

TEACHING BASIC WEAPON PRACTICE

TANDO KU DOSA

- Correct position with the weapon
- learn basic movements
- to use the right cut
- To be confronted with yourself
- Learn to control your weapon
- learn how to train alone
- learn how to control your own space with the weapon
- Concentrate on details to keep it interesting to study
- To become one with the weapon
- To start to learn from the weapon
- Starting from mu Gamai - Toku Tachi
- Making distinction between Defensive position and Attacking position
- Hanmi position
 - right and left
 - moving
 - Stepping
 - Toku tachi
- Kiri tsuke
- Kiri sage
- Ni dan giri
- Zen Go Giri
- Four directions
- Ni dju hachi giri

INTERMEDIARY WORK

- cutting between two ken
- Cutting kiri sage and tsuki between two ken

BASIC SO TAI DOSA

- Study direction, distance timing and rythm precision, focus intention, extension ...
- Study attack defense
- Awareness of the partner
- Commitment response
- (understanding the role of oshiete and manabite)
- invitation to cut the head or the wrist
- Movement with keeping ma ai
- Parry omote ura
- four movement
 - kiri sage
 - kiri tsuke
 - parry omote ura
- Taking weapon
 - kiri sage
 - kiri tsuke
 - Drop the point
 - With more ma ai starting from waki gamai
- What?
 - Kiri tsuke
 - Kiri sage
 - Tsuki - extension
 - Ge
 - Chu
 - Jo
 - Kiri age
 - on the wrist
 - elbow
 - Han ken arm pit
 - Sue giri
 - Kiri tsuke
 - Kesa giri or Yokomen
 - kesa giri
 - ura deflecting the weapon
 - waki gamai kesa giri
- Simple Counter attack
- Counterattack with two ukes
- Combined counter attack