Ipponme—The 1st Short Sword Form

**Shidachi**

① Assume chūdan-hanmi-no-kamae (position of chūdan with the kodachi positioned in response to the uchidachi’s jōdan or gedan-no-kamae), with the kensen slightly raised to focus on the center of the uchidachi’s face. Take three steps forward from your right foot and establish the correct maaı. Concentrate on irimi (the action of stepping into your opponent’s maaı—fundamental short sword guard position).

② Stepping forward to the right with your right foot, raise your right hand over your head and with the left shinogi deflect the cut of the uchidachi, using the technique of uke nagasu (letting your opponent’s attacking sword slide down along your blade). Turn the cutting edge to face the rear.

③ Step back with your left foot and at the same time deliver a cut to the uchidachi’s shōmen.

**Uchidachi**

① Assume a two-hand left jōdan-no-kamae and take three steps forward from your left foot, establishing the correct maaı.

②③ Stepping forward with your right foot, deliver a downward cut to shōmen.

*Kodachi ipponme ①②③*
Kodachi nihonme—The 2nd Short Sword Form

**Shidachi**

1. Assume a **chūdan-hanmi-no-kamae**, keeping the kensen in a slightly lower position (so that it comes to the **uchidachi**'s chest level). Take three steps forward from your right foot and establish the correct **maai**.

2. Attack the **uchidachi**'s sword with the left shinogi, with a feeling of **irimi**.

3. Immediately returning to **chūdan-no-kamae**, move forward with the feeling of **irimi no seme** (entering by attacking your opponent's body).

**Uchidachi**

1. Assume a **gedan-no-kamae** and take three steps forward from your right foot, establishing the correct **maai**.

2. When defending, try to assume a **chūdan-no-kamae**.

3. Step back with your right foot and assume **wakigamae**.

4. Change from **wakigamae** and swing the **bokken** over your head in a two-hand left **jōdan**, and as you step forward with your right foot deliver a full-blooded cut to the **shidachi**'s **shōmen**.
With your left foot step forward to the left and raise your right hand over your head and with the right shinogi deflect the uchidachi’s cut, using the uke nagasu technique. Turn the cutting edge to the rear.

Step back with your right foot, and at the same time face the uchidachi and deliver a shōmen cut.

With your left hand control the uchidachi’s right elbow from above, and at the same time bring the kodachi down to your right hip and assert zanshin. When you assert zanshin, turn the cutting edge to face away from you, and direct the kensen to the uchidachi’s throat.

From your right foot assume chūdan-no-kamae and return to your original position.

Shidachi completes his zanshin.

Assuming chūdan from your left foot, return to your original position.
Shidachi

① Assume a gedan-hanmi-no-kamae, and move forward from your right foot, then the left.

②③④ On the third step forward (right foot) as you attempt irimi, you will receive a shōmen attack from the uchidachi; at this point bring your kodachi straight up to deflect it with the left shinogi with the feeling of suriage, thus stopping his cut.

④ With a downward sliding motion (suriotoshi), throw the uchidachi's sword to his right side.

Uchidachi

① In chūdan-no-kamae, move forward with your right foot, then the left.

②③④ On the third step (right foot), the shidachi will try to do irimi, and you should swing the bokken up over your head into a two-hand right jōdan-no-kamae and then bring it down to deliver a cut to the shidachi's shōmen.

⑤ Move forward immediately with your left foot and execute a cut to the right do of the shidachi with your sword which has been forced down in suriotoshi.
5. Step forward to the left on your left foot, and using your body in a turning motion away from the uchidachi, deflect his sword down with the left shinogi.

6. Slide your sword up to his tsuka with the left shinogi and press the base of your tsuka against his, and do irimi. With your left hand, grip his right arm slightly to the side of his elbow, restraining free movement of his arms. Lock his elbow with your left-hand grip.

7. Push forward three steps to the right with your left foot.

8. Bring the kodachi to your right hip and assert zanshin, pointing the cutting edge down to the right and directing the kensen at the center of the uchidachi's throat. After completing zanshin, from your left foot return to your original position.

Here the kodachi kata end. Perform sonkyo and sheathe the kodachi (osame tō).