



Nihon Kendo Kata



Uchidachi

Shidachi

Ipponme

1. Assume Hidari Jodan
2. Leading with your left foot, take three crossing steps so that you end up in Issoku Itto Maai.
3. Crossing your right foot in front of your left, strike Shomen with strong Kiai. Try to cut through the Shidachi entirely.
4. When Shidachi strikes your Shomen, raise your eyes to meet theirs.
5. Take a small step backward.
6. Take another small step backward.
7. Straighten into Chudan.
8. Hodoku and, leading with the left foot, take five small steps back to the starting position. Assume Chudan.

1. Assume Migi Jodan
2. Leading with your right foot, take three crossing steps so that you end up in Issoku Itto Maai.
3. As Uchidachi strikes, take a small step back and raise your hands to avoid being struck.
4. Step forward and strike Shomen with strong Kiai.
5. Lower your Kensen to Uchidachi's eyes.
6. Maintaining sutemi, cross your left foot in front of your right assuming Hidari Jodan.
7. Reverse your step and assume Chudan.
8. Hodoku and, leading with the left foot, take five small steps back to the starting position. Assume Chudan.

Nihonme

1. Leading with your right foot, take three crossing steps so that you end up in Issoku Itto Maai.
2. Step forward and strike Kote
3. Wait for Shidachi to strike Kote.
4. As Shidachi returns to Issoku Itto no Maai, lower your kensen and allow Shidachi's bokuto to pass over yours.
5. Hodoku and, leading with the left foot, take five small steps back to the starting position. Assume Chudan.

1. Leading with your right foot, take three crossing steps so that you end up in Issoku Itto Maai.
2. Step diagonal back, left, lowering your bokuto to Gedan to avoid Uchidachi's strike.
3. Step forward and strike Kote.
4. Step to the right maintaining your kamae.
5. Hodoku and, leading with the left foot, take five small steps back to the starting position. Assume Chudan.



Nihon Kendo Kata



Sanbonme

1. Assume Gedan no Kamae
2. Leading with your right foot, take three crossing steps so that you end up in Issoku Itto Maai.
3. Raise your kensen up to Chudan
4. Twisting your Bokuto slightly to the left, step forward and thrust at Shidachi's heart.
5. As Shidachi thrusts, cross your right foot behind your left and parry using a circular motion with the Ura Shinogi.
6. As Shidachi thrusts, cross your left foot behind your right and parry using a circular motion with the Omote Shinogi.
7. Lower your Kensen down and to the right and leading with your left foot take three crossing steps back.
8. Straighten back to Chudan
9. Wait for Shidachi to take their first 2 steps then join in the last 3 moving back to center in Issoku Itto no Maai.
10. Hodoku and, leading with the left foot, take five small steps back to the starting position. Assume Chudan.

1. Assume Gedan no Kamae
2. Leading with your right foot, take three crossing steps so that you end up in Issoku Itto Maai.
3. Raise your kensen up to Chudan
4. Step back and, turning your Bokuto slightly to to the left, push Uchidachi's Kensen down and to the left.
5. Straightening your blade, step forward and thrust for Uchidachi's heart by returning to chudan and stepping powerfully.
6. Step forward and thrust for Uchidachi's heart by returning to chudan and stepping powerfully.
7. Exert Zanshin and chase the Uchidachi down with three steps forward. With each step position the Kensen at Uchidachi's mouth, nose then eyes.
8. Maintain Zanshin
9. Leading with the left foot take five crossing steps back to center.
10. Hodoku and, leading with the left foot, take five small steps back to the starting position. Assume Chudan.