

# Kendo Kihon Waza KeikoHo

## Purpose:

- 1) To sense Shinai is a sword that cuts with blade and to learn about the principle of Katana and Riai of Kendo
- 2) To learn Kendo Kihon Waza by handling Bokutō and by developing the practical application of the Kendo Waza
- 3) To make it easy to switch to a sword for "Japan Kendo Kata" by practicing this Kendo Kihon Waza with Bokutō

**Format:** This Kihon Waza Practice Method has the same format as "Japan Kendo Kata" with the following differences:

- 1) "Japan Kendo Kata" uses a sword with a metal blade; whereas, the Kihon Waza Practice uses Bokutō (or Bokken)
- 2) **Uchidachi** in "Japan Kendo Kata" is called **Motodachi** in the Kihon Waza Practice
- 3) **Shidachi** in "Japan Kendo Kata" is called **Kakarite** in the Kihon Waza Practice
- 4) **Yā & Tō** are called in "Japan Kendo Kata"; whereas the actual name of Waza is called in the Kihon Waza Practice
- 5) Kihon Waza Practice uses Chūdan stance exclusively; whereas, "Japan Kendo Kata" uses various postures

**Reiho:** Way of bowing followed by Kendo courtesy with Sonkyo to show respect. The method of practicing Kihon Waza has the same Reiho as "Japan Kendo Kata."

**Zarei:** Face your partner at about three steps apart. Sit down from your left foot by pulling your left leg back and dropping your left knee next to your right foot. Put your sword down from the tip on your right side, facing the cutting edge toward you and the Tsuba in line with your knees. Bow in a sitting down position from your hip, keeping your butt down and making your back horizontal from the hip to the tip of your head. Place your hand on the floor in front of you, forming a triangle with your thumbs and index fingers. Breathe out (exhale) as you bow, hold breath for one breath time when down, and then breathe in (inhale) as you get up. Your nose should be above the center of the triangle when bowed properly. Stand up from the right foot and then walk diagonally to the distance about nine steps away from your partner and face Kamiza (or head table) to get ready for Ritsurei. Zarei is often omitted.

**Ritsurei:** Facing Kamiza (or head table) in a standing position, bow by bending your body about 30 degrees from your hip with the sword in Teito or Sageto (holding a sword on your right hand with the arm extended and sword about 45 degrees down) position. And then face each other and bow at about 15 degrees with eye contact with your partner.

Switch the sword (referred to Bokutō from here on) from right hand to left hand in front of you after the mutual Ritsurei. When the Bokutō is switched to the left hand, stand in **Taitō** posture (Place your left hand at your left hip with your thumb on your Tsuba (off the center), keeping the Bokutō diagonally down with Tsuka-Gashira (tip) at the centerline of your body). You hold on to the Tsuba with your thumb to prevent from accidental fall of the blade, assuming it is a real sword. Take three steps forward from the right foot, start drawing Bokutō diagonally toward your partner's shoulder at the third step. At the same time, make **Sonkyō** (Squatting posture on your toes with your right foot a bit forward of the left, buttocks lowered, knees opened outward, and upper body upright). This posture of Sonkyō with the Bokutō in Chūdan's position is to show mutual respect and to show you are ready. The distance between you and your partner should be Yokote no Maai (See Note 4C). Stand up together with your partner with Chūdan posture. Open your Kamae: Move the tip of Bokutō diagonally down toward your right, and hold it about an inch lower than your knee level. The Hasuji (cutting edge) must be toward the left and diagonally down. And then, take five small steps back from your left foot to return to your starting position (9 steps away from your partner).

## **Kendo Kihon Waza Practice Method:**

### **Kihon #1: Ippon Uchi (One strike) **Waza: Men, Kote, Dō and Tsuki****

Motodachi: Open **Men** by moving the tip of your Bokutō slightly to your right side from Chūdan posture

Kakarite: Step in with big Suriashi and execute **Okuriashi-Men**. Take one small step back for Zanshin and another step back to return to the starting position (Issoku-Itto no Ma-ai)

Motodachi: Open **Kote** by raising your wrists and the tip of your Bokutō up or to the left (optional) from Chūdan posture

Kakarite: Step in with Suriashi so that your right foot stepped in is near in line with Motodachi's right foot and execute **Okuriashi-Kote**. Take one small step back for Zanshin and another step back to return to the starting position (Issoku-Itto no Ma-ai). When Motodachi moved the kensen up to the left, Kakarite steps forward and strike Kote.

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### **Kihon #1:** Continued

Motodachi: Open **Dō** by raising your both arms above your eyes from Chūdan posture

Kakarite: Step in with big Suriashi and execute Okuriashi-Dō. Take one small step back for Zanshin and another step back to return to the starting position (Issoku-Itto no Ma-ai)

Motodachi: Open **Tsuki** by dropping the tip of your Bokutō down to your right side from Chūdan posture. Take one step back at the same time as Kakarite thrusts for Tsuki. Take one step forward as Kakarite takes the 2ND step back

Kakarite: Step in with big Suriashi, thrust **Okuriashi-Tsuki** and pull back Bokutō. It is good to tilt the Bokutō about 45 degrees inward as you extend your arms for Tsuki. Take one small step back for Zanshin and another step (2ND) back to return to the starting position (Issoku-Itto no Ma-ai)

### **Kihon #2: Renzoku 2-Dan Waza: Kote-Men**

Motodachi: Open **Kote** by raising your wrists and the tip of your Bokutō up from Chūdan posture. Open **Men** as you step back from your left foot by moving the tip of your Bokutō to your right side when Kakarite swings his arms up for Men strike. Return Shinai to Chūdan position as Kakarite takes 2ND step back and step forward as Kakarite takes last 3 RD step back to the starting position (Issoku-Itto no Ma-ai)

Kakarite: Step in with Suriashi so that your right foot stepped in is near in-line with Motodachi's right foot and execute **Okuriashi-Kote**. Raise both your arms above your eyes as you take another step forward and execute **Okuriashi-Men**. Take one small step back for Zanshin, 2ND, and 3RD step back to return to the starting position (Issoku-Itto no Ma-ai)

### **Kihon #3: Harai Waza: Harai-Men** (an example from Omote side: Swing Left-Up in a circular motion)

Motodachi: Keep Chūdan posture

Kakarite: Take one step forward with big Suriashi and execute **Okuriashi Harai-Men**. The "Harai" must be done in one count with the Men as you step forward with a left-up circular motion using Omote Shinogi (raised ridge) of Bokutō, and the Motodachi's Bokutō must be deflected to Kakarite's left side. Take one small step back for Zanshin and another step back to return to the starting position (Issoku-Itto no Ma-ai).

### **Kihon #4: Hiki Waza: Hiki-Dō** (Motodachi's right side-Referred to as Migi-Dō)

Kakarite: Take one step forward to strike for Men, take a small step forward as soon as the Men is parried by Motodachi and go to Tsubazeriai. Push Motodachi's Kamae down immediately to make his reaction to move his arms upward. Swing your Bokutō up above your eyes as you take a big step back with your left foot, and then execute **Okuriashi Hiki-Do** (strike his Migi-Dō at the same as your right foot is pulled to your left foot). Take one small step back for Zanshin and another step back to return to the starting position (Issoku-Itto no Ma-ai)

Motodachi: Parry the Kakarite's Men and immediately go to Tsubazeriai together. Raise your arms up in response to Kakarite's pushdown and let Kakarite strike your Migi-Dō. Go to Chūdan posture as you step back when Kakarite takes his 2 ND step back where he started (Issoku-Itto no Ma-ai)

### **Kihon #5: Nuki Waza: Men Nuki-Dō** (Motodachi's right side-Referred to as Migi-Dō)

Motodachi: Step in with big Suriashi and execute **Okuriashi-Men** and hold the Men posture. Make your eye contact with Kakarite as he strikes your Migi-Dō. Face him with Chūdan posture, take one step back with Kakarite and take another step to your left where you started (Issoku-Itto no Ma-ai).

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### Kihon #5: Nuki Waza: Men Nuki-Dō -Continued

Kakarite: Avoid Motodachi's Men strike by moving your body slightly forward diagonally right-facing Motodachi and execute **Okuriashi Men Nuki-Dō** (strike his Migi-Dō with correct Hasuji, posture, and footwork). Your toes should be directed toward Motodachi with your eye contact, and the angle of the cut should be about 45 degrees. Hold the Dō posture and wait for Motodachi to face you with Chūdan posture. Take one step back for Zanshin and another step to your left where you started (Issoku-Itto no Ma-ai).

### Kihon #6: Suriage Waza: Kote Suriage-Men (from Ura side)

Motodachi: Step in with Suriashi so that your right foot stepped in is near in-line with Kakarite's right foot and go for **Okuriashi-Kote**. After Kakarite executes Suriage-Men, go to Chūdan position as you take one big step back where you started (Issoku-Itto no Ma-ai). Do this together with Kakarite.

Kakarite: Step back and parry Motodachi's Kote using Ura Suriage motion (from Chūdan position use your wrist, rotate Bokutō counterclockwise to a 45-degree angle as you swing up in circular motion) and step in with big Suriashi and execute **Kote Suriage-Men**. Take one big step back together with Motodachi to return to the starting position (Issoku-Itto no Ma-ai).

### Kihon #7: Debana Waza: Debana-Kote (Ura side)

Motodachi: Move your right foot slightly forward, raising your wrists and Bokutō up to show a gesture of Men strike. After Kakarite executes Debana-Kote, move your right foot back when Kakarite takes the 2 ND step-back.

Kakarite: When the Mototachi begins to move, step forward and make a small, fast strike to the right Kote. Take a small step back, pointing the kensen toward the Mototachi's throat as Zanshin, and then take 2 ND step-back to the starting position.

### Kihon #8: Kaeshi Waza: Men Kaeshi-Dō (Motodachi's right side-Referred to as Migi-Dō)

Motodachi: Step in with big Suriashi and execute Okuriashi-Men and hold the Men posture. Make eye contact with Kakarite as he executes Men Kaeshi-Dō. Face him with Chūdan posture, take one step back with Kakarite and take another step to your left where you started (Issoku-Itto no Ma-ai).

Kakarite: Parry Motodachi's Men strike from Omote side as you take a little step forward diagonally right-facing Motodachi and execute **Men Kaeshi-Dō** (strike Migi-Dō with correct Hasuji, posture, and footwork). Your toes should be directed toward Motodachi with your eye contact, and the angle of the cut should be about 45 degrees. Hold and wait for Motodachi to face you with Chūdan posture. Take one step back for Zanshin and another step to your left where you started (Issoku-Itto no Ma-ai)

### Kihon #9: Uchiotoshi Waza: Dō (Migi-Dō) **Uchiotoshi-Men**

Motodachi: Step straight in with big Suriashi and execute **Okuriashi-Dō**. Make eye contact with Kakarite as he makes Uchiotoshi Men. Face him with Chūdan posture, take one step back with Kakarite and take another step to your right where you started (Issoku-Itto no Ma-ai).

Kakarite: As you take a small step back diagonally left, parry Motodachi's Dō strike by knocking down Motodachi's Bokutō from the top using cutting edge. Then step in with big Suriashi and execute **Uchiotoshi-Men**. Hold and wait for Motodachi to face you with Chūdan posture. Take one step back for Zanshin and another step to your right where you started (Issoku-Itto no Ma-ai)

## NOTES

### 1. Hand Grip

**Left Hand:** Hold from the top at the end of Tsuka (Hilt), starting from your little finger at the edge of Tsuka. Grip firmly in the sequence of the little finger, ring finger, and middle finger in such a way that your index finger and thumb are loose so that there is a space between Tsuka and the joint of the thumb and index fingers when you are Chūdan stance

**Right Hand:** Similar to Left Hand Grip except 1) Do not grip hard, but lightly hold 2) Support some weight with your index finger and thumb (like you hold a coat hanger) when you are Chūdan stance, 3) Your index finger should be close enough to touch Tsuba, and 4) There should be a space between Tsuba and the joint of the thumb and index fingers.

### 2. Kamae (Stance or Posture) -- **Chūdan**

**Feet:** Left foot is slightly behind (about the length of the foot) your right foot, spaced by the width of your foot, and stand on the balls of your feet without locking nor bending your knees.

**Posture:** Stand straight upright and lean slightly forward so that your right shoulder is above your ball of the right foot.

**Left Hand:** Left hand is one to 1½ fist distance away from your belly button, and the first joint of your thumb should be at the same height as your belly button.

**Ken-Saki:** Ken-Saki (Tip of Bokūto) should be directed so that the extension, when mutually standing at Issoku-Itto-no Maai with your partner, reaches to the partner's left eye or in between his two eyes.- **Ken-Sen**

### 3. Metsuke (Eye Contact): Focus on the partner's eyes but look at the overall body as expressed in "Enzan no Metsuke."

### 4. Maai (Distance between you and your partner):

A) Starting distance is about nine (9) steps apart from your partner

B) The striking distance is Issoku-Itto no Maai but varies by individual

C) When you do SonKyo or Kamae at the beginning and end of Waza Practice, the distance is such that Yokote is crossed. Yokote is about 1 inch from the pointed tip of the sword or Bokutō, from where the width becomes uniform.

### 5. Datotsu (Striking)

A) You must strike with full Spirit calling the name of Waza with full extension of your right arm and with correct Hasuji (direction of cutting edge-blade perpendicular to target), strike target at Monouchi (cutting portion) in one motion, one count swing (Ikkyōdo) using Okuriashi timing.

B) The Bokūto swing is Kūkan-Datotsu (Strike in the air and stop); therefore, you must stop at an inch or two before reaching the target. You must learn this method and the meaning of cutting or thrusting with a sword.

C) The speed of the Bokutō tip must be increasing toward the target

D) You will learn when to strike timing with different Motodachi

### 6. Zanshin (Kamae after strike with full Spirit remaining)

After each strike, go to Chūdan's stance with a state of mind that you can defend or counterattack anytime.

### 7. Okuriashi Men: Men Strike with rhythm timing that the left foot (Okuriashi) is pulled to the right foot after stepping in.

### 8. Fumikomiashi Men (or **Tobikomi Men**): Men Strike with rhythm timing that right foot (Fumikomiashi) is stepped in. Fumikomiashi Men is not used to this Kihon Waza Practice Method using Bokutō

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**YouTube Video References**

#	Description	Youtube Video Link	Recommendation/Issue/Ted's Comments
0	Shizentai (自然体) Kendo Basic 1 (3.5 min)	<a href="https://www.facebook.com/watch/?v=401530607663841">https://www.facebook.com/watch/?v=401530607663841</a>	Learn how to stand with <b>Shizentai</b> (natural posture). <b>Chudan</b> stance is from Shizentai to Kame posture as in the NOTES on page 4.
1	Kendo-Kata Study general points (9.2 min)	<a href="https://www.youtube.com/watch?v=jfn4yIBdysw">https://www.youtube.com/watch?v=jfn4yIBdysw</a>	Learn how to stand correctly and do <b>Ritsurei</b> w/ Bokuto. Learn how to do <b>Sonkyo</b> , start to finish correctly. Learn how to do " <b>Kamae wo Toku</b> " properly.
2	KendoKihonWazaKeikoHo Demo (5 min)	<a href="https://www.youtube.com/watch?v=KVzHMNJ6NKg&amp;t=3s">https://www.youtube.com/watch?v=KVzHMNJ6NKg&amp;t=3s</a>	Excellent <b>Ki, Maai, Datotsu, Zanshin, Ken/Tai/Ashi Sabaki</b> : Datotsu is when Okuriashi is pulled to Fumikomiashi. Note Kakarite moves when Motodachi starts without delay. Note Kakarite faces Motodachi when strikes Do in #5 & #8. More than one step to return after the Waza completion.
3	KendoKihonWazaKeikoHo Instruction (26 min)	<a href="https://www.youtube.com/watch?v=WeS8rmOTBIM">https://www.youtube.com/watch?v=WeS8rmOTBIM</a>	This Youtube is the original video released in Japanese. Some issues are to be discussed, but it's easy to access and learn the forms for beginners.
4	KendoKihonWazaKeikoHo Group practice (4.2 min)	<a href="https://www.youtube.com/watch?v=ZRGNmYZRZTw">https://www.youtube.com/watch?v=ZRGNmYZRZTw</a>	This Youtube is a group practice or demo performed by children from the Ota-Ku kendo federation in Japan.
5	KendoKihonWazaKeikoHo Instruction (51 min)	<a href="#">Ariga sensei's KendoKihonWazaPractice Method</a>	This Youtube video is a complete instruction in English offered by Taro Ariga sensei, Butokuden dojo, in Irvine. It's recommended for the seniors who can teach the key points.

**Questions and Answers**

TBD