

Kenjutsu kihon kata

For graduate program

Begin each movement from shoko and perform both sides (right then left)

Rei

Batoh (draw sword) chudan style

Begin with tenso – shoko

1. dai-jodan kiri-komi on musubi-dachi
2. dai-jodan kiri-oroshi on hanmihan-dachi (or low fudo-dachi)
3. jodan kiri-komi on musubi-dachi
4. jodan kiriharai on fudo-dachi
5. chudan kiri-komi on musubi-dachi
6. chudan kiri-harai on fudo-dachi
7. gedan kiri-komi on musubi-dachi
8. gedan kiri-harai on fudo-dachi
9. chudan tsuki on musubi-dachi (seichuken style)

End with tenso – shoko

Notoh (sheath sword)

Rei