAN (mh)	● MIGI-WAKIGAMAE (hh)
● Walk with *ayumi ashi*	● HIDARI-JODAN (hh) h-a h
● MIGI-CHUDAN (mh)	● MIGI-CHUDAN (mh) for *osame* (finish)

B. KEN AWASE　剣の合わせ

(A Performance of Arranged *Bokken* Forms Emphasizing the Hamony With *Uchitachi* and *Shitachi*)

Both *uchitachi* and *shitachi* stand facing with each other. Then both of them stand with the posture of *taito* (ready to perform) respectively and then start *batto* (pull up their bokken).

1.ICHI NO AWASE　一の合わせ

UCHITACHI	**SHITACHI**
1a	
[①] [*Mukae Men*]	
▲ MIGI-CHUDAN (mh)	▲ MIGI-CHUDAN (mh)
m-a h	m-a d
▲ HIDARI-JODAN (hh)	▲ MIGI-JODAN (mh), wait
① ▲ HIDARI-JODAN (hh)	
→ m-a d and SHOMEN-UCHI (mh)	
	① ▲ MIGI-JODAN (mh)
	m-a d-h and *mukae* (come out to respond)
	And SHOMEN-UCHI (mh)
● MIGI-CHUDAN (mh)	● MIGI-CHUDAN (mh)
UCHITACHI	**SHITACHI**
1b	
[①] [*Mukae Men*]	
▲ MIGI-CHUDAN (mh)	▲ MIGI-CHUDAN (mh)
m-a d	m-a d
▲ HIDARI-JODAN (hh)	▲ MIGI-JODAN (mh), wait
① ▲ HIDARI-JODAN (hh)	
→ m-a d and SHOMEN-UCHI (mh)	
	① ▲ MIGI-JODAN (mh)
	h-a d-h and *mukae*
	And SHOMEN-UCHI (hh)
● MIGI-CHUDAN (mh)	● HIDARI-CHUDAN (hh)

B. KEN AWASE (continued)

2. NI NO AWASE　二の合わせ

UCHITACHI	SHITACHI
2a	
[① ②] [*Hazushi Men*]	
▲ MIGI-CHUDAN (mh)	▲ MIGI-CHUDAN (mh), wait
① ▲ MIGI-CHUDAN (mh)	
→ m-a d and MUNE-TSUKI (*jun*) (mh)	
	① ▲ MIGI-CHUDAN (mh)
	m-a h-h and *hazushi* (avoid an attack)
● MIGI-CHUDAN (mh)	● HIDARI-JODAN (hh)
▲ MIGI-CHUDAN (mh)	▲ HIDARI-JODAN (hh)
	② ▲ HIDARI-JODAN (hh)
	← m-a d and SHOMEN-UCHI (mh)
② ▲ MIGI-CHUDAN (mh)	
● MIGI-CHUDAN (mh)	● MIGI-CHUDAN (mh)

UCHITACHI	SHITACHI
2b	
[① ②] [*Hazushi* and *Mukae Men*]	
▲ MIGI-CHUDAN (mh)	▲ MIGI-CHUDAN (mh), wait
① ▲ MIGI-CHUDAN (mh)	
→ m-a d and MUNE-TSUKI (*jun*) (mh)	
	① ▲ MIGI-CHUDAN (mh)
	m-a h-h and *hazushi* (avoid an attack)
● MIGI-CHUDAN (mh)	● HIDARI-JODAN (hh)
▲ MIGI-CHUDAN (mh)	▲ HIDARI-JODAN (hh)
② ▲ MIGI-CHUDAN (mh)	
→ m-a d and MUNE-TSUKI (*jun*) (mh)	
	② ▲ HIDARI-JODAN (hh)
	h-a d-h and *mukae* (come out to respond)
	And SHOMEN-UCHI (mh)
● MIGI-CHUDAN (mh)	● MIGI-CHUDAN (mh)

B. KEN AWASE (continued)

3. SAN NO AWASE　三の合わせ

UCHITACHI	SHITACHI
[① ②] [*Mukae Men* and *Dashi Tsuki*]	
▲ MIGI-CHUDAN (mh)	▲ MIGI-CHUDAN
m-a h	m-a d
▲ HIDARI-JODAN (hh)	▲ MIGI-JODAN (mh), wait
① ▲ HIDARI-JODAN (hh)	
→ m-a d and SHOMEN-UCHI (mh)	
	① ▲ MIGI-JODAN (mh)
	m-a d-h and *mukae* (come out to respond)
	And SHOMEN-UCHI (mh)
● MIGI-CHUDAN (mh)	● MIGI-CHUDAN (mh)
▲ MIGI-CHUDAN (mh)	▲ MIGI-CHUDAN (mh)
② ▲ MIGI-CHUDAN (mh)	
→ m-a h	
● HIDARI-JODAN (hh)	
	② ▲ MIGI-CHUDAN (mh)
	m-a d-h and NODO [MUNE]-TSUKI (mh)
● HIDARI-JODAN (hh)	● MIGI-CHUDAN (mh)

B. KEN AWASE (continued)

4. YON NO AWASE　四の合わせ

UCHITACHI	SHITACHI
[① ②] [*Men-uchi* and *Mawashi Tsuki*]	
▲ MIGI-CHUDAN (mh), wait	▲ MIGI-CHUDAN (mh)
	① ▲ MIGI-CHUDAN (mh)
	← m-a d and SHOMEN-UCHI (mh)
① ▲ MIGI-CHUDAN (mh)	
h-a h-h and *uke-osae* (*omote*)	
(Block and push down from right to left)	
● MIGI-CHUDAN (mh)	● MIGI-CHUDAN (mh)
▲ MIGI-CHUDAN (mh)	▲ MIGI-CHUDAN (mh)
	② ▲ MIGI-CHUDAN (mh)
	←h-a d-h and *mawashi* (rotate)
	And NODO [MUNE/HIBARA]-TSUKI (hh)
② ▲ MIGI-CHUDAN (mh)	
● MIGI-CHUDAN (mh)	● HIDARI-CHUDAN (*gyaku*) (hh)

B. KEN AWASE (continued)

5. GO NO AWASE　五の合わせ

UCHITACHI	**SHITACHI**
[① ②] [*Maki-kaeshi Men* and *Tsuke Kote*]	
▲ MIGI-CHUDAN (mh)	▲ MIGI-CHUDAN (mh), wait
① ▲ MIGI-CHUDAN (mh) → m-a h ▲ HIDARI-JODAN (hh) m-a d and SHOMEN-UCHI (mh)	
	① ▲ MIGI-CHUDAN (mh) m-a d and *tsuki-dashi* (thrust) h-a d-h and *maki-kaeshi* (rotate forward) And SHOMEN-UCHI (hh)
● MIGI-CHUDAN (mh)	● HIDARI-CHUDAN (*jun*) (hh)
▲ MIGI-CHUDAN (mh) ② ▲ MIGI-CHUDAN (mh) → m-a h ● HIDARI-JODAN (hh)	▲ HIDARI-CHUDAN (*jun*) (hh)
	② ▲ HIDARI-CHUDAN (hh) m-a d-h and HIDARI-KOTE-UCHI (mh) With *tsuke-uchi* (attach his/her *bokken*)
● HIDARI-JODAN (hh)	● MIGI-CHUDAN (mh)

B. KEN AWASE (continued)

6. ROKU NO AWASE　六の合わせ

UCHITACHI	SHITACHI
[① ②] [*Mukae Men* and *Dashi Tsuki*]	
▲ MIGI-CHUDAN (mh)	▲ MIGI-CHUDAN (mh)
m-a h	m-a d
▲ HIDARI-JODAN (hh)	▲ MIGI-JODAN (mh), wait
① ▲ HIDARI-JODAN (hh)	
→ m-a d and SHOMEN-UCHI (mh)	
	① ▲ MIGI-JODAN (mh)
	m-a d-h and *mukae* (come out to respond)
	And SHOMEN-UCHI (mh)
● MIGI-CHUDAN (mh)	● MIGI-CHUDAN (mh)
▲ MIGI-CHUDAN (mh)	▲ MIGI-CHUDAN (mh)
② ▲ MIGI-CHUDAN (mh)	
→ m-a h	
● HIDARI-JODAN (hh)	
	② ▲ MIGI-CHUDAN (mh)
	m-a d-h and NODO [MUNE]-TSUKI (mh)
● HIDARI-JODAN (hh)	● MIGI-CHUDAN (mh)
[③ ④ ⑤] [*Maki-kaeshi Men* and *Tsuke Kote*]	
▲ HIDARI-JODAN (hh)	▲ MIGI-CHUDAN (mh)
	③ ▲ MIGI-CHUDAN (mh)
	← Draw his/her *bokken* aside
③ ▲ HIDARI-JODAN (hh)	
Confirm the drawn *bokken* by *shitachi*	
● HIDARI-JODAN (hh)	● MIGI-YOKO-CHUDAN (mh)
▲ HIDARI-JODAN (hh)	▲ MIGI-YOKO-CHUDAN (mh)
④ ▲ HIDARI-JODAN (hh)	
→ m-a d and SHOMEN-UCHI (mh)	
	④ ▲ MIGI-YOKO-CHUDAN (mh)
	h-a d-h and *maki-kaeshi* (rotate forward)
	And SHOMEN-UCHI (hh)
● MIGI-CHUDAN (mh)	● HIDARI-CHUDAN (*jun*) (hh)

UCHITACHI	**SHITACHI**
▲ MIGI-CHUDAN (mh)	▲ HIDARI-CHUDAN (*jun*) (hh)
⑤ ▲ MIGI-CHUDAN (mh) → m-a h ● HIDARI-JODAN (hh)	
	⑤ ▲ HIDARI-CHUDAN (hh) m-a d-h and HIDARI-KOTE-UCHI (mh) With *tsuke-uchi* (attach his/her *bokken*)
● HIDARI-JODAN (hh)	● MIGI-CHUDAN (mh)

7. NANA NO AWASE　七の合わせ

UCHITACHI	**SHITACHI**
[①] [*Maki-kaeshi Kubi-uchi*]	
▲ MIGI-CHUDAN (mh)	▲ MIGI-CHUDAN (mh), wait
① ▲ MIGI-CHUDAN (mh) → m-a d and SHOMEN-UCHI (mh) (Lower his/her upper body and head To avoid an attack)	
	① ▲ MIGI-CHUDAN (mh) h-a d-h and *maki-kaeshi* (rotate forward) And KUBI [MIGI-MEN]-UCHI (hh)
● MIGI-CHUDAN (mh)	● HIDARI-CHUDAN (*gyaku*) (hh)

C. KEN SABAKI KIHON KUMIKATA　剣捌きの基本組型

(A Performance of Arranged Basic Forms for Handling a *Bokken*)

Both *uchitachi* and *shitachi* stand facing with each other. Then both of them stand with the posture of *taito* (ready to perform) respectively and then start *batto* (pull up their bokken).

1. UKE KUMIKATA　受け組型

UCHITACHI	**SHITACHI**
[3-walk]	
▲ MIGI-CHUDAN (mh) m-a d, h-a d and m-a d With *ayumi ashi* (3-walk)	▲ MIGI-GEDAN (mh) m-a d, h-a d and m-a d with *ayumi ashi* (3-walk)
● MIGI-CHUDAN (mh)	●MIGI-CHUDAN (mh)
[①] [*Uke Tsuki*]	
▲ MIGI-CHUDAN (mh)	▲ MIGI-CHUDAN (mh) Wait
① ▲ MIGI-CHUDAN (mh) → m-a d and NODO-TSUKI (mh)	
	① ▲ MIGI-CHUDAN (mh) m-a d and *uke* (*jun*) (block) And NODO-TSUKI (*omote*) (mh)
● MIGI-CHUDAN (mh)	● MIGI-CHUDAN (mh)
[②] [*Uke Kote*]	
▲ MIGI-CHUDAN (mh)	▲ MIGI-CHUDAN (mh) Wait
② ▲ MIGI-CHUDAN (mh) → m-a d and MIGI-KOTE-UCHI (mh)	
	② ▲ MIGI-CHUDAN (mh) m-a d and *uke* (*gyaku*) And MIGI-KOTE-UCHI (mh)
● MIGI-CHUDAN (mh)	● MIGI-CHUDAN (mh)

UCHITACHI	**SHITACHI**
[③]] [*Uke Men*]	
▲ MIGI-CHUDAN (mh)	▲ MIGI-CHUDAN (mh) Wait
③ ▲ MIGI-CHUDAN (mh) → m-a d and SHOMEN-UCHI (mh)	
	③ ▲ MIGI-CHUDAN (mh) m-a d and *uke* (*jun*) And SHOMEN-UCHI (mh)
● MIGI-CHUDAN (mh)	● MIGI-CHUDAN (mh)
[④] [*Uke Do*]	
▲ MIGI-CHUDAN (mh)	▲ MIGI-CHUDAN (mh) Wait
m-a h ▲ HIDARI-JODAN (hh) ④ ▲ HIDARI-JODAN (hh) → m-a d-h and HIDARI-MEN-UCHI (mh) ● MIGI-JODAN (mh) And then *ushiro-muki* (←) (Turn on his/her heels)	
	④ ▲ MIGI-CHUDAN (mh) m-a d and *uke* (*jun*) And MIGI-DO-UCHI (mh) ● MIGI-CHUDAN (*gyaku*) (mh) With *ayumi ashi* and *nuke* (pass through) And then *ushiro-muki* (←)
[*Zanshin*]	
▲ HIDARI-JODAN (hh) h-a h ● MIGI-CHUDAN (mh)	▲ MIGI-WAKIGAMAE (hh) m-a d ● MIGI-CHUDAN (mh)

[5-back]
And finally, both of them stand with the posture of not-fighting GEDAN (mh)
And retreat with *ayumi ashi* (5 steps backward)

C. KEN SABAKI KIHON KUMIKATA (continued)

2. HAJIKI KUMIKATA　撥き（弾き）組型

UCHITACHI	SHITACHI
[3-walk]	
▲ MIGI-CHUDAN (mh) m-a d, h-a d and m-a d With *ayumi ashi* (3-walk)	▲ MIGI-GEDAN (mh) m-a d, h-a d and m-a d with *ayumi ashi* (3-walk)
● MIGI-CHUDAN (mh)	● MIGI-CHUDAN (mh)
[①] [*Hajiki Tsuki*]	
▲ MIGI-CHUDAN (mh)	▲ MIGI-CHUDAN (mh) Wait
① ▲ MIGI-CHUDAN (mh) → m-a d and NODO-TSUKI (mh)	
	① ▲ MIGI-CHUDAN (mh) m-a d and *hajiki* (*jun*) (spring out) And NODO-TSUKI (*omote*) (mh)
● MIGI-CHUDAN (mh)	● MIGI-CHUDAN (mh)
[②] [*Hajiki Kote*]	
▲ MIGI-CHUDAN (mh)	▲ MIGI-CHUDAN (mh) Wait
② ▲ MIGI-CHUDAN (mh) → m-a d and MIGI-KOTE-UCHI (mh)	
	② ▲ MIGI-CHUDAN (mh) m-a d and *hajiki* (*gyaku*) And MIGI-KOTE-UCHI (mh)
● MIGI-CHUDAN (mh)	● MIGI-CHUDAN (mh)
[③] [*Hajiki Men*]	
▲ MIGI-CHUDAN (mh) m-a h ▲ HIDARI-JODAN (hh) ③ ▲ HIDARI-JODAN (hh) → m-a d and SHOMEN-UCHI (mh)	▲ MIGI-CHUDAN (mh) Wait
	③ ▲ MIGI-CHUDAN (mh) m-a d and *hajiki* (*jun*) And SHOMEN-UCHI (mh)
● MIGI-JODAN (mh)	● MIGI-CHUDAN (mh)

UCHITACHI	**SHITACHI**
[④] [*Hajiki Do*]	
▲ MIGI-JODAN (mh)	▲ MIGI-CHUDAN (mh) Wait
④ ▲ MIGI-JODAN (mh) → h-a d-h and MIGI-MEN-UCHI (*Gyaku*) (hh) ● HIDARI-JODAN (hh) And then *ushiro-muki* (→) (Turn on his/her heels)	
	④ ▲ MIGI-CHUDAN (mh) m-a d and *hajiki* (*gyaku*) h-a d and HIDARI-DO-UCHI (hh) ● HIDARI-CHUDAN (hh) With *ayumi ashi* and *nuke* (pass through) And then *ushiro-muki* (→)
[*Zanshin*]	
▲ MIGI-JODAN (mh) h-a h ● MIGI-CHUDAN (mh)	▲ YO NO KAMAE (mh) m-a d ● MIGI-CHUDAN (mh)

[5-back]
And finally, both of them stand with the posture of not-fighting GEDAN (mh)
And retreat with *ayumi ashi* (5 steps backward)

C. KEN SABAKI KIHON KUMIKATA (continued)

3. UCHI-OTOSHI KUMIKATA　打ち落とし組型

UCHITACHI	SHITACHI
[3-walk]	
▲ MIGI-CHUDAN (mh) m-a d, h-a d and m-a d With *ayumi ashi* (3-walk)	▲ MIGI-GEDAN (mh) m-a d, h-a d and m-a d with *ayumi ashi* (3-walk)
● MIGI-CHUDAN (mh)	● MIGI-CHUDAN (mh)
[①] [*Uchi-otoshi Tsuki*]	
▲ MIGI-CHUDAN (mh)	▲ MIGI-CHUDAN (mh) Wait
① ▲ MIGI-CHUDAN (mh) → m-a d and NODO-TSUKI (mh)	
	① ▲ MIGI-CHUDAN (mh) m-a d and *uchi-otoshi* (strike down) And NODO-TSUKI (*omote*) (mh)
● MIGI-CHUDAN (mh)	● MIGI-CHUDAN (mh)
[②] [*Uchi-otoshi Kote*]	
▲ MIGI-CHUDAN (mh)	▲ MIGI-CHUDAN (mh) Wait
② ▲ MIGI-CHUDAN (mh) → m-a d and MIGI-KOTE-UCHI (mh) ● MIGI-CHUDAN (mh) h-a h	
	② ▲ MIGI-CHUDAN (mh) m-a d and UCHI-OTOSHI (mh) And then *tsuki-dashi* (thrust) And MIGI-KOTE-UCHI (mh)
● MIGI-CHUDAN (mh)	● MIGI-CHUDAN (mh)
[③] [*Uchi-otoshi Men*]	
▲ MIGI-CHUDAN (mh) m-a h	▲ MIGI-CHUDAN (mh) m-a h
▲ HIDARI-JODAN (hh)	▲ HIDARI-JODAN (hh) Wait

UCHITACHI	**SHITACHI**
③ ▲ HIDARI-JODAN (hh) → m-a d and HIDARI-KOTE-UCHI (mh) With *shomen-uchi* style	
	③ ▲ HIDARI-JODAN (hh) ← m-a d-h and UCHI-OTOSHI (mh) And SHOMEN-UCHI (mh)
● MIGI-CHUDAN (mh)	● MIGI-CHUDAN (mh)
[④] [*Uchi-otoshi Do*]	
▲ MIGI-CHUDAN (mh) m-a h	▲ MIGI-CHUDAN (mh) m-a h
▲ HIDARI-JODAN (hh)	▲ HIDARI-JODAN (hh) Wait
④ ▲ HIDARI-JODAN (hh) → m-a d-h HIDARI-MEN-UCHI (mh) ● MIGI-JODAN (mh) And then *ushiro-muki* (←) (Turn on his/her heels)	
	④ ▲ HIDARI-JODAN (hh) m-a d-h and UCHI-OTOSHI (mh) And then *tsuki-dashi* And MIGI-DO-UCHI (*gyaku*) (mh) ● MIGI-CHUDAN (*gyaku*) (mh) With *ayumi ashi* and *nuke* (pass through) And then *ushiro-muki* (←)
[*Zanshin*]	
▲ HIDARI-JODAN (hh) h-a h	▲ MIGI-WAKIGAMAE (hh) m-a d
● MIGI-CHUDAN (mh)	● MIGI-CHUDAN (mh)
[5-back] And finally, both of them stand with the posture of not-fighting GEDAN (mh) And retreat with *ayumi ashi* (5 steps backward)	

C. KEN SABAKI KIHON KUMIKATA (continued)

4. MAKI KUMIKATA　巻き組型

UCHITACHI	SHITACHI
[3-walk]	
▲ MIGI-CHUDAN (mh) m-a d, h-a d and m-a d With *ayumi ashi* (3-walk)	▲ MIGI-GEDAN (mh) m-a d, h-a d and m-a d with *ayumi ashi* (3-walk)
● MIGI-CHUDAN (mh)	● MIGI-CHUDAN (mh)
[①] [*Maki-otoshi Tsuki*]	
▲ MIGI-CHUDAN (mh)	▲ MIGI-CHUDAN (mh) Wait
① ▲ MIGI-CHUDAN (mh) → m-a d and NODO-TSUKI (mh)	
	① ▲ MIGI-CHUDAN (mh) m-a d and *maki-otoshi* (rotate down) And NODO-TSUKI (*omote*) (mh)
● MIGI-CHUDAN (mh)	● MIGI-CHUDAN (mh)
[②] [*Maki-kaeshi Kote*]	
▲ MIGI-CHUDAN (mh)	▲ MIGI-CHUDAN (mh) Wait
② ▲ MIGI-CHUDAN (mh) → m-a d and MIGI-KOTE-UCHI (mh)	
	② ▲ MIGI-CHUDAN (mh) h-a h-y and *maki-kaeshi* (cross by rotating) And MIGI-KOTE-UCHI (mh)
● MIGI-CHUDAN (mh)	● MIGI-CHUDAN (mh)
[③] [*Maki-kaeshi Men*]	
▲ MIGI-CHUDAN (mh)	▲ MIGI-CHUDAN (mh) Wait
③ ▲ MIGI-CHUDAN (mh) → m-a d and SHOMEN-UCHI (mh)	
	③ ▲ MIGI-CHUDAN (mh) h-a d-h and *maki-kaeshi* And MIGI-MEN-UCHI (*gyaku*) (hh)
● MIGI-CHUDAN (mh)	● HIDARI-CHUDAN (*gyaku*) (hh)

UCHITACHI	**SHITACHI**
[④] [*Maki-age Do*]	
▲ MIGI-CHUDAN (mh)	▲ HIDARI-CHUDAN (*gyaku*) (hh)
m-a h	h-a h-h
▲ HIDARI-JODAN (hh)	▲ MIGI-CHUDAN (mh)
	Wait
④ ▲ HIDARI-JODAN (hh)	
→ m-a d-h and HIDARI-MEN-UCHI (mh)	
● MIGI-JODAN (mh)	
And then *ushiro-muki* (→)	
(Turn on his/her heels)	
	④ ▲ MIGI-CHUDAN (mh)
	m-a m-y and *migi-yori* (move to the right)
	And *maki-age* (rotate upward)
	h-a d and HIDARI-DO-UCHI (hh)
	● HIDARI-CHUDAN (hh)
	With *ayumi ashi* and *nuke* (pass through)
	And then *ushiro-muki* (→)
[*Zanshin*]	
▲ MIGI-JODAN (mh)	▲ YO NO KAMAE (mh)
h-a h	m-a d
● MIGI-CHUDAN (mh)	● MIGI-CHUDAN (mh)

[5-back]
And finally, both of them stand with the posture of not-fighting GEDAN (mh)
And retreat with *ayumi ashi* (5 steps backward)

C. KEN SABAKI KIHON KUMIKATA (continued)

5. NUKI KUMIKATA　抜き組型

UCHITACHI	**SHITACHI**
[3-walk]	
▲ MIGI-CHUDAN (mh) m-a d, h-a d and m-a d With *ayumi ashi* (3-walk)	▲ MIGI-GEDAN (mh) m-a d, h-a d and m-a d with *ayumi ashi* (3-walk)
● MIGI-CHUDAN (mh)	● MIGI-CHUDAN (mh)
[①] [*Nayashi Tsuki*]	
▲ MIGI-CHUDAN (mh)	▲ MIGI-CHUDAN (mh) Wait
① ▲ MIGI-CHUDAN (mh) → m-a d and NODO-TSUKI (mh)	
	① ▲ MIGI-CHUDAN (mh) h-a h and *nayashi* (Reduce the thrust of *uchitachi* by a thrust) m-a d-h and NODO-TSUKI (*omote*) (mh)
● MIGI-CHUDAN (mh)	● MIGI-CHUDAN (mh)
[②] [*Nuki Kote*]	
▲ MIGI-CHUDAN (mh)	▲ MIGI-CHUDAN (mh) Wait
② ▲ MIGI-CHUDAN (mh) → m-a d and MIGI-KOTE-UCHI (mh)	
	② ▲ MIGI-CHUDAN (mh) h-a h-h and *nuki* (pull backward) And MIGI-KOTE-UCHI (mh)
● MIGI-CHUDAN (mh)	● MIGI-CHUDAN (mh)

UCHITACHI	**SHITACHI**
[③] [*Nuki Men*]	
▲ MIGI-CHUDAN (mh)	▲ MIGI-CHUDAN (mh)
m-a h	Wait
▲ HIDARI-JODAN (hh)	
③ ▲ HIDARI-JODAN (hh)	
→ m-a d and SHOMEN-UCHI (mh)	
	③ ▲ MIGI-CHUDAN (mh)
	h-a h-h and *nuki*
	And SHOMEN-UCHI (mh)
● MIGI-CHUDAN (mh)	● MIGI-CHUDAN (mh)
[④] [*Nuki Do*]	
▲ MIGI-CHUDAN (mh)	▲ MIGI-CHUDAN (mh)
m-a h	Wait
▲ HIDARI-JODAN (hh)	
④ ▲HIDARI-JODAN (mh)	
→ m-a d-h and HIDARI-MEN-UCHI (mh)	
● MIGI-CHUDAN (mh)	
And then *ushiro-muki* (←)	
	④ ▲ MIGI-CHUDAN (mh)
	m-a d and *katsugi*
	(Carry over his/her shoulder)
	And MIGI-DO-UCHI (mh)
	● MIGI-CHUDAN (*gyaku*) (mh)
	With *ayumi ashi* and *nuke* (pass through)
	And then *ushiro-muki* (←)
[*Zanshin*]	
▲ HIDARI-JODAN (hh)	▲ MIGI-WAKIGAMAE (hh)
h-a h	m-a d
● MIGI-CHUDAN (mh)	● MIGI-CHUDAN (mh)

[3-back]
And finally, both of them stand with the posture of not-fighting GEDAN (mh)
And retreat with *ayumi ashi* (5 steps backward)

C. KEN SABAKI KIHON KUMIKATA (continued)

6. TOBI-HIRAKI KUMIKATA　跳び開き組型

UCHITACHI	SHITACHI
[3-walk]	
▲ MIGI-CHUDAN (mh) m-a d, h-a d and m-a d With *ayumi ashi* (3-walk)	▲ MIGI-GEDAN (mh) m-a d, h-a d and m-a d with *ayumi ashi* (3-walk)
● MIGI-CHUDAN (mh)	● MIGI-CHUDAN (mh)
[①] [*Tobi-hiraki Tsuki*]	
▲ MIGI-CHUDAN (mh)	▲ MIGI-CHUDAN (mh) Wait
① ▲ MIGI-CHUDAN (mh) → m-a d and *osae* (push down) (*omote*) And NODO-TSUKI (mh)	
	① ▲ MIGI-CHUDAN (mh) h-a h-y and *tobi-hiraki* (←) (Get down sideways) And *nuki* (pull his/her body back) Then *mawashi* (rotate) m-a d and NODO-TSUKI (*ura*) (mh)
● MIGI-CHUDAN (mh)	● MIGI-CHUDAN (mh)
[②] [*Tobi-hiraki Kote*]	
▲ MIGI-CHUDAN (mh)	▲ MIGI-CHUDAN (mh) Wait
② ▲ MIGI-CHUDAN (mh) → m-a d and MIGI-KOTE-UCHI (mh)	
	② ▲ MIGI-CHUDAN (mh) h-a h-y and *tobi-hiraki* (←) And MIGI-KOTE-UCHI (mh)
● MIGI-CHUDAN (mh)	● MIGI-CHUDAN (mh)

UCHITACHI	**SHITACHI**
[③] [*Tobi-hiraki-Men*]	
▲ MIGI-CHUDAN (mh)	▲ MIGI-CHUDAN (mh)
m-a h	Wait
▲ HIDARI-JODAN (hh)	
③ ▲ HIDARI-JODAN (hh)	
→ m-a d and SHOMEN-UCHI (mh)	
	③ ▲ MIGI-CHUDAN (mh)
	h-a h-y and *tobi-hiraki* (←)
	And MIGI-MEN-UCHI (*gyaku*) (mh)
● MIGI-CHUDAN (mh)	● MIGI-CHUDAN (*gyaku*) (mh)
[④] [*Tobi-hiraki Do*]	
▲ MIGI-CHUDAN (mh)	▲ MIGI-CHUDAN (*gyaku*) (mh)
m-a h	▲ MIGI-CHUDAN (mh)
▲ HIDARI-JODAN (hh)	Wait
④ ▲ HIDARI-JODAN (mh)	
→ m-a d-h and HIDARI-MEN-UCHI (mh)	
	④ ▲ MIGI-CHUDAN (mh)
	h-a h-y and *tobi-hiraki* (←)
	And MIGI-DO-UCHI (*gyaku*) (mh)
● MIGI-CHUDAN (mh)	● MIGI-CHUDAN (*gyaku*) (hh)
[*Zanshin*]	
▲ MIGI-CHUDAN (mh)	▲ MIGI-CHUDAN (*gyaku*) (hh)
h-a h	h-a h
● MIGI-CHUDAN (mh)	▲ MIGI-GEDAN (mh)
	● MIGI-CHUDAN (mh)

[3-back]
And finally, both of them stand with the posture of not-fighting GEDAN (mh)
And retreat with *ayumi ashi* (5 steps backward)

D. KIHON HASSEI KUMIKATA　基本八勢の組型

(A Performance of Arranged Basic 8 Forms)

Both *uchitachi* and *shitachi* stand facing with each other. Then both of them stand with the posture of *taito* (ready to perform) respectively and then start *batto* (pull up their bokken).

1. GASSHI-UCHI　合っし打ち

UCHITACHI	**SHITACHI**
[Walk]	
▲ MIGI-RAITO (mh) m-a d, h-a d and m-a d With *ayumi ashi* (3-walk)	▲ MIGI-RAITO (mh) m-a d, h-a d and m-a d with *ayumi ashi* (3-walk)
● MIGI-RAITO (mh)	● MIGI-RAITO (mh)
[① ②] [*Omote Gasshi-uchi*]	
▲ MIGI-RAITO (mh)	▲ MIGI-RAITO (mh) Wait
① ▲ MIGI-RAITO (mh) → m-a d and SHOMEN-UCHI (mh)	
	① ▲ MIGI-RAITO (mh) m-a d and GASSHI-UCHI (*omote*) (mh)
● MIGI-MASSUGU-CHUDAN (mh)	● MIGI-MASSUGU-CHUDAN (mh)
▲ MIGI-MASSUGU-CHUDAN (mh)	▲ MIGI-MASSUGU-CHUDAN (mh)
② ▲ MIGI-MASSUGU-CHUDAN (mh) → h-a h and *nagashi-mawashi* (→) (Rotate leading) at his/hed right side	
	② ▲ MIGI-MASSUGU-CHUDAN (mh) h-a h
●MIGI-RAITO (mh)	● MIGI-RAITO (mh)

UCHITACHI	**SHITACHI**
[③ ④] [*Ura Gasshi-uchi*]	
▲ MIGI-RAITO	▲ MIGI-RAITO (mh)
h-a d	h-a d
▲ HIDARI-RAITO (hh)	▲ HIDARI-RAITO (hh)
	Wait
③ ▲ HIDARI-RAITO (hh)	
→ h-a d and SHOMEN-UCHI (hh)	
	③ ▲ HIDARI-RAITO (hh)
	h-a d and GASSHI-UCHI (*ura*) (hh)
● HIDARI-MASSUGU-CHUDAN (hh)	● HIDARI-MASSUGU-CHUDAN (hh)
▲ HIDARI-MASSUGU-CHUDAN (hh)	▲ HIDARI-MASSUGU-CHUDAN (hh)
④ ▲ HIDARI-MASSHUGU-CHUDAN (hh)	
→ m-a h and *nagashi-mawashi* (←)	
At his/her left side	
	④ ▲ HIDARI-MASSUGU-CHUDAN (hh)
	m-a h
● HIDARI-RAITO (hh)	● HIDARI-RAITO (hh)
[⑤ ⑥] [*Omote Gasshi-uchi*]	
▲ HIDARI-RAITO (hh)	▲ HIDARI-RAITO (hh)
m-a d	Wait
▲ MIGI-RAITO (mh)	
⑤ ▲ MIGI-RAITO (mh)	
→ m-a d and SHOMEN-UCHI (mh)	
	⑤ ▲ HIDARI-RAITO (hh), h-a d
	And GASSHI-UCHI (*omote*) (hh)
● MIGI-MASSUGU-CHUDAN (mh)	● HIDARI-MASSUGU-CHUDAN (hh)
▲ MIGI-MASSUGU-CHUDAN (mh)	▲ HIDARI-MASSUGU-CHUDAN (hh)
⑥ ▲ MIGI-MASSUGU-CHUDAN (mh)	
→ h-a h and *nagashi-mawashi* (→)	
At his/her right side	
	⑥ ▲ HIDARI-MASSUGU-CHUDAN (hh)
	m-a h
● MIGI-RAITO (mh)	● HIDARI-RAITO (hh)

UCHITACHI	**SHITACHI**
[⑦ ⑧] [*Ura Gasshi-uchi*]	
▲ MIGI-RAITO (mh)	▲ HIDARI-RAITO (hh)
h-a d	m-a d
▲ HIDARI-RAITO (hh)	▲ MIGI-RAITO (mh)
	Wait
⑦ ▲ HIDARI-RAITO (hh)	
→ h-a d and SHOMEN-UCHI (hh)	
	⑦ ▲ MIGI-RAITO (mh), m- a d
	GASSHI-UCHI (*ura*) (mh)
● HIDARI-MASSUGU-CHUDAN (hh)	● MIGI-MASSUGU-CHUDAN (mh)
▲ HIDARI-MASSUGU-CHUDAN (hh)	▲ MIGI-MASSUGU-CHUDAN (mh)
⑧ ▲ HIDARI-MASSUGU-CHUDAN (hh)	
→ m-a h and *nagashi-mawashi* (←)	
At his/her left side	
	⑧ ▲ MIGI-MASSUGU-CHUDAN (mh)
	h-a h
● HIDARI-RAITO (hh)	● MIGI-RAITO (mh)
m-a d	
● MIGI-RAITO (mh)	

[Return to the Starting Position]
And finally, both of them stand with the posture of MUKEI [MUGYO]
And return to the starting position with *ayumi ashi*

D. KIHON HASSEI KUMIKATA (continued)

2. IRIMI (JUN)　入身（順）

UCHITACHI	**SHITACHI**
[Walk]	
▲MIGI-RAITO (mh) m-a d, h-a d, m-a d and h-a d With *ayumi ashi* (4-walk)	▲ HIDARI-GEDAN (hh) h-a d, m-a d and h-a d with *ayumi ashi* (3-walk)
● HIDARI-RAITO (hh)	● HIDARI-GEDAN (*gyaku*) (hh)
[①] [*Tsuke Kote*]	
▲ HIDARI-RAITO (hh) Wait	▲ HIDARI-GEDAN (hh)
	① ▲ HIDARI-GEDAN (hh) ← m-a d-h and HIDARI-KOTE-UCHI (mh) With *tsuke-uchi* (attach his/her *bokken*)
① ▲ HIDARI-RAITO (hh) Be struck by *shitachi*	
● HIDARI-RAITO (hh)	● MIGI-SEIGAN (mh)
[②] [*Irimi* with *Oshi*]	
▲ HIDARI-RAITO (hh)	▲ MIGI-SEIGAN (mh)
	② ▲ MIGI-SEIGAN (mh) ←*Irimi* (walk forward) with *oshi* (push) With *ayumi ashi* (5-push) Stop with HIDARI-KOTE-UCHI (mh)
② ▲ HIDARI-RAITO (hh) Retreat with *ayumi ashi* (5-back)	
● HIDARI-RAITO (hh)	● MIGI-SEIGAN (mh)
[Return to the Starting Position] And finally, both of them stand with the posture of MUKEI [MUGYO] And return to the starting position with *ayumi ashi*	

D. KIHON HASSEI KUMIKATA (continued)

3. IRIMI (GYAKU)　入身（逆）

UCHITACHI	**SHITACHI**
[Walk]	
▲ MIGI-RAITO (mh) m-a d, h-a d and m-a d With *ayumi ashi* (3-walk)	▲ MIGI-GEDAN (mh) m-a d, h-a d and m-a d with *ayumi ashi* (3-walk)
● MIGI-RAITO (mh)	● MIGI-GEDAN (mh)
[①] [*Tsuke Kote*]	
▲ MIGI-RAITO (mh) Wait	▲ MIGI-GEDAN (mh)
	① ▲ MIGI-GEDAN (mh) ← h-a d-h and MIGI-KOTE-UCHI (*Gyaku*) (hh) with *tsuke-uchi* (Attach his/her *bokken*)
① ▲ MIGI-RAITO (mh) Be struck by *shitachi*	
● MIGI-RAITO (mh)	● HIDARI-SEIGAN (*gyaku*) (hh)
[②] [*Irimi* with *Oshi*]	
▲ MIGI-RAITO (mh)	▲ HIDARI-SEIGAN (*gyaku*) (hh) ② ▲ HIDARI-SEIGAN (*gyaku*) (hh) ← *Irimi* (walk forward) with o*shi* (push) With *ayumi ashi* (5-push) Stop with MIGI-KOTE-UCHI (*gyaku*) (hh)
② ▲ MIGI-RAITO (mh) Retreat with *ayumi ashi* (5-back)	
● MIGI-RAITO (mh)	● HIDARI-SEIGAN (*gyaku*) (hh)
[③] [*Tsuke Kote*]	
▲ MIGI-RAITO (mh)	▲ HIDARI-SEIGAN (*gyaku*) (hh) ③ ▲HIDARI-SEIGAN (*gyaku*) (hh) ← m-a d-h and HIDARI-KOTE-UCHI (mh) With *tsuke-uchi*
● MIGI-RAITO (mh)	● MIGI-SEIGAN (mh)
[Return to the Starting Position] And finally, both of them stand with the posture of MUKEI [MUGYO] And return to the starting position with *ayumi ashi*	

D. KIHON HASSEI KUMIKATA (continued)

4. HAJIKI-AGE (GYAKU)　弾き上げ（逆）

UCHITACHI	SHITACHI
[Walk]	
▲ MIGI-RAITO (mh) m-a d, h-a d and m-a With *ayumi ashi* (3-walk)	▲ HIDARI-MASSUGU-CHUDAN (hh) h-a d, m-a d and h-a d with *ayumi ashi* (3-walk)
● MIGI-RAITO (mh)	● HIDARI-MASSUGU-CHUDAN (hh)
[① ②] [*Hajiki-age Kote*]	
▲ MIGI-RAITO (mh)	▲ HIDARI-MASSUGU-CHUDAN (hh) Wait
① ▲ MIGI-RAITO (mh) → m-a d and SHOMEN-UCHI (mh)	
	① ▲ HIDARI-MASSUGU-CHUDAN (hh) h-a d and *hajiki-age* (spring up) (*gyaku*)
● MIGI-RAITO (mh)	● HIDARI-RYOTE-AGE (*gyaku*) (hh)
▲ MIGI-RAITO (mh)	▲ HIDARI-RYOTE-AGE (*gyaku*) (hh)
② ▲ MIGI-RAITO (mh) → m-a h	
	② ▲ HIDARI-RYOTE-AGE (*gyaku*) (hh) h-a d and *nagashi-mawashi* (→) (Rotate leading) m-a d-h and HIDARI-KOTE-UCHI (mh)
● HIDARI-RAITO (hh)	● MIGI-SEIGAN (mh)

D. KIHON HASSEI KUMIKATA 4. HAJIKI-AGE (GYAKU) (continued)

UCHITACHI	**SHITACHI**
[③ ④] [*Hajiki-age Kote*]	
▲ HIDARI-RAITO (hh)	▲ MIGI-SEIGAN (mh) Wait
③ ▲ HIDARI-RAITO (hh) → h-a d and SHOMEN-UCHI (hh)	
	③ ▲ MIGI-SEIGAN (mh) m-a d and *hajiki-age* (*jun*)
● HIDARI-RAITO (hh)	● MIGI-RYOTE-AGE (mh)
▲ HIDARI-RAITO (hh)	▲ MIGI-RYOTE-AGE (mh)
④ ▲ HIDARI-RAITO (hh) → h-a h	
	④ ▲MIGI-RYOTE-AGE (mh) m-a d and *nagashi-mawashi* (←) And h-a d-h And MIGI-KOTE-UCHI (*gyaku*) (hh)
● MIGI-RAITO (mh)	● HIDARI-SEIGAN (*gyaku*) (hh)
[⑤ ⑥] [*Hajiki-age Kote*]	
▲ MIGI-RAITO (mh)	▲ HIDARI-SEIGAN (*gyaku*) (hh) Wait
⑤ ▲ MIGI-RAITO (mh) → m-a d and SHOMEN-UCHI (mh)	
	⑤ ▲ HIDARI-SEIGAN (hh) h-a d and *hajiki-age* (*gyaku*)
● MIGI-RAITO (mh)	● HIDARI-RYOTE-AGE (*gyaku*) (hh)
▲ MIGI-RAITO (mh)	▲ HIDARI-RYOTE-AGE (*gyaku*) (hh)
⑥ ▲ MIGI-RAITO (mh) → m-a h	
	⑥ ▲ HIDARI-RYOTE-AGE (*gyaku*) (hh) h-a d and *nagashi-mawashi* (→) m-a d-h and HIDARI-KOTE-UCHI (mh)
● HIDARI-RAITO (hh)	● MIGI-SEIGAN (mh)

D. KIHON HASSEI KUMIKATA 4. HAJIKI-AGE (GYAKU) (continued)

UCHITACHI	**SHITACHI**
[⑦ ⑧] [*Hajiki-age Kote*]	
▲ HIDARI-RAITO (hh)	▲ MIGI-SEIGAN (mh) Wait
⑦ ▲ HIDARI-RAITO (hh) → h-a d and SHOMEN-UCHI (hh)	
	⑦ ▲MIGI-SEIGAN (mh) m-a d and *hajiki-age* (*jun*)
● HIDARI-RAITO (hh)	● MIGI-RYOTE-AGE (mh)
▲ HIDARI-RAITO (hh)	▲ MIGI-RYOTE-AGE (mh)
⑧ ▲ HIDARI-RAITO (hh) → h-a h	
	⑧ ▲ MIGI-RYOTE-AGE (mh) m-a d and *nagashi-mawashi* (←) h-a d-h And MIGI-KOTE-UCHI (*gyaku*) (hh)
● MIGI-RAITO (mh)	● HIDARI-SEIGAN (*gyaku*) (hh)

[Return to the Starting Position]
And finally, both of them stand with the posture of MUKEI [MUGYO]
And return to the starting position with *ayumi ashi*

D. KIHON HASSEI KUMIKATA (continued)

5. HAJIKI-AGE (JUN)　弾き上げ（順）

UCHITACHI	SHITACHI
[Walk]	
▲ MIGI-RAITO (mh) m-a d, h-a d and m-a d With *ayumi ashi* (3-walk)	▲ MIGI-MASSUGU-CHUDAN (mh) m-a d, h-a d and m-a d with *ayumi ashi* (3-walk)
● MIGI-RAITO (mh)	● MIGI-MASSUGU-CHUDAN (mh)
[① ②] [*Hajiki-age Kote*]	
▲ MIGI-RAITO (mh)	▲ MIGI-MASSUGU-CHUDAN (mh) Wait
① ▲ MIGI-RAITO (mh) → m-a d and SHOMEN-UCHI (mh)	
	① ▲ MIGI-MASSUGU-CHUDAN (mh) m-a d and *hajiki-age* (spring up) (j*un*)
● MIGI-RAITO (mh)	● MIGI-RYOTE-AGE (mh)
▲ MIGI-RAITO (mh)	▲ MIGI-RYOTE-AGE (mh)
② ▲ MIGI-RAITO (mh) → m-a h	
	② ▲ MIGI-RYOTE-AGE (mh) m-a d and *nagashi-mawashi* (←) (Rotate leading) h-a d-h And MIGI-KOTE-UCHI (*gyaku*) (hh)
● HIDARI-RAITO (hh)	● HIDARI-SEIGAN (*gyaku*) (hh)

D. KIHON HASSEI KUMIKATA 5. HAJIKI-AGE (JUN) (continued)

UCHITACHI	**SHITACHI**
[③ ④] [*Hajiki-age Kote*]	
▲ HIDARI-RAITO (hh)	▲ HIDARI-SEIGAN (*gyaku*) (hh) Wait
③ ▲ HIDARI-RAITO (hh) → h-a d and SHOMEN-UCHI (hh)	
	③ ▲ HIDARI-SEIGAN (*gyaku*) (hh) h-a d and *hajiki-age* (*gyaku*)
● HIDARI-RAITO (hh)	● HIDARI-RYOTE-AGE (*gyaku*) (hh)
▲ HIDARI-RAITO (hh)	▲ HIDARI-RYOTE-AGE (hh)
④ ▲HIDARI-RAITO (hh) → h-a h	
	④ ▲ HIDARI-RYOTE-AGE (hh) h-a d and *nagashi-mawashi* (→) m-a d-h and HIDARI-KOTE-UCHI (mh)
● MIGI-RAITO (mh)	● MIGI-SEIGAN (mh)
[⑤ ⑥] [*Hajiki-age Kote*]	
▲ MIGI-RAITO (mh)	▲ MIGI-SEIGAN (mh) Wait
⑤ ▲ MIGI-RAITO (mh) → m-a d and SHOMEN-UCHI (mh)	
	⑤ ▲ MIGI-SEIGAN (mh) m-a d and *hajiki-age* (*jun*)
● MIGI-RAITO (mh)	● MIGI-RYOTE-AGE (mh)
▲ MIGI-RAITO (mh)	▲ MIGI-RYOTE-AGE (mh)
⑥ ▲ MIGI-RAITO (mh) → m-a h	
	⑥ ▲ MIGI-RYOTE-AGE (mh) m-a d and *nagashi-mawashi* (←) h-a d-h And MIGI-KOTE-UCHI (*gyaku*) (hh)
● HIDARI-RAITO (hh)	● HIDARI-SEIGAN (*gyaku*) (hh)

D. KIHON HASSEI KUMIKATA 5. HAJIKI-AGE (JUN) (continued)

UCHITACHI	**SHITACHI**
[⑦ ⑧] [*Hajiki-age Kote*]	
▲ HIDARI-RAITO (hh)	▲ HIDARI-SEIGAN (*gyaku*) (hh) Wait
⑦ ▲ HIDARI-RAITO (hh) → h-a d and SHOMEN-UCHI (hh)	
	⑦ ▲ HIDARI-SEIGAN (*gyaku*) (hh) h-a d and *hajiki-age* (*gyaku*)
● HIDARI-RAITO (hh)	● HIDARI-RYOTE-AGE (*gyaku*) (hh)
▲ HIDARI-RAITO (hh)	▲ HIDARI-RYOTE-AGE (*gyaku*) (hh)
⑧ ▲ HIDARI-RAITO (hh) → h-a h	
	⑧ ▲ HIDARI-RYOTE-AGE (*gyaku*) (hh) h-a d and *nagashi-mawashi* (→) m-a d-h and HIDARI-KOTE-UCHI (mh)
● MIGI-RAITO (mh)	● MIGI-SEIGAN (mh)

[Return to the Starting Position]
And finally, both of them stand with the posture of MUKEI [MUGYO]
And return to the starting position with *ayumi ashi*

D. KIHON HASSEI KUMIKATA (continued)

6. UKE-TOME　受け留め

UCHITACHI	SHITACHI
[Walk]	
▲ MIGI-RAITO (mh) m-a d, h-a d and m-a d With *ayumi ashi* (3-walk)	▲ MIGI-GEDAN (mh) m-a d, h-a d and m-a d with *ayumi ashi* (3-walk)
● MIGI-RAITO (mh)	● MIGI-GEDAN (mh)
[① ②] [*Uke-tome Kote*]	
▲ MIGI-RAITO (mh)	▲ MIGI-GEDAN (mh) Wait
① ▲ MIGI-RAITO (mh) → m-a d and MIGI-ASHI-KUBI-UCHI (Inside) (mh)	
	① ▲ MIGI-GEDAN (mh) m-a d and *uke-tome* (block) (*jun*) (mh)
● MIGI-JIZURI-GEDAN (mh) (The lowest level with the tip of *bokken*) Pointing at the ground)	● MIGI-JIZURI-GEDAN (mh)
▲ MIGI-JIZURI-GEDAN (mh)	▲ MIGI-JIZURI-GEDAN (mh)
② ▲ MIGI-JIZURI-GEDAN (mh) → m-a h	
	② ▲ MIGI-JIZURI GEDAN (mh) m-a d and *nagashi-mawashi* (←) (Rotate leading) h-a d-h and MIGI-KOTE-UCHI (*Gyaku*) (hh)
● HIDARI-RAITO (hh)	● HIDARI-SEIGAN (*gyaku*) (hh)
[③ ④] [*Uke-tome-Kote*]	
▲ HIDARI-RAITO (hh)	▲ HIDARI-SEIGAN (*gyaku*) (hh) Wait
③ ▲ HIDARI-RAITO (hh) → h-a d and HIDARI-ASHI-KUBI-UCHI (Inside) (*gyaku*) (hh)	

D. KIHON HASSEI 6. UKE-TOME (continued)

UCHITACHI	**SHITACHI**
	③ ▲ HIDARI-SEIGAN (*gyaku*) (hh) h-a d and *uke-tome* (*gyaku*) (hh)
● HIDARI-JIZURI-GEDAN (*Gyaku*) (hh)	● HIDARI-JIZURI-GEDAN (*gyaku*) (hh)
▲ HIDARI-JIZURI-GEDAN (*Gyaku*) (hh)	▲ HIDARI-JIZURI-GEDAN (*gyaku*) (hh)
④ ▲ HIDARI-JIZURI-GEDAN (*gyaku*) (hh) → h-a h	
	④ ▲ HIDARI-JIZURI GEDAN (*gyaku*) (hh) h-a d and *nagashi-mawashi* (→) m-a d-h and HIDARI-KOTE-UCHI (mh)
● MIGI-RAITO (hh)	● MIGI-SEIGAN (mh)
[⑤ ⑥] [*Uke-tome Kote*]	
▲ MIGI-RAITO (mh)	▲ m-a h ▲ HIDARI-GEDAN (*gyaku*) (hh) Wait
⑤ ▲ MIGI-RAITO (mh) → m-a d and HIDARI-ASHI-KUBI-UCHI (Outside) (mh)	
	⑤ ▲HIDARI-GEDAN (*gyaku*) (hh) h-a d and *uke-tome* (*gyaku*) (hh)
● MIGI-JIZURI-GEDAN (mh)	● HIDARI-JIZURI-GEDAN (*gyaku*) (hh)
▲ MIGI-JIZURI-GEDAN (mh)	▲ HIDARI-JIZURI-GEDAN (*gyaku*) (hh)
⑥ ▲ MIGI-JIZURI-GEDAN (mh) → m-a h	
	⑥ ▲ HIDARI-JIZURI-GEDAN (*gyaku*) (hh) h-a d and *nagashi-mawashi* (→) m-a d-h and HIDARI-KOTE-UCHI (mh)
● HIDARI-RAITO (hh)	● MIGI-SEIGAN (mh)

D. KIHON HASSEI KUMIKATA 6. UKE-TOME (continued)

UCHITACHI	**SHITACHI**
[⑦ ⑧] [*Uke-tome Kote*]	
▲ HIDARI-RAITO (hh)	▲ MIGI-SEIGAN (mh) Wait
⑦ ▲ HIDARI-RAITO (hh) → h-a d and MIGI-ASHI-KUBI-UCHI (Outside) (*gyaku*) (hh)	
	⑦ ▲ MIGI-SEIGAN (mh) m-a d and *uke-tome* (*jun*) (mh)
● HIDARI-JIZURI-GEDAN (*Gyaku*) (hh)	● MIGI-JIZURI-GEDAN (mh)
▲ HIDARI-JIZURI-GEDAN (*Gyaku*) (hh)	▲ MIGI-JIZURI-GEDAN (mh)
⑧ ▲ HIDARI-JIZURI-GEDAN (*Gyaku*) (hh) → h-a h	
	⑧ ▲ MIGI-JIZURI-GEDAN (mh) m-a d and *nagashi-mawashi* (←) h-a d-h and MIGI-KOTE-UCHI (*Gyaku*) (hh)
● MIGI-RAITO (mh)	● HIDARI-SEIGAN (*gyaku*) (hh)

[Return to the Starting Position]
And finally, both of them stand with the posture of MUKEI [MUGYO]
And return to the starting position with *ayumi ashi*

D. KIHON HASSEI KUMIKATA (continued)

7. UCHI-TOME　打ち留め

UCHITACHI	SHITACHI
[Walk]	
▲ MIGI-RAITO (mh) m-a d, h-a d and m-a d With *ayumi ashi* (3-walk)	▲ MIGI-SEIGAN (mh) m-a d, h-a d and m-a d with *ayumi ashi* (3-walk)
● MIGI-RAITO (mh)	● MIGI-SEIGAN (mh)
[① ②] [*Uchi-tome Kote*]	
▲ MIGI-RAITO (mh)	▲ MIGI-SEIGAN (mh) Wait
① ▲ MIGI-RAITO (mh) → m-a d and HIDARI-KOTE-UCHI (mh)	
	① ▲ MIGI-SEIGAN (mh) h-a h-h and *uchi-tome* (strike for blocking) (*Jun*) (mh)
● MIGI-SEIGAN (mh)	● MIGI-SEIGAN (mh)
▲ MIGI-SEIGAN (mh)	▲ MIGI-SEIGAN (mh)
② ▲ MIGI-SEIGAN (mh) → m-a h	
	②.▲ MIGI-SEIGAN (mh) m-a d and *nagashi-mawashi* (←) (Rotate leading) h-a d-h and MIGI-KOTE-UCHI (*Gyaku*) (hh)
● HIDARI-RAITO (hh)	● HIDARI-SEIGAN (*gyaku*) (hh)

D. KIHON HASSEI KUMIKATA 7. UCHI-TOME (continued)

UCHITACHI	**SHITACHI**
[③ ④] [*Uchi-tome Kote*]	
▲ HIDARI-RAITO (hh)	▲ HIDARI-SEIGAN (*gyaku*) (hh) Wait
③ ▲ HIDARI-RAITO (hh) → h-a d and MIGI-HIJI-UCHI (hh)	
	③ ▲ HIDARI-SEIGAN (*gyaku*) (hh) m-a h-h and *uchi-tome* (*gyaku*) (hh)
● HIDARI-SEIGAN (*gyaku*) (hh)	● HIDARI-SEIGAN (*gyaku*) (hh)
▲ HIDARI-SEIGAN (*gyaku*) (hh)	▲ HIDARI-SEIGAN (*gyaku*) (hh)
④ ▲ HIDARI-SEIGAN (*gyaku*) (hh) → h-a h	
	④ ▲ HIDARI-SEIGAN (*gyaku*) (hh) h-a d and *nagashi-mawashi* (→) m-a d-h and HIDARI-KOTE-UCHI (mh)
● MIGI-RAITO (mh)	● MIGI-SEIGAN (mh)
[⑤ ⑥] [*Uchi-tome Kote*]	
▲ MIGI-RAITO (mh)	▲ MIGI-SEIGAN (mh) Wait
⑤ ▲ MIGI-RAITO (mh) → m-a d and HIDARI-KOTE-UCHI (mh)	
	⑤ ▲ MIGI-SEIGAN (mh) h-a h-h and *uchi-tome* (*jun*) (mh)
● MIGI-SEIGAN (mh)	● MIGI-SEIGAN (mh)
▲ MIGI-SEIGAN (mh)	▲ MIGI-SEIGAN (mh)
⑥ ▲ MIGI-SEIGAN (mh) → m-a h	
	⑥.▲ MIGI-SEIGAN (mh) m-a d and *nagashi-mawashi* (←) h-a d-h and MIGI-KOTE-UCHI (*Gyaku*) (hh)
● HIDARI-RAITO (hh)	● HIDARI-SEIGAN (*gyaku*) (hh)

UCHITACHI	**SHITACHI**
[⑦ ⑧] [*Uchi-tome Kote*]	
▲ HIDARI-RAITO (hh)	▲ HIDARI-SEIGAN (*gyaku*) (hh) Wait
⑦ ▲HIDARI-RAITO (hh) → h-a d and MIGI-HIJI-UCHI (hh)	
	⑦▲ HIDARI-SEIGAN (*gyaku*) (hh) m-a h-h and *uchi-tome* (*gyaku*) (hh)
● HIDARI-SEIGAN (*gyaku*) (hh)	● HIDARI-SEIGAN (*gyaku*) (hh)
▲ HIDARI-SEIGAN (*gyaku*) (hh)	▲ HIDARI-SEIGAN (*gyaku*) (hh)
⑧ ▲ HIDARI-SEIGAN (*gyaku*) (hh) → h-a h	
	⑧ ▲ HIDARI-SEIGAN (*gyaku*) (hh) h-a d and *nagashi-mawashi* (→) m-a d-h and HIDARI-KOTE-UCHI (mh)
● MIGI-RAITO (mh)	● MIGI-SEIGAN (mh)

[Return to the Starting Position]
And finally, both of them stand with the posture of MUKEI [MUGYO]
And return to the starting position with *ayumi ashi*

D. KIHON HASSEI KUMIKATA (continued)

8. TSUKE-UCHI　著け（付け）打ち

UCHITACHI	**SHITACHI**
[Walk]	
▲ MIGI-RAITO (mh) m-a d, h-a d and m-a d With *ayumi ashi* (3-walk)	▲ MIGI-SEIGAN (mh) m-a d, h-a d and m-a d with *ayumi ashi* (3-walk)
● MIGI-RAITO (mh)	● MIGI-SEIGAN (mh)
[① ②] [*Tsuke Kote*]	
▲ MIGI-RAITO (mh)	▲ MIGI-SEIGAN (mh) Wait
① ▲ MIGI-RAITO (mh) → m-a d and HIDARI-MEN-UCHI (mh)	
	① ▲MIGI-SEIGAN (mh) m-a d and *hajiki-age* (spring up) (*jun*) (mh)
● MIGI-RAITO (mh)	● MIGI-SEIGAN (mh)
▲ MIGI-RAITO (mh)	▲ MIGI-SEIGAN (mh)
② ▲ MIGI-RAITO (mh) → h-a h with *okuri ashi* (sliding footwork)	
	② ▲ MIGI-SEIGAN (mh) m-a d and HIDARI-KOTE-UCHI (mh) With *tsuke-uchi* (attach his/her *bokken*)
● MIGI-RAITO (mh)	● MIGI-SEIGAN (mh)
[③ ④] [*Tsuke Kote*]	
▲ MIGI-RAITO (mh)	▲ MIGI-SEIGAN (mh) Wait
③ ▲ MIGI-RAITO (mh) → m-a d and HIDARI-MEN-UCHI (mh)	
	③ ▲ MIGI-SEIGAN (mh) m-a d and *hajiki-age* (*jun*) (mh)
● MIGI-RAITO (mh)	● MIGI-SEIGAN (mh)

D. KIHON HASSEI KUMIKATA 8. TSUKE-UCHI (continued)

UCHITACHI	**SHITACHI**
▲ MIGI-RAITO (mh)	▲ MIGI-SEIGAN (mh)
④ ▲MIGI-RAITO (mh) → h-a h with *okuri ashi*	
	④ ▲MIGI-SEIGAN (mh) m-a d and HIDARI-KOTE-UCHI (mh) With *tsuke-uchi*
● MIGI-RAITO (mh)	● MIGI-SEIGAN (mh)
[⑤ ⑥] [*Hajiki-age Kote*]	
▲ MIGI-RAITO (mh)	▲ MIGI-SEIGAN (mh) Wait
⑤ ▲ MIGI-RAITO (mh) → m-a d and HIDARI-MEN-UCHI (mh)	
	⑤ ▲ MIGI-SEIGAN (mh) m-a d and *hajiki-age* (*jun*) (mh)
● MIGI-RAITO (mh)	● MIGI-SEIGAN (mh)
▲ MIGI-RAITO (mh)	▲ MIGI-SEIGAN (mh)
⑥ ▲ MIGI-RAITO (mh) → h-a h with *okuri ashi*	
	⑥ ▲ MIGI-SEIGAN (mh) m-a d and *nagashi-mawashi* (←) (Rotate leading) h-a d-h and MIGI-KOTE-UCHI (*Gyaku*) (hh)
● MIGI-RAITO (mh)	● HIDARI-SEIGAN (*gyaku*) (hh)

UCHITACHI	**SHITACHI**
[⑦ ⑧] [*Tsuke Kote*]	
▲ MIGI-RAITO (mh)	▲ HIDARI-SEIGAN (*gyaku*) (hh) Wait
⑦ ▲ MIGI-RAITO (mh) → m-a d-h and MIGI-MEN-UCHI (*Gyaku*) (mh)	
	⑦ ▲ HIDARI-SEIGAN (*gyaku*) (hh) h-a d and *hajiki-age* (*gyaku*) (hh)
● MIGI-RAITO (mh)	● HIDARI-SEIGAN (*gyaku*) (hh)
▲ MIGI-RAITO (mh)	▲ HIDARI-SEIGAN (*gyaku*) (hh)
⑧ ▲ h-a h with *okuri ashi*	
	⑧ ▲ HIDARI-SEIGAN (*gyaku*) (hh) h-a d and MIGI-KOTE-UCHI (*gyaku*) (hh) With *tsuke-uchi*
● MIGI-RAITO (mh)	● HIDARI-SEIGAN (*gyaku*) (hh)

[Return to the Starting Position]
And finally, both of them stand with the posture of MUKEI [MUGYO]
And return to the starting position with *ayumi ashi*

[END OF BOKKENDO]

PART THREE: JODO　杖道

When you don't understand the meaning of each abbreviation used in *shinsa kijun* (the criteria of examination) as mentioned below, you had better look up A LIST OF ABBREVIATIONS in PART TWO: BOKKENDO (see pp. 1-3 of *Bokkendo* section).

I. JO KAMAE　杖構え (Posture with a *Jo*) → ROM

When an examinee performs each *jo kamae* as mentioned below, he/she should stay put in *ritsujo* or *migi-chudan*. After that, an examinee should follow each suggestion by an examiner.

1. RITSUJO (hh)　立杖 → stay put in *ritsujo*

Standing with the left foot forward, an examinee stays put in a position With the *jo* held vertically with the left hand in front of the left foot.

2. CHOKUTSUKI NO KAMAE (hh)　直突の構え → from *ritsujo*

Standing with the left foot forward, an examinee stays put in a middle position With the *jo* held horizontally with both hands of a normal thrusting style.

3. KAESHI-TSUKI NO KAMAE (hh)　返し突の構え → from *ritsujo*

Standing with the left foot forward, an examinee stays put in a middle position With the *jo* held horizontally with *gyakute* or holding with a backhand style.

4. HIDARI-RYOTE-AGE (hh)　左両手上げ → from *ritsujo*

Standing with the left foot forward, an examinee stays put in a head-protecting Position with the *jo* held horizontally.

I. JO KAMAE (continued)

5. <u>HIDARI-GEDAN (hh)　左下段</u> → from *ritsujo*

Standing with the left foot forward, an examinee stays put in a lower position
With the point of the *jo* aimed at the height of an opponent's knee.

6. <u>MIGI-GEDAN (mh)　右下段</u> → from *ritsujo* (mh)

Standing with the right foot forward, an examinee stays put in a lower position
With the point of the *jo* aimed at the height of an opponent's knee.

7. <u>MIGI-CHUDAN (mh)　右中段</u> → stay put in *migi-chudan*

Standing with the right foot forward, an examinee stays put in a middle position
With the point of the *jo* aimed at the center of an opponent's face area.

8. <u>MIGI-JODAN (mh)　右上段</u> → from *migi-chudan*

Standing with the right foot forward, an examinee stays put in an upper position
With the *jo* held above the head.

9. <u>HIDARI-JODAN (hh)　左上段</u> → from *migi-chudan*

Standing with the left foot forward, an examinee stays put in an upper position
With the *jo* held above the head.

I. JO KAMAE (continued)

10. MIGI-WAKIGAMAE (hh)　右脇構え → from *migi-chudan*

Standing with the left foot forward, an examinee stays put in a side position
With the *jo* held out and back at the right side.

11. HIDARI-WAKIGAMAE (mh)　左脇構え → from *migi-chudan*

Standing with the right foot forward, an examinee stays put in a side position
With the *jo* held out and back at the left side.

12. MIGI-HASSO (hh)　右八双（右八相） → from *migi-chudan*

Standing with the left foot forward, an examinee stays put in a half upper position
With the *jo* held vertically slightly above the right shoulder.

13. MIGI-RYOTE-AGE (mh)　右両手上げ → from *migi-chudan*

Standing with the right foot forward, an examinee stays put in a head-protecting
Position with the *jo* held horizontally.

II. <u>JO SABAKI　杖捌き</u> (Handling a *Jo*) → ROM

When an examinee performs *jo sabaki* as mentioned below, he/she should stay put in *ritsujo* or *migi-chudan*. After that, an examinee should follow each suggestion by an examiner such as "perform two times" or "perform three times", and so on.

1. SHOMEN-UCHI　正面打　→ from *migi-chudan* (mh)

An examinee strikes the front of the center of the opponent's head.

Count 1　▲ MIGI-CHUDAN (mh)
m-a d and SHOMEN-UCHI (mh)
● MIGI-CHUDAN (mh)

2. MIGI-MEN-UCHI　右面打　→ from *migi-chudan*

An examinee strikes the upper right corner of the opponent's head.

Count 1　▲ MIGI-CHUDAN (mh)
h-a d-h and MIGI-MEN-UCHI (*gyaku*) (hh)
● HIDARI-CHUDAN (*gyaku*) (hh)

3. HIDARI-MEN-UCHI　左面打　→ from *migi-chudan*

An examinee strikes the upper left corner of the opponent's head.

Count 1　▲ MIGI-CHUDAN (mh)
m-a d-h and HIDARI-MEN-UCHI (mh)
● MIGI-CHUDAN (mh)

II. JO SABAKI (continued)

4. MUNE-TSUKI (1)　胸突　→ from *ritsujo*

An examinee thrusts straight into the opponent's chest.

Count 1　▲ RITSUJO (hh)
h-a d
▲ CHOKU-TSUKI NO KAMAE (hh)
h-a d and MUNE-TSUKI (*jun*) (hh)
● CHOKU-TSUKI NO KAMAE (hh)

5. MUNE-TSUKI (2)　胸突　→ from *ritsujo*

An examinee thrusts straight into the opponent's chest.

Count 1　▲ RITSUJO (hh)
h-a d
▲ KAESHI-TSUKI NO KAMAE (hh)
h-a d and MUNE-TSUKI (*gyaku*) (hh)
● KAESHI-TSUKI NO KAMAE (hh)

6. ASHI-HARAI (1)　脚払い　→ from *ritsujo*

An examinee sweeps the opponent's leg.

Count 1　▲RITSUJO (hh)
m-a h and *hiki-otoshi* (push his/her *jo* backward)
●MIGI-WAKIGAMAE (*gyaku*) (hh)
m-a d-h and ASHI-HARAI (←) (mh)
● MIGI-GEDAN (*gyaku*) (mh)

II. JO SABAKI (continued)

7. ASHI-HARAI (2)　脚払い　→ from *migi-chudan*

An examinee sweeps the opponent's leg.

Count 1　▲ MIGI-CHUDAN (mh)
h-a h and *hiki-otoshi*
● HIDARI-WAKIGAMAE (*gyaku*) (mh)
h-a d-h and ASHI-HARAI (→) (hh)
● HIDARI-GEDAN (*gyaku*) (hh)

8. USHIRO-TSUKI　後ろ突き　→ from *ritsujo*

An examinee turns on his/her heels and thrusts the *jo* against the opponent.

Count 1　▲ RITSUJO (hh)
h-a h and USHIRO-TSUKI (mh)
And then *ushiro-muki* (←) (turn on his/her heels)
● HIDARI-CHUDAN (*gyaku*) (hh)

9. USHIRO-UCHI　後ろ打ち　→ from *migi-chudan*

An examinee turns on his/her heels and strikes the opponent's head or face.

Count 1　▲ MIGI-CHUDAN (mh)
h-a d or m-a h and USHIRO-UCHI (hh)
● MIGI-WAKIGAMAE (*jun*) (hh)
And then *ushiro-muki* (→)
● MIGI-GEDAN (*jun*) (mh)

II. JO SABAKI (continued)

10. USHIRO-HARAI　後ろ払い　→ from *migi-chudan*

An examinee turns on his/her heels and sweeps the *jo* horizontally.

Count 1　▲ MIGI-CHUDAN (mh)
h-d and USHIRO-HARAI (→) (hh)
●MIGI-WAKIGAMAE (hh)
m-a h-h and then *ushiro-muki* (→)
● MIGI-WAKIGAMAE (*jun*) (hh)

III. JO HITORI KATA　杖独り型

(A Solo Performance of Arranged *Jo* Forms)

An examinee must memorize each *jo hitori kata* in that order because an examiner only reads out each name of the subjects. When an examinee performs each *jo hitori kata* as mentioned below, he/she should do *rei* (bowing) toward *shomen* (the front) with the posture of *sage-jo* (holding his/her *jo* at his/her left side) just before he/she performs each *jo hitori kata*. After that, an examinee should stay put in *ritsujo* or *migi-chudan* before he/she executes the first action (count 1) of each *jo hitori kata.*

A. JO TAISO
B. JO 31 KATA
C. JO 22 KATA (1)

A. JO TAISO　杖体操 (A Solo Performance of *Jo* Exercises)

1. TSUKI WAZA　突き技

An examinee performs several poking techniques.

[① ② ③ ④ ⑤ ⑥]

Count 1 ▲ RITSUJO (hh)
h-a d
▲ CHOKU-TSUKI NO KAMAE (hh)
h-a d and MUNE-TSUKI (*jun*) (hh)
● CHOKU-TSUKI NO KAMAE (hh)

Count 2 ▲ CHOKU-TSUKI NO KAMAE (hh)
h-a d and MUNE-TSUKI (*jun*) (hh)
● CHOKU-TSUKI NO KAMAE (hh)

Count 3 ▲ CHOKU-TSUKI NO KAMAE (hh)
m-a h and USHIRO-TSUKI (hh)
● MIGI-WAKIGAMAE (*gyaku*) (hh)
And then *ushiro-muki* (→) (turn on his/her heels)

Count 4 ▲ MIGI-WAKIGAMAE (*gyaku*) (hh)
h-a d
▲ CHOKU-TSUKI NO KAMAE (hh)
h-a d and MUNE-TSUKI (*jun*) (hh)
● CHOKU-TSUKI NO KAMAE (hh)

Count 5 ▲ CHOKU-TSUKI NO KAMAE (hh)
h-a d and *suri-age* (raise his/her *jo* vertically)
m-a d-h and MUNE-TSUKI (*gyaku*) (mh)
● MIGI-RYOTE-AGE (*gyaku*) (mh)

Count 6 ▲ MIGI-RYOTE-AGE (*gyaku*) (mh)
h-a h and *mawashi* (rotate)
Then *mochikae* (change his/her grip)
● CHOKU-TSUKI NO KAMAE (hh) for *osame* (finish)

Now an examinee should perform the opposite side of count 1 through count 6 As described below (7 through 12).

[⑦ ⑧ ⑨ ⑩ ⑪ ⑫]

Count 7 ▲ CHOKU-TSUKI NO KAMAE (mh)
m-a d and MUNE-TSUKI (*jun*) (mh)
● CHOKU-TSUKI NO KAMAE (mh)

Count 8 ▲ CHOKU-TSUKI NO KAMAE (mh)
m-a d and MUNE-TSUKI (*jun*) (mh)
● CHOKU-TSUKI NO KAMAE (mh)

Count 9 ▲ CHOKU-TSUKI NO KAMAE (mh)
h-a h and USHIRO-TSUKI (mh)
● HIDARI-WAKIGAMAE (*gyaku*) (mh)
And then *ushiro-muki* (←)

Count 10 ▲ HIDARI-WAKIGAMAE (*gyaku*) (mh)
m-a d
▲ CHOKU-TSUKI NO KAMAE (mh)
m-a d and MUNE-TSUKI (*jun*) (mh)
● CHOKU-TSUKI NO KAMAE (mh)

Count 11 ▲ CHOKU-TSUKI NO KAMAE (mh)
m-a d and *suri-age*
h-a d-h and MUNE-TSUKI (*gyaku*) (hh)
● HIDARI-RYOTE-AGE (*gyaku*) (hh)

Count 12 ▲ HIDARI-RYOTE-AGE (*gyaku*) (hh)
h-a d and *mawashi*
Then *mochikae*
● CHOKU-TSUKI NO KAMAE (hh) for *osame* (finish)

2. MEN-UCHI WAZA　面打ち技

An examinee performs several striking techniques.

[① ② ③ ④ ⑤ ⑥ ⑦]

Count 1 ▲MIGI-CHUDAN (mh)
m-a d and SHOMEN-UCHI (mh)
● MIGI-CHUDAN (mh)

Count 2 ▲ MIGI-CHUDAN (mh)
m-a h
▲ HIDARI-JODAN (hh)
m-a d-h and HIDARI-MEN-UCHI (mh)
● MIGI-CHUDAN (mh)

Count 3 ▲ MIGI-CHUDAN (mh)
h-a d-h and MIGI-MEN-UCHI (*gyaku*) (hh)
● HIDARI-CHUDAN (*gyaku*) (hh)
And then *ushiro-muki* (→) (turn on his/her heels)

Count 4 ▲ MIGI-JODAN (mh)
m-a d-h and HIDARI-MEN-UCHI (mh)
● MIGI-CHUDAN (mh)

Count 5 ▲ MIGI-CHUDAN (mh)
h-a d-h and MIGI-MEN-UCHI (*gyaku*) (hh)
● HIDARI-CHUDAN (*gyaku*) (hh)
And then *ushiro-muki* (→)

Count 6 ▲ MIGI-JODAN (mh)
m-a d-h and UCHI-OTOSHI (strike the opponent's weapon) (mh)
● MIGI-GEDAN (*jun*) (mh)

Count 7 ▲ MIGI-GEDAN (*jun*) (mh)
m-a d
▲ MIGI-RYOTE-AGE (mh)
h-a d-h and *mawashi* (rotate)
Then *mochikae* (change his/her grip)
And MIGI-MEN-UCHI (*gyaku*) (hh)
● HIDARI-CHUDAN (*gyaku*) (hh) for *osame* (finish)

Now an examinee should perform the opposite side of count 1 through count 7
As described below (8 through 14).

[⑧ ⑨ ⑩ ⑪ ⑫ ⑬ ⑭]

Count 8 ▲ HIDARI-CHUDAN (*jun*) (hh)
h-a d and SHOMEN-UCHI (hh)
● HIDARI-CHUDAN (jun) (hh)

Count 9 ▲ HIDARI-CHUDAN (*jun*) (hh)
h-a h
▲ MIGI-JODAN (mh)
h-a d-h and MIGI-MEN-UCHI (hh)
● HIDARI-CHUDAN (*jun*) (hh)

Count 10 ▲ HIDARI-CHUDAN (*jun*) (hh)
m-a d-h and HIDARI-MEN-UCHI (*gyaku*) (mh)
● MIGI-CHUDAN (*gyaku*) (mh)
And then *ushiro-muki* (←)

Count 11 ▲ HIDARI-JODAN (hh)
h-a d-h and MIGI-MEN-UCHI (hh)
● HIDARI-CHUDAN (*jun*) (hh)

Count 12 ▲ HIDARI-CHUDAN (*jun*) (mh)
m-a d-h and HIDARI-MEN-UCHI (*gyaku*) (mh)
● MIGI-CHUDAN (*gyaku*) (mh)
And then *ushiro-muki* (←)

Count 13 ▲ HIDARI-JODAN (hh)
h-a d-h and UCHI-OTOSHI (hh)
● HIDARI-GEDAN (*jun*) (mh)

Count 14 ▲ HIDARI-GEDAN (*jun*) (mh)
h-a d
▲HIDARI-RYOTE-AGE (hh)
m-a d-h and *mawashi*
Then *mochikae*
And HIDARI-MEN-UCHI (mh)
● MIGI-CHUDAN (*jun*) (mh) for *osame* (finish)

3. NAGASHI-USHIRO-MUKI WAZA　流し後ろ向き技

When an examinee is attacked both in front and in the rear, he/she performs several techniques.

[① ② ③ ④]
Count 1 ▲ MIGI-CHUDAN (mh)
m-a h
▲ HIDARI-JODAN (hh)
m-a d and SHOMEN-UCHI (mh)
● MIGI-CHUDAN (mh)
And then *ushiro-muki* (←) (turn on his/her heels)
Then *mochikae* (change his/her grip)

Count 2 ▲ HIDARI-RYOTE-AGE (hh)
m-a d-h and *mawashi* (rotate)
Then *mochikae*
And HIDARI-MEN-UCHI (mh)
● MIGI-CHUDAN (mh)

Count 3 ▲ MIGI-CHUDAN (mh)
h-a d-h and MIGI-MEN-UCHI (*gyaku*) (hh)
● HIDARI-CHUDAN (*gyaku*) (hh)
m-a h-h and then *ushiro-muki* (→)
Then *mochikae*

Count 4 ▲ HIDARI-RYOTE-AGE (hh)
h-a d and MUNE-TSUKI (*jun*) (hh)
● CHOKU-TSUKI NO KAMAE (hh) for *osame* (finish)

Now an examinee should perform the opposite side of count 1 through count 4 As described below (5 through 8).

[⑤ ⑥ ⑦ ⑧]

Count 5 ▲ CHOKU-TSUKI NO KAMAE (hh)
h-a h
▲ MIGI-JODAN (mh)
h-a d and SHOMEN-UCHI (hh)
● HIDARI-CHUDAN (*jun*) (hh)
And then *ushiro-muki* (→)
Then *mochikae*

Count 6 ▲ MIGI-RYOTE-AGE (mh)
h-a d-h and *mawashi*
Then *mochikae*
And MIGI-MEN-UCHI (hh)
● HIDASRI-CHUDAN (*jun*) (mh)

Count 7 ▲ HIDARI-CHUDAN (*jun*) (mh)
m-a d-h and HIDARI-MEN-UCHI (*gyaku*) (mh)
● MIGI-CHUDAN (*gyaku*) (mh)
h-a h-h and then *ushiro-muki* (←)
Then *mochikae*

Count 8 ▲ MIGI-RYOTE-AGE (mh)
m-a d and MUNE-TSUKI (*jun*) (mh)
● CHOKU-TSUKI NO KAMAE (mh) for *osame* (finish)

4. HASSO-KAESHI WAZA　八双（八相）返し技

An examinee performs several striking and poking techniques.

[① ② ③ ④ ⑤ ⑥]

Count 1 ▲ MIGI-CHUDAN (mh)
m-a h
▲ HIDARI-JODAN (hh)
m-a d and SHOMEN-UCHI (mh)
● MIGI-CHUDAN (mh)
m-a h and *mawashi* (rotate)
Then *mochikae* (change his/her grip)
● MIGI-HASSO (hh)

Count 2 ▲ MIGI-HASSO (hh)
m-a h and *mochikae*
And USHIRO-TSUKI (hh)
● MIGI-WAKIGAMAE (*gyaku*) (hh)

Count 3 ▲ MIGI-WAKIGAMAE (*gyaku*) (hh)
And then *ushiro-muki* (→) (turn on his/her heels)
▲ CHOKU-TSUKI NO KAMAE (hh)
h-a d and MUNE-TSUKI (*jun*) (hh)
● CHOKU-TSUKI NO KAMAE (hh)

Count 4 ▲ CHOKU-TSUKI NO KAMAE (hh)
m-a m-y (→) and UCHI-OTOSHI (←) (hh)
● HIDARI-GEDAN (*jun*) (hh)

Count 5 ▲ HIDARI-GEDAN (*jun*) (hh)
m-a d and *mochikae*
▲ CHOKU-TSUKI NO KAMAE (mh)
m-a d and MUNE-TSUKI (*jun*) (mh)
● CHOKU-TSUKI NO KAMAE (mh)

Count 6 ▲ CHOKU-TSUKI NO KAMAE (mh)
And then *ushiro-muki* (←)
▲ HIDARI-JODAN (hh)
m-a d and h-a d then *mochikae*
▲ HIDARI-JODAN (hh)
m-a d and SHOMEN-UCHI (hh)
● HIDARI-CUDAN (*jun*) (hh) for *osame* (finish)

Now an examinee performs the opposite side of count 1 through count 6
As described below (7 through 12).

[⑦ ⑧ ⑨ ⑩ ⑪ ⑫ ⑬ ⑭]

Count 7 ▲ HIDARI-CHUDAN (*jun*) (hh)
h-a h
▲ MIGI-JODAN (mh)
h-a d and SHOMEN-UCHI (hh)
● HIDARI-CHUDAN (*jun*) (hh)
h-a h and *mawashi*
Then *mochikae*
● HIDARI-HASSO (mh)

Count 8 ▲ HIDARI-HASSO (mh)
h-a h and *mochikae*
And USHIRO-TSUKI (mh)
● HIDARI-WAKIGAMAE (*gyaku*) (mh)

Count 9 ▲ HIDARI-WAKIGAMAE (*gyaku*) (mh)
And then *ushiro-muki* (←)
▲ CHOKU-TSUKI NO KAMAE (mh)
m-a d and MUNE-TSUKI (*jun*) (mh)
● CHOKU-TSUKI NO KAMAE (mh)

Count 10 ▲ CHOKU-TSUKI NO KAMAE (mh)
h-a h-y (←) and UCHI-OTOSHI (→) (mh)
● MIGI-GEDAN (*jun*) (mh)

Count 11 ▲ MIGI-GEDAN (*jun*) (mh)
h-a d and *mochikae*
And MUNE-TSUKI (*jun*) (hh)
● CHOKU-TSUKI NO KAMAE (hh)

Count 12 ▲ CHOKU-TSUKI NO KAMAE (hh)
And then *ushiro-muki* (→)
▲ MIGI-JODAN (mh)
h-a d and m-a d then *mochikae*
m-a d and SHOMEN-UCHI (mh)
● MIGI-CHUDAN (*jun)* (mh) for *osame* (finish)

5. TSUKI AND MEN-UCHI WAZA　突きと面打技

An examinee performs poking and striking techniques.

[① ② ③ ④ ⑤ ⑥ ⑦]

Count 1 ▲RITSUJO (hh)
h-a d
▲ CHOKU-TSUKI NO KAMAE (hh)
h-a d and MUNE-TSUKI (*jun*) (hh)
● CHOKU-TSUKI NO KAMAE (hh)

Count 2 ▲ CHOKU-TSUKI NO KAMAE (hh)
m-a h and USHIRO-TSUKI (hh)
● MIGI-WAKIGAMAE (*gyaku*) (hh)

Count 3 ▲ MIGI-WAKIGAMAE (*gyaku*) (hh)
m-a d-h and *sukui-age* (scoop up)
And HIDARI-MEN-UCHI (mh)
Then *mochikae* (change his/her grip)
● MIGI-JODAN (*gyaku*) (mh)

Count 4 ▲ MIGI-JODAN (*gyaku*) (mh)
h-a d and SHOMEN-UCHI (hh)
● HIDARI-CHUDAN (*gyaku*) (hh)

Count 5 ▲ HIDARI-CHUDAN (*gyaku*) (hh)
m-a h and *mawashi* (rotate)
Then *mochikae*
● HIDARI-JODAN (hh)
And UCHI-OTOSHI (hh)
● CHOKU-TSUKI NO KAMAE (hh)

Count 6 ▲ CHOKU-TSUKI NO KAMAE (hh)
h-a d and MUNE-TSUKI (*jun*) (hh)
● CHOKU-TSUKI NO KAMAE (hh)

Count 7 ▲ CHOKU-TSUKI NO KAMAE (hh)
m-a h
▲ HIDARI-RYOTE-AGE (hh)
m-a d-h and *mawashi*
Then *mochikae*
● MIGI-JODAN (mh)
And HIDARI-MEN-UCHI (mh)
● MIGI-CHUDAN (*jun*) (mh) for *osame* (finish)

Now an examinee performs the opposite side of count 1 through count 7
As described below (8 through 14).

[⑧ ⑨ ⑩ ⑪ ⑫ ⑬ ⑭]

Count 8 ▲MIGI-CHUDAN (*jun*) (mh)
▲ CHOKU-TSUKI NO KAMAE (mh)
m-a d and MUNE-TSUKI (*jun*) (mh)
● CHOKU-TSUKI NO KAMAE (mh)

Count 9 ▲ CHOKU-TSUKI NO KAMAE (mh)
h-a h USHIRO-TSUKI (mh)
● HIDARI-WAKIGAMAE (*gyaku*) (mh)

Count 10 ▲ HIDARI-WAKIGAMAE (*gyaku*) (mh)
h-a d-h and *sukui-age*
And MIGI-MEN-UCHI (*gyaku*) (hh)
Then *mochikae*
● HIDARI-JODAN (*gyaku*) (hh)

Count 11 ▲ HIDARI-JODAN (*gyaku*) (hh)
m-a d and SHOMEN-UCHI (mh)
● MIGI-CHUDAN (*gyaku*) (mh)

Count 12 ▲ MIGI-CHUDAN (*gyaku*) (mh)
h-a h and *mawashi*
Then *mochikae*
● MIGI-JODAN (mh)
And UCHI-OTOSHI (mh)
● CHOKU-TSUKI NO KAMAE (mh)

Count 13 ▲ CHOKU-TSUKI NO KAMAE (mh)
m-a d and MUNE-TSUKI (*jun*) (mh)
● CHOKU-TSUKI NO KAMAE (mh)

Count 14 ▲ CHOKU-TSUKI NO KAMAE (mh)
h-a h
▲ MIGI-RYOTE-AGE (mh)
h-a d-h and *mawashi*
Then *mochikae*
▲ HIDARI-JODAN (hh)
And MIGI-MEN-UCHI (hh)
● HIDARI-CHUDAN (*jun*) (hh) for *osame* (finish)

B. JO 31 KATA　31 の杖型

(A Sole Performance of Arranged *Jo* 31 Forms)

An examinee stands with the posture of *ritsujo* (hh).

HOW TO COUNT: Count each number with the same interval respectively.

Count 1 ▲RITSUJO (hh)
h-a d
▲ KAESHI-TSUKI NO KAMAE (hh)
h-a d-h and MUNE-TSUKI (*gyaku*) (hh)
● KAESHI-TSUKI NO KAMAE (hh)

Count 2 ▲ KAESHI-TSUKI NO KAMAE (hh)
m-a h-h and *hiki-age* (pull up)
● HIDARI-RYOTE-AGE (*gyaku*) (hh)

Count 3 ▲ HIDARI-RYOTE-AGE (*gyaku*) (hh)
h-a d-h and MUNE-TSUKI (*gyaku*) (hh)
● KAESHI-TSUKI NO KAMAE (hh)

Count 4 ▲ KAESHI-TSUKI NO KAMAE (hh)
m-a h-h and *hiki-age*
● HIDARI-RYOTE-AGE (*gyaku*) (hh)

Count 5 ▲ HIDARI-RYOTE-AGE (*gyaku*) (hh)
m-a d-h and *mawashi* (rotate)
Then *mochikae* (change his/her grip)
▲ MIGI-JODAN (mh)
And HIDARI-MEN-UCHI (mh)
● MIGI-CHUDAN (mh)

Count 6 ▲ MIGI-CHUDAN (mh)
h-a d-h and MIGI-MEN-UCHI (*gyaku*) (hh)
●HIDARI-CHUDAN (*gyaku*) (hh)
And then *ushiro-muki* (→) (turn on his/her heels)

Count 7 ▲ MIGI-JODAN (mh)
m-a d-h and HIDARI-MEN-UCHI (mh)
● MIGI-CHUDAN (mh)

Count 8 ▲ MIGI-CHUDAN (mh)
h-a d-h and MIGI-MEN-UCHI (*gyaku*) (hh)
● HIDARI-CHUDAN (*gyaku*) (hh)
And then *ushiro-muki* (→)

Count 9 ▲ HIDARI-WAKIGAMAE (*gyaku*) (mh)
m-a h-h and USHIRO-HARAI (→) (hh)
● MIGI-WAKIGAMAE (*jun*) (hh)

Count 10 ▲ MIGI-WAKIGAMAE (*jun*) (hh)
m-a d and *sukui-age* (scoop up)
And HIDARI-KOTE-UCHI (mh)
● MIGI-RYOTE-AGE (mh)

Count 11 ▲ MIGI-RYOTE-AGE (mh)
h-a d-h and *maki-kaeshi* (cross by rotating)
And MIGI-MEN-UCHI (*gyaku*) (hh)
● HIDARI-CHUDAN (*gyaku*) (hh)

Count 12 ▲ HIDARI-CHUDAN (*gyaku*) (hh)
m-a h and *mochikae*
● CHOKU-TSUKI NO KAMAE (hh)

Count 13 ▲ CHOKU-TSUKI NO KAMAE (hh)
h-a d and MUNE-TSUKI (*jun*) (hh)
● CHOKU-TSUKI NO KAMAE (hh)

Count 14 ▲ CHOKU-TSUKI NO KAMAE (hh)
m-a h-h and *hiki-age*
● HIDARI-RYOTE-AGE (hh)

Count 15 ▲ HIDARI-RYOTE-AGE (hh)
m-a d-h and *mawashi*
Then *mochikae*
● MIGI-JODAN (mh)
And HIDARI-MEN-UCHI (mh)
● MIGI-CHUDAN (mh)

Count 16 ▲ MIGI-CHUDAN (mh)
h-a h and USHIRO-TSUKI (mh)
● HIDARI-WAKIGAMAE (*gyaku*) (mh)

B. JO 31 KATA (continued)

Count 17 ▲ HIDARI-WAKIGAMAE (*gyaku*) (mh)
h-a d and ASHI-HARAI (→) (hh)
● HIDARI-GEDAN (*gyaku*) (hh)

Count 18 ▲ HIDARI-GEDAN (*gyaku*) (hh)
m-a h and *mawashi*
Then *mochikae*
● CHOKU-TSUKI NO KAMAE (hh)

Count 19 ▲ CHOKU-TSUKI NO KAMAE (hh)
h-a d and ASHI-TSUKI (hh)
● HIDARI-GEDAN (*jun*) (hh)

Count 20 ▲ HIDARI-GEDAN (*jun*) (hh)
m-a m-y (→) and *hiki-age*
● HIDARI-RYOTE-AGE (natural stance)
h-a h and *mawashi*
Then *mochikae*
●MIGI-JODAN (mh)
And SHOMEN-UCHI (mh)
● MIGI-CHUDAN (mh)

Count 21 ▲ MIGI-CHUDAN (mh)
h-a h and USHIRO-TSUKI (mh)
● HIDARI-WAKIGAMAE (*gyaku*) (mh)
Then *hidari-orishiki* (the left knee down)
With HIDARI-WAKIGAMAE (*gyaku*) (mh)

Count 22 ▲ HIDARI-WAKIGAMAE (*gyaku*) (mh)
With *hidari-orishiki*
h-a d and stand up
▲ HIDARI-CHUDAN (*gyaku*) (hh)
And MUNE-TSUKI (*gyaku*) (hh)
● HIDARI-CHUDAN (*gyaku*) (hh)

Count 23 ▲ HIDARI-CHUDAN (*gyaku*) (hh)
m-a h and *mawashi*
Then *mochikae*
● CHOKU-TSUKI NO KAMAE (hh)

B. JO 31 KATA (continued)

Count 24 ▲ CHOKU-TSUKI NO KAMAE (hh)
h-a d and MUNE-TSUKI (*jun*) (hh)
● CHOKU-TSUKI NO KAMAE (hh)

Count 25 ▲ CHOKU-TSUKI NO KAMAE (hh)
h-a d and MUNE-TSUKI (*jun*) (hh)
● CHOKU-TSUKI NO KAMAE (hh)

Count 26 ▲ CHOKU-TSUKI NO KAMAE (hh)
m-a h and USHIRO-TSUKI (hh)
● MIGI-WAKIGAMAE (*gyaku*) (hh)

Count 27 ▲ MIGI-WAKIGAMAE (*gyaku*) (hh)
h-a h and ASHI-HARAI (←) (mh)
● MIGI-GEDAN (*gyaku*) (mh)

Count 28 ▲ MIGI-GEDAN (*gyaku*) (mh)
m-a d and MUNE-TSUKI (*gyaku*) (mh)
● MIGI-CHUDAN (*gyaku*) (mh)

Count 29 ▲ MIGI-CHUDAN (*gyaku*) (mh)
h-a h and *mawashi*
Then *mochikae*
● CHOKU-TSUKI NO KAMAE (mh)

Count 30 ▲ CHOKU-TSUKI NO KAMAE (mh)
m-a d and MUNE-TSUKI (*jun*) (mh)
● CHOKU-TSUKI NO KAMAE (mh)

Count 31 ▲ CHOKU-TSUKI NO KAMAE (mh)
h-a d-h and *maki-kaeshi*
And MIGI-MEN-UCHI (*gyaku*) (hh)
● HIDARI-CHUDAN (*gyaku*) (hh), h-a h

And finally, stand with *hidari-katate-jo* (stand with the natural stance
By holding his/her *jo* with the left hand only at his/her side)
For *osame* (finish)

C. <u>JO 22 KATA (1)　22 の杖型</u>
(A Solo Performance of Arranged *Jo* 22 Forms)

An examinee stands with the posture of *ritsujo* (hh).

HOW TO COUNT: 1 // 2 / 3 4 5 6 // 7 8 9 10 11 12 13 // 14 15 16 17 //
18 19 20 21 22 & 1 //

[①]

Count 1 ▲ RITSUJO (hh)
h-a d
▲ CHOKU-TSUKI NO KAMAE (hh)
h-a d-h and MUNE-TSUKI (*jun*) (hh)
● CHOKU-TSUKI NO KAMAE (hh)
m-a h-h and *hiki-age* (pull up)
● HIDARI-RYOTE0AGE (hh)

[②]

Count 2 ▲ HIDARI-RYOTE-AGE (hh)
h-a d-h and MUNE-TSUKI (*jun*) (hh)
● CHOKU-TSUKI NO KAMAE (hh)
m-a h-h and *hiki-age*
●HIDARI-RYOTE-AGE (hh)

[③ ④ ⑤ ⑥]

Count 3 ▲ HIDARI-RYOTE-AGE (hh)
m-a d-h and *mawashi* (rotate)
Then *mochikae* (change his/her grip)
● MIGI-JODAN (mh)
And HIDARI-MEN-UCHI (mh)
● MIGI-CHUDAN (mh)

Count 4 ▲ MIGI-CHUDAN (mh)
h-a d-h and MIGI-MEN-UCHI (*gyaku*) (hh)
● HIDARI-CHUDAN (*gyaku*) (hh)

Count 5 ▲ HIDARI-CHUDAN (*gyaku*) (hh)
m-a h and *mochikae*
● HIDARI-CHUDAN (*jun*) (hh)
And USHIRO-TSUKI (hh)
● MIGI-WAKIGAMAE (*gyaku*) (hh)
And then *ushiro-muki* (→) (turn on his/her heels)

Count 6 h-a d
▲ CHOKU-TSUKI NO KAMAE (hh)
h-a d and MUNE-TSUKI (*jun*) (hh)
● CHOKU-TSUKI NO KAMAE (hh)
m-a h-h and *hiki-age*
● HIDARI-RYOTE-AGE (hh)

[⑦ ⑧ ⑨ ⑩ ⑪ ⑫ ⑬

Count 7 ▲ HIDARI-RYOTE-AGE (hh)
m-a d-h and *mawashi*
Then *mochikae*
And HIDARI-MEN-UCHI (mh)
● MIGI-CHUDAN (mh)

Count 8 ▲ MIGI-CHUDAN (mh)
h-a d-h and MIGI-MEN-UCHI (*gyaku*) (hh)
● HIDARI-CHUDAN (*gyaku*) (hh)

Count 9 ▲ HIDARI-CHUDAN (*gyaku*) (hh)
And USHIRO-UCHI (hh)
● MIGI-WAKIGAMAE (*jun*) (hh)
And then *ushiro-muki* (→)

Count 10 ▲ MIGI-GEDAN (*jun*) (mh)
m-a d and MUNE-TSUKI (*jun*) (mh)
● CHOKU-TSUKI NO KAMAE (mh)

Count 11 ▲ CHOKU-TSUKI NO KAMAE (mh)
h-a d and *maki-kaeshi* (cross by rotating)
● HIDARI-CHUDAN (*gyaku*) (hh)

Count 12 ▲ HIDARI-CHUDAN (*gyaku*) (hh)
And *mochikae*
● CHOKU-TSUKI NO KAMAE (hh)
h-a d and MUNE-TSUKI (*jun*) (hh)
● CHOKU-TSUKI NO KAMAE (hh)
m-a h-h and *hiki-age*
● HIDARI-RYOTE-AGE (hh)

C. JO 22 KATA (1) (continued)

Count 13 ▲ HIDARI-RYOTE-AGE (hh)
h-a h-h and *mawashi*
Then *mochikae* and *uke* (block) (jun)
● MIGI-CHUDAN (mh)
h-a h and USHIRO-TSUKI (mh)
● HIDARI-WAKIGAMAE (*gyaku*) (mh)

[⑭ ⑮ ⑯ ⑰]

Count 14 ▲ HIDARI-WAKIGAMAE (*gyaku*) (mh)
h-a d and *sukui-age* (scoop)
● HIDARI-CHUDAN (*gyaku*) (hh)

Count 15 ▲ HIDARI-CHUDAN (*gyaku*) (hh)
h-a d and KAO-TSUKI (hh)
● HIDARI-CHUDAN (*gyaku*) (hh)

Count 16 ▲ HIDARI-CHUDAN *(gyaku*) (hh)
And *mawashi*
Then *mochikae*
● CHOKU-TSUKI NO KAMAE (hh)
h-a d and MUNE-TSUKI (*jun*) (hh)
m-a h-h and *hiki-age*
● HIDARI-RYOTE-AGE (hh)

Count 17 ▲ HIDARI-RYOTE-AGE (hh)
h-a h-h and *mawashi*
Then *mochikae* and *uke* (*jun*)
● MIGI-CHUDAN (mh)
h-a h and USHIRO-TSUKI (mh)
● HIDARI-WAKIGAMAE (*gyaku*) (mh)
Then *hidari-orishishi* (the left knee down)
With HIDARI-WAKIGAMAE (*gyaku*) (mh)

[⑱ ⑲ ⑳ (21) (22) & ①]

Count 18 ▲ HIDARI-WAKIGAMAE (mh)
h-a d and ASHI-HARAI (→) (hh)
● HIDARI-GEDAN (*gyaku*) (hh)

Count 19 ▲ HIDARI-GEDAN (*gyaku*) (hh)
h-a d and ASHI-TSUKI (hh)
● HIDARI-GEDAN (*gyaku*) (hh)

Count 20 ▲ HIDARI-GEDAN (*gyaku*) (hh)
And *mawashi*
Then *mochikae*
● CHOKU-TSUKI NO KAMAE (hh)
h-a d and MUNE-TSUKI (jun) (hh)
● CHOKU-TSUKI NO KAMAE (hh)

Count 21 ▲ CHOKU-TSUKI NO KAMAE (hh)
h-a h and *sukui-age*
Then *uke* (*gyaku*)
● MIGI-CHUDAN (*gyaku*) (mh)

Count 22 ▲ MIGI-CHUDAN (*gyaku*) (mh)
And *mawashi*
Then *mochikae*
● CHOKU-TSUKI NO KAMAE (mh)
m-a d and MUNE-TSUKI (*jun*) (mh)
● CHOKU-TSUKI NO KAMAE (mh)

Count & 1 ▲ CHOKU-TSUKI NO KAMAE (mh)
h-a d and *maki-kaeshi*
● HIDARI-CHUDAN (*gyaku*) (hh)
And *mochikae*
● CHOKU-TSUKI NO KAMAE (hh)
h-a d and MUNE-TSUKI (*jun*) (hh)
m-a h-h and *hiki-age*
●HIDARI-RYOTE-AGE (hh), h-a h

And finally, stand with *hidari-katate-jo* (stand with the natural stance
By holding his/her *jo* with the left hand for *osame* (finish)

IV. JO KUMIKATA　杖の組型

(A Performance of Arranged *Jo* Forms by *Uchikata* vs. *Shikata*)

An examinee must memorize all the techniques of *jo kumikata* in that order because an examiner only reads out each name of the subjects.

Both *uchikata* (*uchitachi* or *uchijo*) and *shikata* (*shitachi* or *shijo*) stand facing with each other and should follow each suggestion by an examiner.

Both *uchikata* and *shikata* should do *rei* or bowing toward the *shomen* or the front with the posture of *sage-to* or *sage-jo* (holding his/her *bokken* or his/her *jo* at his/her side) just before they perform each *kata* or the arranged forms as mentioned below.

A. JO AWASE
B. MUSORYU JO AWASE

A. JO AWASE　杖の合わせ

Both *uchijo* and *shijo* perform the arranged *jo* forms at timely intervals.

1. ICHI NO AWASE　一の合わせ

UCHIJO	SHIJO
[①] [*Mukae Tsuki*]	
▲ CHOKU-TSUKI NO KAMAE (hh)	▲ KAESHI-TSUKI NO KAMAE (hh) Wait
① ▲ CHOKU-TSUKI NO KAMAE (hh) → h-a d and MUNE-TSUKI (*jun*) (hh)	
	① ▲ KAESHI-TSUKI NO KAMAE (hh) h-a d-h and *mukae* (come out to respond) And MUNE-TSUKI (*gyaku*) (hh)
● CHOKU-TSUKI NO KAMAE (hh)	● KAESHI-TSUKI NO KAMAE (hh)
[②] [*Hazushi Men*]	
▲ CHOKU-TSUKI NO KAMAE (hh)	▲ KAESHI-TSUKI NO KAMAE (hh)
② ▲ CHOKU-TSUKI NO KAMAE (hh) → h-a h and *osae* (push down) h-a d and MUNE-TSUKI (*jun*) (hh)	

UCHIJO	**SHIJO**
	② ▲ KAESHI-TSUKI NO KAMAE (hh) m-a h-h and *hazushi* (avoid an attack) ● HIDARI-RYOTE-AGE (*gyaku*) (hh) m-a d-h and *mawashi* (rotate) Then *mochikae* (change his/her grip) And HIDARI-MEN-UCHI (mh) ●
HIDARI-CHUDAN (*jun*) (hh)	● MIGI-CHUDAN (mh)

2. NI NO AWASE　二の合わせ

UCHIJO	**SHIJO**
[①] [*Mukae Tsuki*]	
▲ CHOKU-TSUKI NO KAMAE (hh)	▲ KAESHI-TSUKI NO KAMAE (hh) Wait
① ▲ CHOKU-TSUKI NO KAMAE (hh) → h-a d and MUNE-TSUKI (*jun*) (hh)	
	① ▲ KAESHI-TSUKI NO KAMAE (hh) h-a d-h and *mukae* (come out to respond) And MUNE-TSUKI (*gyaku*) (hh)
● CHOKU-TSUKI NO KAMAE (hh)	● KAESHI-TSUKI NO KAMAE (hh)
[②] [*Hazushi Uchi-otoshi Tsuki*]	
▲ CHOKU-TAUKI NO KAMAE (hh)	▲ KAESHI-TSUKI NO KAMAE (hh)
② ▲ CHOKU-TSUKI NO KAMAE (hh) → m-a h and *osae* (press down) h-a d and MUNE-TSUKI (*jun*) (hh)	
	② ▲ KAESHI-TSUKI NO KAMAE (hh) m-a h-h and *hazushi* (avoid an attack) ● HIDARI-RYOTE-AGE (*gyaku*) (hh) And UCHI-OTOSHI (←) (hh) ● HIDARI-GEDAN (*gyaku*) (hh) h-a d and HIDARI-HIBARA-TSUKI (hh)
● HIDARI-GEDAN (*jun*) (hh)	● KAESHI-TSUKI NO KAMAE (hh)

A. JO AWASE (continued)

3. SAN NO AWASE　三の合わせ

UCHIJO	**SHIJO**
[①] [*Hazushi Ashi-harai*]	
▲ CHOKU-TSUKI NO KAMAE (hh)	▲ CHOKU-TSUKI NO KAMAE (hh) Wait
① ▲ CHOKU-TSUKI NO KAMAE (hh) → h-a d and MUNE-TSUKI (*jun*) (hh)	
	① ▲ CHOKU-TSUKI NO KAMAE (hh) m-a h-h and *hazushi* (avoid an attack) Then *hiki-sage* (pull backward) ● MIGI-WAKIGAMAE (*gyaku*) (hh) m-a d-h and HIDARI-ASHI-HARAI (←) (Outside) (mh)
● HIDARI-CHUDAN (*jun*) (hh)	● MIGI-GEDAN (*gyaku*) (mh)

4. YON NO AWASE　四の合わせ

UCHIJO	**SHIJO**
[①] [*Mukae Men*]	
▲ CHOKU-TSUKI NO KAMAE (hh) Wait	▲ MIGI-CHUDAN (mh) m-a h ▲ HIDARI-JODAN (hh)
① ▲ CHOKU-TSUKI NO KAMAE (hh) → h-a d and MUNE-TSUKI (*jun*) (hh)	
	① ▲ HIDARI-JODAN (hh) m-a d-h and *mukae* (come out to respond) And HIDARI-MEN-UCHI (mh)
● HIDARI-CHUDAN (*jun*) (hh)	● MIGI-CHUDAN (mh)

UCHIJO	**SHIJO**
[②] [*Mukae Ashi-harai*]	
▲ HIDARI-CHUDAN (*jun*) (hh)	▲MIGI-CHUDAN (mh)
→ m-a h	h-a h
▲ CHOKU-TSUKI NO KAMAE (hh)	▲ HIDARI-WAKIGAMAE (*gyaku*) (mh)
	Wait
② ▲ CHOKU-TSUKI NO KAMAE (hh)	
→ h-a d and MUNE-TSUKI (*jun*) (hh)	
	② ▲ HIDARI-WAKIGAMAE (*gyaku*) (mh)
	h-a d-h and *mukae*
	And HIDARI-ASHI-HARAI (→)
	(Inside) (hh)
● HIDARI-CHUDAN (*jun*) (hh)	● HIDARI-GEDAN (*gyaku*) (hh)

5. GO NO AWASE　五の合わせ

UCHIJO	**SHIJO**
[①] [*Hazushi Uchi-otoshi Tsuki*]	
▲ CHOKU-TSUKI NO KAMAE (hh)	▲ HIDARI-GEDAN (*gyaku*) (hh)
	Wait
① ▲ CHOKU-TSUKI NO KAMAE (hh)	
→ h-a d and MUNE-TSUKI (*jun*) (hh)	
	① ▲ HIDARI-GEDAN (*gyaku*) (hh)
	m-a h-h and *hazushi* (avoid an attack)
	And *mawashi* (rotate)
	Then *mochikae* (change his/her grip)
	And UCHI-OTOSHI (←) (hh)
	● HIDARI-GEDAN (*jun*) (hh)
	h-a d and HIDARI-HIBARA-TSUKI (hh)
● HIDARI-GEDAN (*jun*) (hh)	● CHOKU-TSUKI NO KAMAE (hh)

A. JO AWASE (continued)

6. ROKU NO AWASE　六の合わせ

UCHIJO	**SHIJO**
[①] [*Sukui-age Kote* and *Maki-kaeshi Men*]	
▲ MIGI-CHUDAN (mh)	▲ MIGI-CHUDAN (mh)
Wait	m-a h
	▲ MIGI-WAKIGAMAE (*jun*) (hh)
① ▲ MIGI-CHUDAN (mh)	
→ m-a h	
▲ HIDARI-JODAN (hh)	
m-a d and SHOMEN-UCHI (mh)	
● MIGI-CHUDAN (mh)	
	① ▲ MIGI-WAKIGAMAE (*jun*) (hh)
	m-a d and *sukui-age* (scoop)
	And HIDARI-KOTE-UCHI (try) (mh)
	● MIGI-RYOTE-AGE (mh)
	h-a d-h and *maki-kaeshi* (cross by rotating)
	And MIGI-MEN-UCHI (hh)
● MIGI-CHUDAN (mh)	● HIDARI-CHUDAN (*gyaku*) (hh)

7. NANA NO AWASE　七の合わせ

UCHIJO	**SHIJO**
[②] [*Hazushi Harai Tsuki*]	
▲ CHOKU-TSUKI NO KAMAE (hh)	▲ MIGI-GEDAN (*gyaku*) (mh)
	Wait
② ▲CHOKU-TSUKI NO KAMAE (hh)	
→ h-a d and MUNE-TSUKI (*jun*) (hh)	
	② ▲MIGI-GEDAN (*gyaku*) (mh)
	h-a h-h and *hazushi* (avoid an attack)
	And *mawashi* (rotate)
	Then *mochikae* (change his/her grip)
	And HIDARI-HARAI (←) (mh)
	● MIGI-GEDAN (*jun*) (mh)
	m-a d and HIDARI-HIBARA-TSUKI (mh)
● HIDARI-CHUDAN (*jun*) (hh)	● CHOKU-TSUKI NO KAMAE (mh)

A. JO AWASE (continued)

8. HACHI NO AWASE　八の合わせ

UCHIJO	**SHIJO**
8a.	
[① ②] [*Mawashi Tsuki*]	
▲ CHOKU-TSUKI NO KAMAE (hh)	▲ KAESHI-TSUKI NO KAME (hh)
Wait	
	① ▲ KAESHI-TSUKI NO KAMAE (hh)
	← h-a d and MUNE-TSUKI (*gyaku*) (hh)
① ▲ CHOKU-TSUKI NO KAMAE (hh)	
m-a h-h and *uke* (block)	
Then *osae* (→) (push down)	
● HIDARI-CHUDAN (*jun*) (hh)	● KAESHI-TSUKI NO KAMAE (hh)
▲ HIDARI-CHUDAN (jun) (hh)	▲ KAESHI-TSUKI NO KAMAE (hh)
	② ▲ KAESHI-TSUKI NO KAMAE (hh)
	← h-a d-h and *mawashi* (→) (rotate)
	And HIDARI-HIBARA-TSUKI (hh)
② ▲ HIDARI-CHUDAN (*jun*) (hh)	
● HIDARI-CHUDAN (*jun*) (hh)	● KAESHI-TSUKI NO KAMAE (hh)
8b.	
[① ②] [*Mawashi Tsuki*]	
▲ CHOKU-TSUKI NO KAMAE (hh)	▲ KAESHI-TSUKI NO KAMAE (hh)
Wait	
	① ▲ KAESHI-TSUKI NO KAMAE (hh)
	← h-a d and MUNE-TSUKI (*gyaku*) (hh)
① ▲ CHOKU-TSUKI NO KAMAE (hh)	
m-a h-h and uke then osae (←)	
● HIDARI-CHUDAN (*jun*) (hh)	● KAESHI-TSUKI NO KAMAE (hh)
▲ HIDARI-CHUDAN (jun) (hh)	▲ KAESHI-TSUKI NO KAMAE (hh)
	② ▲ KAESHI-TSUKI NO KAMAE (hh)
	← h-a d-h and *mawashi* (←)
	And MUNE-TSUKI (*gyaku*) (hh)
② ▲ HIDARI-CHUDAN (*jun*) (hh)	
● HIDARI-CHUDAN (*jun*) (hh)	● KAESHI-TSUKI NO KAMAE (hh)

B. MUSO RYU — JO AWASE　夢想流 ― 杖の合わせ

(A Performance of Arranged *Muso Ryu Jo* Forms by *Uchitachi* vs. *Shijo* At Timely Intervals)

After both *uchitachi* and *shijo* finish performing each *kata* (forms) of *Muso Ryu* style, *uchitachi* takes the posture of no fighting style of *migi-gedan* by tilting his/her tip of the *bokken* about 30 degrees at his/her right side.

While *shijo* stands still with the posture of *tsune no kamae* (the neutral position standing with both feet side by side), *uchitachi* moves to the left side. After that, both of them walk forward several steps so that they can pass through each other. And finally, both *utitachi* and *shijo* turn around and face with each other for performing the next *kata*.

1. HONTE-UCHI　本手打

UCHITACHI	**SHIJO**
[①]	
▲ MIGI-CHUDAN (mh)	▲ MIGI-HONTE NO KAMAE (mh)
▲ MIGI-GEDAN (mh)	
Wait	
	① ▲ MIGI-HONTE NO KAMAE (mh)
	← h-a d-h and MIGI-MEN-UCHI (hh)
① ▲ MIGI-GEDAN (mh)	
h-a h and *hazushi* (avoid an attack)	
● MIGI-GEDAN (mh)	● HIDARI-HONTE NO KAMAE (hh)
[②]	
▲ MIGI-GEDAN (mh)	▲ HIDARI-HONTE NO KAMAE (hh)
	② ▲ HIDARI-HONTE NO KAMAE (hh)
	← m-a d-h and HIDARI-MEN-UCHI (mh)
② MIGI-GEDAN (mh)	
h-a h and *hazushi*	
● MIGI-GEDAN (mh)	● MIGI-HONTE NO KAMAE (mh)
● MIGI-CHUDAN (mh)	h-a h-t
● MIGI-GEDAN (*hazushi*) (mh)	● TSUNE NO KAMAE
(Non-fighting style)	

B. MUSO RYU JOAWASE (continued)

2. GYAKUTE-UCHI　逆手打

UCHITACHI	**SHIJO**
[①]	
▲ MIGI-CHUDAN (mh) Wait	▲ MIGI-GYAKUTE NO KAMAE (mh)
	① ▲ MIGI-GYAKUTE NO KAMAE (mh) ← h-a d-h and MIGI-MEN-UCHI (hh)
① ▲ MIGI-CHUDAN (mh) m-a h-h and *uk*e (block) (*gyaku*)	
● HIDARI-CHUDAN (*gyaku*) (hh)	● HIDARI-GYAKUTE NO KAMAE (hh)
[②]	
▲ HIDARI-CHUDAN (*gyaku*) (hh)	▲ HIDARI-GYAKUTE NO KAMAE (hh)
	② ▲ HIDARI-GYAKUTE NO KAMAE (hh) ← m-a d-h and HIDARI-MEN-UCHI (mh)
② ▲ HIDARI-CHUDAN (*gyaku*) (hh) h-a h-h and *uke* (*jun*)	
● MIGI-CHUDAN (mh)	● MIGI-GYAKUTE NO KAMAE (mh) *Mochikae* (change his/her grip)
● MIGI-CHUDAN (mh)	● MIGI-HONTE NO KAMAE (mh) h-a h-t
● MIGI-GEDAN (*hazushi*) (mh) (Non-fighting style)	● TSUNE NO KAMAE (*shizen-tai*)

B. MUSO RYU JO AWASE (continued)

3. HIKI-OTOSHI-UCHI　引き落とし打

UCHITACHI	SHIJO
[①]	
▲ MIGI-CHUDAN (mh)	▲ MIGI-HIKI-OTOSHI NO KAMAE (hh)
Wait	
	① ▲ MIGI-HIKI-OTOSHI NO KAMAE (hh)
	← m-a d-h and UCHI-OTOSHI (←) (mh)
① ▲ MIGI-CHUDAN (mh)	
Be hit his/her *bokken* by *shijo*	
m-a h	
● MIGI-WAKIGAMAE (hh)	
h-a h	
● MIGI-CHUDAN (mh)	● MIGI-HONTE NO KAMAE (mh)
[②]	
▲ MIGI-CHUDAN (mh)	▲ MIGI-HONTE NO KAMAE (mh)
	② ▲ MIGI-HONTE NO KAMAE (mh)
	← *Mochikae*
	● HIDARI-HIKI-OTOSHI NO KAMAE (mh)
	h-a d-h and UCHI-OTOSHI (→) (hh)
② ▲ MIGI-CHUDAN (mh)	
Be hit his/her *bokken*	
h-a h	
● HIDARI-WAKIGAMAE (*gyaku*) (hh)	
● MIGI-CHUDAN (mh)	● HIDARI-HONTE NO KAMAE (mh)
	m-a h-t
● MIGI-GEDAN (*hazushi*) (mh)	● TSUNE NO KAMAE (*shizen-tai*)
(Non-fighting style)	

B. MUSO RYU JO AWASE (continued)

4. <u>KAESHI-TSUKI　返し突</u>

<u>UCHITACHI</u>	**<u>SHIJO</u>**
[①]	
▲ MIGI-CHUDAN (mh)	▲ MIGI-HONTE NO KAMAE (mh) Wait
① ▲ MIGI-CHUDAN (mh) → m-a h ▲ HIDARI-JODAN (hh)	
	① ▲ MIGI-HONTE NO KAMAE (mh) h-a d and *suri-age* (slide up) Then *mawashi* (rotate) And SUIGETSU-TSUKI (hh)
● HIDARI-JODAN (hh) h-a h ● MIGI-CHUDAN (mh)	● HIDARI-HONTE NO KAMAE (hh)
[②]	
▲ MIGI-CHUDAN (mh) ② ▲ MIGI-CHUDAN (mh) → m-a h ▲ HIDARI-JODAN (hh)	▲ HIDARI-HONTE NO KAMAE (hh)
	② ▲ HIDARI-HONTE NO KAMAE (hh) m-a d and *suri-age* then *mawashi* And SUIGETSU-TSUKI (mh)
● HIDARI-JODAN (hh) h-a h ● MIGI-CHUDAN (mh) ● MIGI-GEDAN (*hazushi*) (mh) (Non-fighting style)	● MIGI-HONTE NO KAMAE (mh) h-a h-t ● TSUNE NO KAMAE (*shizen-tai*)

B. MUSO RYU JO AWASE (continued)

5. GYAKUTE-TSUKI　逆手突

UCHITACHI	**SHIJO**
[① ②]	
▲ MIGI-CHUDAN (mh)	▲ MIGI-HONTE NO KAMAE (mh) Wait
① ▲ MIGI-CHUDAN (mh) → m-a h ▲ HIDARI-JODAN (hh)	
	① ▲ MIGI-HONTE NO KAMAE (mh) h-a d and *suri-age* (slide up) And SUIGETSU-TSUKI (*gyaku*) (hh)
● HIDARI-JODAN (hh)	● HIDARI-RYOTE-AGE (*gyaku*) (hh)
▲ HIDARI-JODAN (hh)	▲ HIDARI-RYOTE-AGE (*gyaku*) (hh) ② ▲ HIDARI-RYOTE-AGE (*gyaku*) (hh) ←m-a d-h and HIDARI-MEN-UCHI (mh)
② ▲ HIDARI-JODAN (hh) h-a h-h and *uke* (block) (*jun*) (mh)	
● MIGI-CHUDAN (mh)	● MIGI-HONTE NO KAMAE (mh)
[③ ④]	
▲ MIGI-CHUDAN (mh)	▲MIGI-HONTE NO KAMAE (mh)
③ ▲ MIGI-CHUDAN (mh) → m-a h ▲ HIDARI-JODAN (hh)	
	③ ▲ MIGI-HONTE NO KAMAE (mh) h-a d and *suri-age* And SUIGETSU-TSUKI (*gyaku*) (hh)
● HIDARI-JODAN (hh)	● HIDARI-RYOTE-AGE (*gyaku*) (hh)
▲ HIDARI-JODAN (hh)	▲ HIDARI-RYOTE-AGE (*gyaku*) (hh) ④ ▲ HIDARI-RYOTE-AGE (*gyaku*) (hh) ←m-a d-h and HIDARI-MEN-UCHI (mh)
④ ▲ HIDARI-JODAN (hh) h-a h-h and *uke* (*jun*) (mh)	
● MIGI-CHUDAN (mh)	● MIGI-HONTE NO KAMAE (mh) h-a h-t
● MIGI-GEDAN (*hazushi*) (mh) (Non-fighting style)	●TSUNE NO KAMAE (*shizen-tai*)

B. MUSO RYU JO AWASE (continued)

6. MAKI-OTOSHI　巻き落とし

UCHITACHI	SHIJO
[① ②]	
▲ MIGI-CHUDAN (mh)	▲ MIGI-HONTE NO KAMAE (mh) Wait
① ▲ MIGI-CHUDAN (mh) → m-a d and *suri-age* (slide up) ● MIGI-JODAN (mh)	
	① ▲MIGI-HONTE NO KAMAE (mh) m-a d and *suri-age* ● MIGI-JODAN (mh)
▲ MIGIO-JODAN (mh)	▲ MIGI-JODAN (mh) ② ▲MIGI-JODAN (mh) ← MAKI-OTOSHI (←) (mh)
② ▲ MIGI-JODAN (mh) m-a h ● MIGI-WAKIGAMAE (hh) h-a h-t ● MIGI-JODAN (mh)	● MIGI-HONTE NO KAMAE (mh)
[③ ④]	
▲ MIGI-JODAN (mh)	▲ MIGI-HONTE NO KAMAE (mh)
③ ▲ MIGI-JODAN (mh) → m-a d and SHOMEN-UCHI (mh)	
	③ ▲MIGI-HONTE NO KAMAE (mh) m-a d and *uke* (block) (*jun*)
●MIGI-JODAN (mh)	● MIGI-JODAN (mh)
▲ MIGI-JODAN (mh)	▲ MIGI-JODAN (mh) ④ ▲MIGI-JODAN (mh) ←MAKI-OTOSHI (←) (mh)
④ ▲ MIGI-JODAN (mh) m-a h ● MIGI-WAKIGAMAE (hh) h-a h-t ●MIGI-JODAN (mh)	● MIGI-HONTE NO KAMAE (mh), wait

B. MUSO RYU JO AWASE 6. MAKI-OTOSHI (continued)

UCHITACHI	**SHIJO**
[⑤ ⑥]	
⑤ ▲ MIGI-JODAN (mh) → m-a d and SHOMEN-UCHI (mh)	
	⑤ ▲ MIGI-HONTE NO KAMAE (mh) m-a d and *uke* (*jun*)
● MIGI-JODAN (mh)	● MIGI-JODAN (mh)
▲ MIGI-JODAN (mh)	▲ MIGI-JODAN (mh)
	⑥ ▲ MIGI-JODAN (mh) ← MAKI-OTOSHI (←) (mh)
⑥ ▲ MIGI-JODAN (mh) m-a h	
● MIGI-WAKIGAMAE (hh) h-a h-t	
● MIGI-CHUDAN (mh)	● MIGI-HONTE NO KAMAE (mh) h-a h-t
● MIGI-GEDAN (*hazushi*) (mh) (Non-fighting style)	●TSUNE NO KAMAE (*shizen-tai*)

B. MUSO RYU JO AWASE (continued)

7. KURI-TSUKI　繰り付け

UCHITACHI	**SHIJO**
[① ②]	
▲ MIGI-HASSO (hh)	▲ TSUNE NO KAMAE (*shizen-tai*) Wait
① ▲ MIGI-HASSO (hh) → m-a d and SHOMEN-UCHI (mh)	
	① ▲ TSUNE NO KAMAE (*shizen-tai*) h-a h-y and *hidari-yori* (move to the left) And *uke* (*gyaku*) (block) m-a d and *osae* (push down)
● MIGI-CHUDAN (mh)	● MIGI-GEDAN (*gyaku*) (mh)
② ▲ MIGI-CHUDAN (mh) → m-a h and be stopped by *shijo* MIGI-WAKIGAMAE (hh) When be stopped by *shijo* h-a h, m-a h	
	② ▲ MIGI-GEDAN (*gyaku*) (mh) m-a d MIGI-GYAKUTE NO KAMAE (mh) m-a m-y and migi-yori (move to the right)
● MIGI-HASSO (hh)	● TSUNE NO KAMAE (*shizen-tai*)

B. MUSO RYU AWASE 7. KURI-TSUKE (continued)

UCHITACHI	SHIJO
[③ ④]	
▲ MIGI-HASSO (hh)	▲ TSUNE NO KAMAE (*shizen-tai*)
③ ▲ MIGI-HASSO (hh) → m-a d and SHOMEN-UCHI (mh)	
	③ ▲ TSUNE NO KAMAE (*shizen-tai*) h-a h-y and *hidari-yori* (move to the left) And *uke* (*gyaku*) (block) m-a d and *osae* (push down)
● MIGI-CHUDAN (mh)	● MIGI-GEDAN (*gyaku*) (mh)
▲ MIGI-CHUDAN (mh)	▲ MIGI-GEDAN (*gyaku*) (mh)
④ ▲ MIGI-CHUDAN (mh) → m-a h and be stopped by *shijo* ● MIGI-WAKIGAMAE (hh) When be stopped by *shijo* h-a h, m-a h	
	④ ▲ MIGI-GEDAN (*gyaku*) (mh) m-a d ● MIGI-GYAKUTE NO KAMAE (mh) m-a m-y and migi-yori (move to the right)
● MIGI-HASSO (hh) h-a h ● MIGI-CHUDAN (mh) ● MIGI-GEDAN (*hazushi*) (mh) (Non-fighting style)	● TSUNE NO KAMAE (*shizen-tai*)

B. MUSO RYU JO AWASE (continued)

8.KURI-HANASHI　繰り放し

UCHITACHI	**SHIJO**
[① ②]	
▲ MIGI-HASSO (hh)	▲ TSUNE NO KAMAE (*shizen-tai*) Wait
① ▲ MIGI-HASSO (hh) → m-a d and SHOMEN-UCHI (mh)	
	① ▲TSUNE NO KAMAE (*shizen-tai*) h-a h-y and *hidari-yori* (move to the left) And *uke* (*gyaku*) (block) m-a d and *oshi* (push)
● MIGI-CHUDAN (mh)	● MIGI-GYAKUTE NO KAMAE (mh)
▲ MIGI-CHUDAN (mh)	▲ MIGI-GYAKUTE NO KAMAE (mh)
② ▲ MIGI-CHUDAN (mh) → When be pushed by *shijo* m-a h, h-a h (cross) and m-a h	
	② ▲ MIGI-GYAKUTE NO KAMAE (mh) m-a m-y and migi-yori (move to the right)
● MIGI-HASSO (hh)	● TSUNE NO KAMAE (*shizen-tai*)

B. MUSO RYU JO AWASE 8. KURI-HANASHI (continued)

UCHITACHI	**SHIJO**
[③ ④]	
▲ MIGI-HASSO (hh)	▲ TSUNE NO KAMAE (*shizen-tai*)
③ ▲ MIGI-HASSO (hh)	
→ m-a d and SHOMEN-UCHI (mh)	
	③ ▲TSUNE NO KAMAE (*shizen-tai*) h-a h-y and *hidari-yori* (move to the left) And *uke* (*gyaku*) m-a d and *oshi*
●MIGI-CHUDAN (mh)	● MIGI-GYAKUTE NO KAMAE (mh)
▲ MIGI-CHUDAN (mh)	▲ MIGI-GYAKUTE NO KAMAE (mh)
④ ▲ MIGI-CHUDAN (mh)	
→ When be pushed by *shijo* m-a h, h-a h (cross) and m-a h	
	④ ▲ MIGI-GYAKUTE NO KAMAE (mh) m-a m-y and migi-yori (move to the right)
● MIGI-HASSO (hh)	● TSUNE NO KAMAE (*shizen-tai*)
h-a h	
● MIGI-CHUDAN (mh)	
● MIGI-GEDAN (*hazushi*) (mh)	
(Non-fighting style)	

B. MUSO RYU JO AWASE (continued)

9. TAI-ATARI　体当たり

UCHITACHI	SHIJO
[① ②]	
▲ MIGI-HASSO (hh)	▲ TSUNE NO KAMAE (*shizedn-tai*) Wait
① ▲ MIGI-HASSO (hh) → m-a d and SHOMEN-UCHI (mh)	
	① ▲TSUNE NO KAMAE (*shizen-tai*) h-a h-y and *hidari-yori* (move to the left) And *uke* (*gyaku*) (block) m-a d and *suri-age* (slide up) m-a d and *oshi* (push)
● MIGI-CHUDAN (mh)	● MIGI-GYAKUTE NO KAMAE (mh)
▲ MIGI-CHUDAN (mh)	▲ MIGI-GYAKUTE NO KAMAE (mh)
② ▲ MIGI-CHUDAN (mh) *Suri-age* and be pushed by *shijo* → When be pushed by *shijo* h-a h, m-a h, h-a h and m-a h	
	② ▲ MIGI-GYAKUTE NO KAMAE (mh) m-a m-y and migi-yori (move to the right)
● MIGI-HASSO (hh)	● TSUNE NO KAMAE (*shizen-tai*)

B. MUSO RYU JO AWASE 9. TAI-ATARI (continued)

UCHITACHI	**SHIJO**
[③ ④]	
▲ MIGI-HASSO (hh)	▲ TSUNE NO KAMAE (*shizen-tai*)
③ ▲ MIGI-HASSO (hh)	
→ m-a d and SHOMEN-UCHI (mh)	
	③ ▲ TSUNE NO KAMAE (*shizen-tai*)
	h-a h-y and *hidari-yori* (move to the left)
	And *uke* (*gyaku*) (block)
	m-a d and *suri-age* (slide up)
	m-a d and *oshi* (push)
● MIGI-CHUDAN (mh)	● MIGI-GYAKUTE NO KAMAE (mh)
▲ MIGI-CHUDAN (mh)	▲ MIGI-GYAKUTE NO KAMAE (mh)
④ ▲ MIGI-CHUDAN (mh)	
Suri-age and be pushed by *shijo*	
→ When be pushed by *shijo*	
h-a h, m-a h, h-a h and m-a h	
(4-small back)	
	④ ▲ MIGI-GYAKUTE NO KAMAE (mh)
	m-a m-y and *migi-yori* (move to the right)
● MIGI-HASSO (hh)	● TSUNE NO KAMAE (*shizen-tai*)
h-a h	
●MIGI-CHUDAN (mh)	
● MIGI-GEDAN (*hazushi*) (mh)	
(Non-fighting style)	

B. MUSO RYU JO AWASE (continued)

10. TSUKI-HAZUSHI-UCHI　突き外し打ち

UCHITACHI	**SHIJO**
[① ②]	
▲ MIGI-HASSO (hh)	▲ RYOTE-AGE NO KAMAE (*shizen-tai*)
▲ HIDARI-CHUDAN (hh)	Wait
①▲ HIDARI-CHUDAN (hh)	
→ m-a d and SUIGETSU-TSUKI (mh)	
	① ▲ RYOTE-AGE NO KAMAE (*shizen-tai*)
	h-a h-h and *hazushi* (avoid an attack)
● MIGI-CHUDAN (mh)	● MIGI-RYOTE-AGE NO KAMAE (mh)
	② ▲ MIGI-RYOTE-AGE NO KAMAE (mh)
	←*Mawashi* (rotate)
	And UCHI-OTOSHI (mh)
	h-a h-t
② ▲ MIGI-CHUDAN (mh)	
When be struck by *shijo*	
m-a h	
MIGI-WAKIGAMAE (hh)	
h-a h	
● MIGI-CHUDAN (mh)	● RYOTE-AGE NO KAMAE (*shizen-tai*)

B. MUSO RYU JO AWASE 10. TSUKI-HAZUSHI-UCHI (continued)

UCHITACHI	**SHIJO**
[③ ④]	
▲ MIGI-CHUDAN (mh)	▲ RYOTE-AGE NO KAMAE (*shizen-tai*)
③ ▲MIGI-CHUDAN (mh) → m-a d and SUIGETSU-TSUKI (mh)	
	③ ▲ RYOTE-AGE NO KAMAE (*shizen-tai*) m-a h-h and *hazushi*
● MIGI-CHUDAN (mh)	● MIGI-RYOTE-AGE NO KAMAE (mh)
▲ MIGI-CHUDAN (mh)	▲ MIGI-RYOTE-AGE NO KAMAE (mh)
	④ ▲ MIGI-RYOTE-AGE NO KAMAE (mh) ←*Mawashi* And UCHI-OTOSHI (mh) h-a h-t
④ ▲ MIGI-CHUDAN (mh) When be struck by *shijo* m-a h	
● MIGI-WAKIGAMAE (hh) h-a h	
● MIGI-CHUDAN (mh)	● MIGI-HONTE NO KAMAE (mh)
● MIGI-GEDAN (*hazushi*) (mh) (Non-fighting style)	● TSUNE NO KAMAE (*shizen-tai*)

B. MUSO RYU JO AWASE (continued)

11. DO-HARAI-UCHI　胴払い打ち

UCHITACHI	SHIJO
[① ②]	
▲ MIGI-CHUDAN (mh)	▲ MIGI-HONTE NO KAMAE (mh) Wait
① ▲ MIGI-CHUDAN (mh) → m-a d and MIGI-DO-UCHI (*Gyaku*) (mh)	
	① ▲ MIGI-HONTE NO KAMAE (mh) m-a h-h and *uke* (*jun*) (block) (Both palms upward) And UCHI-OTOSHI (hh)
● MIGI-CHUDAN (*gyaku*) (mh)	● HIDARI-CHUDAN (*jun*) (hh)
▲ MIGI-CHUDAN (*gyaku*) (mh)	▲ HIDARI-CHUDAN (*jun*) (hh)
② ▲ MIGI-CHUDAN (*gyaku*) (mh) When be struck by *shijo* ● MIGI-GEDAN (mh) → m-a h and h-a h	
	② ▲ HIDARI-CHUDAN (*jun*) (hh) m-a d
● MIGI-CHUDAN (mh)	● MIGI-HONTE NO KAMAE (mh)

B. MUSO RYU JO AWASE 11. DO-HARAI-UCHI (continued)

UCHITACHI	**SHIJO**
[③ ④]	
▲ MIGI-CHUDAN (mh)	▲ MIGI-HONTE NO KAMAE (mh)
③ ▲ MIGI-CHUDAN (mh) → m-a d and MIGI-DO-UCHI (*Gyaku*) (mh)	
	③ ▲ MIGI-HONTE NO KAMAE (mh) m-a h-h and *uke* (*jun*) And UCHI-OTOSHI (hh)
● MIGI-CHUDAN (*gyaku*) (mh)	● HIDARI-CHUDAN (*jun*) (hh)
▲ MIGI-CHUDAN (*gyaku*) (mh)	▲ HIDARI-CHUDAN (*jun*) (hh)
④ ▲ MIGI-CHUDAN (*gyaku*) (mh) When be struck by *shijo* ● MIGI-GEDAN (mh) → m-a h and h-a h	
	④ ▲ HIDARI-CHUDAN (*jun*) (hh) m-a d
● MIGI-CHUDAN (mh)	● MIGI-HONTE NO KAMAE (mh)
● MIGI-GEDAN (*hazushi*) (mh) (Non-fighting style)	● TSUNE NO KAMAE (*shizen-tai*)

B. MUSO RYU JO AWASE (continued)

12. <u>TAI-HAZUSHI-UCHI　体外し打ち</u>

<u>UCHITACHI</u>	**<u>SHIJO</u>**
[① ②]	
▲ MIGI-HASSO (hh)	▲ MIGI-TAI-HAZUSHI NO KAMAE (mh) Wait
① ▲ MIGI-HASSO (hh) → m-a d and SHOMEN-UCHI (mh)	
	① ▲ MIGI-TAI-HAZUSHI NO KAMAE (mh) m-a h-t and *nuki* (pull his/her body back)
● MIGI-CHUDAN (mh)	● SUICHOKU JO NO KAMAE (*shizen-tai*) (Upright his/her *jo* near the forehead)
▲ MIGI-CHUDAN (mh)	▲ SUICHOKU JO NO KAMAE (*shizen-tai*)
	② ▲ MIGI-SUICHOKU JO (mh) ← h- a h-h and UCHI-OTOSHI (mh)
② ▲ MIGI-CHUDAN (mh) When be struck by *shijo* Put stay in the current position (mh)	
● MIGI-WAKIGAMAE (mh)	● MIGI-HONTE NO KAMAE (mh)

B. MUSO RYU JO AWASE 12. TAI-HAZUSHI-UCHI (continued)

UCHITACHI	**SHIJO**
[③ ④]	
▲ MIGI-WAKIGAMAE (mh) h-a d	▲ MIGI-HONTE NO KAMAE (mh) m-a d
▲ MIGI-HASSO (hh)	▲ MIGI-TAI-HAZUSHI NO KAMAE (mh)
③ ▲MIGI-HASSO (hh) → m-a d and SHOMEN-UCHI (mh)	
	③ ▲ MIGI-TAI-HAZUSHI NO KAMAE(mh) m-a h-t and *nuki*
● MIGI-CHUDAN (mh)	● SUICHOKU JO NO KAMAE (*shizen-tai*)
▲ MIGI-CHUDAN (mh)	▲ SUICHOKU JO NO KAMAE (*shizen-tai*)
	④ ▲ MIGI-SUICHOKU JO (mh) ← h- a h-h and UCHI-OTOSHI (mh)
④ ▲ MIGI-CHUDAN (mh) When be struck by *shijo* Put stay in the current position (mh)	
● MIGI-WAKIGAMAE (mh) h-a h	● MIGI-HONTE NO KAMAE (mh)
● MIGI-CHUDAN (mh)	
● MIGI-GEDAN (*hazushi*) (mh) (Non-fighting style)	● TSUNE NO KAMAE (*shizen-tai*)

[END OF JODO]