

Bokuto ni yoru Kendo Kihon Waza Keikoho

; Kihon Keiko Ho

● POINTS

- Start with Reishiki as for the Nihon Kendo no Kata
- Kamae: everything is in chudan
- Metsuke: look at your opponents eyes
- Maai: all waza start from issoku-itto-no-mai and the completion of each set finishes in YOKOTE
- Datotsu (strike): strike with the correct flight path, using the monouchi and pull up your left leg (hikitsuke). All strikes should be made in a single motion (ichibyoshi). Although the strikes stop just before the target, the student must be made to understand that they are cutting or thrusting with a sword
- ashisabaki: use okuriashi
- kakegoe: call the name of the target area ie men, kote, do, or tsuki
- zanshin: after striking return to chudan without a lapse in concentration

**source: kenshi247*

WAZA	MOTODACHI	KAKARI TE
1. Kihoni ichi – Shikake Men, Kote, Do, Tsuki	Take three steps to the centre Receive Men Chudan Receive Kote Chudan Receive Do Chudan Step back and receive Tsuki Step forward to the Centre Separate to the nine step distance.	Take three steps to the centre From issoku itto no maai cut men step back to apply zanshin (20%) Then step back to issoku for kote Step in and cut kote 2 steps back Step in and cut do 2 steps back Step in and thrust to the throat then immediately pull the hands back to Chudan, To maai 2 steps back Separate to the nine step distance.
2. Kihon Ni – Shikake Kote Men	Take three steps to the centre Chudan, To maai Receive kote Step back and receive men Separate to the nine step distance.	Take three steps to the centre Chudan, To maai Cut Kote Cut men Step back to apply zanshin Step back to Issoku Itto No Maai. Separate to the nine step distance
3. Kihon San – Harai Men	Take three steps to the centre Chudan, To maai Receive harai Receive men Separate to the nine step distance.	Separate to the nine step distance. Take three steps to the centre Chudan, To maai Omote harai Cut men Step back to apply zanshin Step back to centre. Separate to the nine step distance.
4. Kihon Shi – Hiki Do	Take three steps to the centre Chudan, To maai Receive and deflect men Step in to Tsuba zeriai Resist and push up Raise arms Take a slight step back and lower to Chudan, To maai. Separate to the nine step distance.	Take three steps to the centre Chudan, To maai Cut men. Step in to Tsuba zeriai Push down Step back and cut do Step back to apply zanshin Step back to Issoku Itto No Maai. Separate to the nine step distance.

WAZA	MOTODACHI	KAKARI TE
5. Kihon Go – Men Nuki Do	Take three steps to the centre Chudan, To maai Cut men Step back to Issoku Itto No Maai and lower to Chudan, To maai, To maai. Step smoothly around to the centre. Separate to the nine step distance.	Take three steps to the centre Chudan, To maai Step to the right and cut Do Step back to Issoku Itto No Maai with a feeling of pulling out the sword, meet in Chudan, To maai, Step smoothly around to the centre. Separate to the nine step distance.
6. Kihon Roku – Kote Suriage Men	Take three steps to the centre Chudan, To maai Cut kote Receive men Step back to the centre Separate to the nine step distance.	Take three steps to the centre Chudan, To maai Step to the left rear and perform suriage (ura side) Step in and cut men Step back to the centre Separate to the nine step distance.
7. Kihon Shichi – Debana Kote	Take three steps to the centre Chudan, To maai Step in and raise the point to the left Step back to the centre Separate to the nine step distance.	Take three steps to the centre Chudan, To maai Cut kote (Debana timing) Step back to apply zanshin Step back to the centre Separate to the nine step distance.
8. Kihon Hachi – Men Kaeshi Do	Take three steps to the centre Chudan, To maai Cut Men Step back to Toma and lower the arms Step around to the centre Separate to the nine step distance.	Take three steps to the centre Chudan, To maai Step to the right and kaeshi do Step back to Toma with a feeling of pulling out the sword Step around to the centre Separate to the nine step distance.
9. Kihon Kyu – Do Uchiotoshi Men	Take three steps to the centre Chudan, To maai Cut Do Receive Men Step back to the centre Separate to the nine step distance.	Take three steps to the centre Chudan, To maai Step to the left and deflect with uchiotoshi Step in and cut men Step back to the centre Separate to the nine step distance.