

Bokuto ni yoru kendo kihon waza keiko ho
(Developed by the Nippon Kendo Renmei)

Purpose:

- 1) To teach beginners and students of 2 Dan and below that the basis of kendo is to cut with a blade.
- 2) To show that the kihon kata can be applied to techniques. To make it easier to learn waza.
- 3) To make it easier to learn kendo no kata.

Format:

Same as for kendo no kata, with different terminology for the two roles. Where kendo no kata has the ***Uchidachi*** and ***Shidachi***, the equivalents for kihon kata are ***Motodachi*** and ***Kakarite***.

Motodachi and ***Kakarite*** are 9 steps apart. Just as in kendo no kata, the two would advance 3 steps to meet at Issoku Itto no Maai, and retreat 5 steps at the end of each kata.

Standing Posture: Chudan no kamae

Eye: Maintain eye contact with partner

Strike: Strike with Monouchi within ¼" of target, squeezing the grip with one breath.

Foot movement: Begin Okuriashi and strike with Suriashi

Voice: Kakarite calls out intended target loudly: Kote Men Do Tsuki.

Zanshin: After each strike, ***Kakarite*** would take a small step back and zanshin strongly from Chudan no Kamae position.

Kihon kata

Kihon 1: Men, Kote, Do, Tsuki

Motodachi: Opens kissaki slightly to the right.

Kakarite: Steps in to hit Men. Takes one small step back to zanshin, and another step to return to the original position.

Motodachi: Raises kissaki slightly up.

Kakarite: Steps in to hit Kote. Takes one small step back to zanshin, and another step to return to the original position.

Motodachi: Opens by raising both arms above the eyes.

Kakarite: Steps in straight to hit Do. Takes one small step back to zanshin, and another step to return to the original position.

Motodachi: Opens by dropping the kissaki slightly to the right.

Kakarite: Steps in to thrust Tsuki, and pulls back slightly.

Motodachi: Takes one step back simultaneously.

Kakarite: Takes one small step back to zanshin, and another step to return to the original position.

Motodachi joins in by taking one step forward at the same time as ***Kakarite***'s second step.

Kihon 2: Renzoku Waza – Kote Men

Motodachi: Raises kissaki first slightly up then taking one step back opening slightly to the right.

Kakarite: Steps in to hit Kote and takes another step to hit Men. Takes one small step back to zanshin, and another two steps to return to the original position.

Motodachi: joins in by taking one step forward at the same time as ***Kakarite***'s last step.

Kihon 3: Harai Waza – Harai Men

Kakarite takes one step to execute harai Men. Then takes one small step back to zanshin, and another step to return to the original position.

Kihon 4: Hiki Waza – Hiki Do from Tsubazeri

Kakarite hits Men.

Motodachi blocks. The arms of both people are at about shoulder height.

Both take half a step in and lower the hands into a tsubazeriai position.

Kakarite pushes down, and *Motodachi* reacts by raising the arms above the head.

Kakarite takes one step straight back to hit Do, then a small step back to zanshin. Both take one step back and assume chudan no kamae position.

Kihon 5: Nuki Waza – Men Nuki Do

Motodachi hits Men.

Kakarite steps forward and slightly to the right and hits nuki Do, maintaining eye contact all the time. After striking, *Kakarite* turns around to face *Motodachi*.

Both take one step back and maintain chudan no kamae position, *Kakarite* showing zanshin, and both stepping to rotate to their original positions.

Kihon 6: Suriage Waza – Kote Suriage Men

Motodachi steps forward to hit Kote.

Kakarite steps back to perform suriage, and immediately steps forward to hit Men. Then takes one small step back to zanshin, and both sides take one step to return to the original position.

Kihon 7: Dehana Waza – Dehana Kote

Motodachi moves slightly forward (without taking a step) in a gesture to hit Men.

Kakarite immediately steps forward to hit small Kote sharply. Then takes one small step back to zanshin, and another step to return to the original position.

Kihon 8: Kaeshi Waza – Men Kaeshi Do

Motodachi steps forward to hit Men.

Kakarite moves forward to block and immediately steps forward to the right and hits kaeshi Do, maintaining eye contact all the time. After striking, *Kakarite* turns around to face *Motodachi*.

Both take one step back and maintain chudan no kamae position, *Kakarite* showing zanshin, and both stepping to rotate to their original positions.

Kihon 9: Uchi Otoshi Waza – Do Uchi Otoshi Men

Motodachi steps directly forward to hit Do.

Kakarite takes one step backward to the left and, using the monouchi portion of his blade, cuts down on *Motodachi's* bokuto, then one step forward to hit *Motodachi's* Men.

Both take one step back and maintain chudan no kamae position, *Kakarite* showing zanshin, and both stepping to rotate to their original positions.

At the completion of the 9 kata, both sides sonkyo and take 5 steps back, the reiho being same as for kendo no kata.

Notes by Eunice Chan