

Instructed by Ogawa Haruki (小川春喜) Sensei

Translated/summarized by Imoto Takafumi (井本隆文)

06/29/2011, 9/8/2017, 10/14/23

Dō Strike – Shikake Waza -

Tip 1 The illustrated Waza 1-9 is called Tobikomi-Dō (飛び込み胴). You pass through the opponent's right side after striking Migi-Dō (右胴). See 8, 9, 9++.

Tip 2 Normal Dō Strike, which you pass through the left side of the opponent after Migi-Dō (右胴), is called Nuki-Dō (抜き胴), not to be confused with Nuki-Waza (抜き技).

Tip 3 You must show a big motion Men Uchi (strike), to raise your opponent's arms for both Tobikomi-Dō and Nuki-Dō (pass through your right side).

Tip 4 For an illustration of Nuki-Dō (抜き胴), refer to Ōji-Waza against opponent's Men-Uchi on page 7.

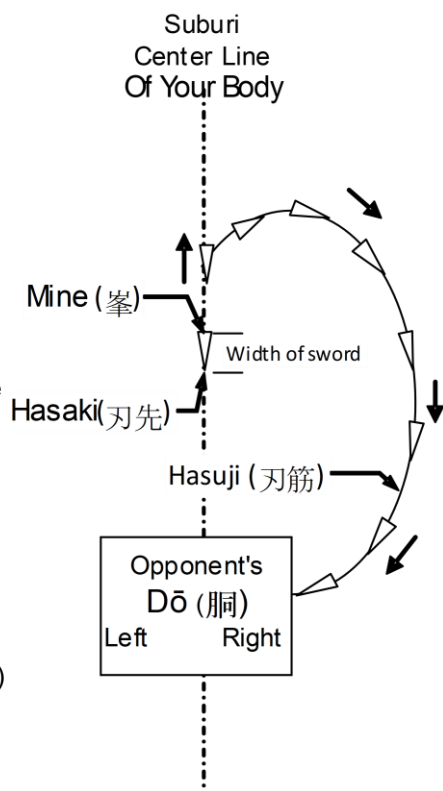
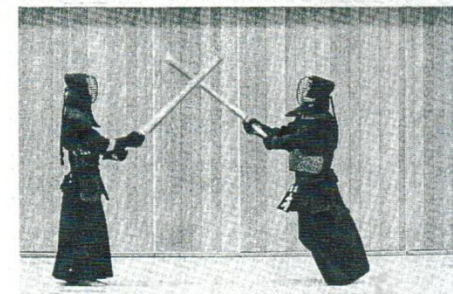
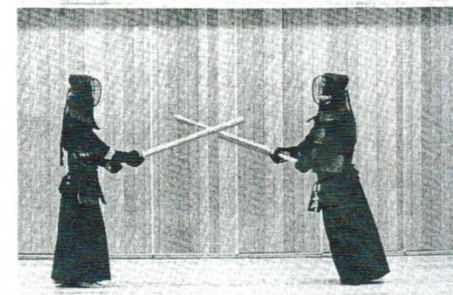
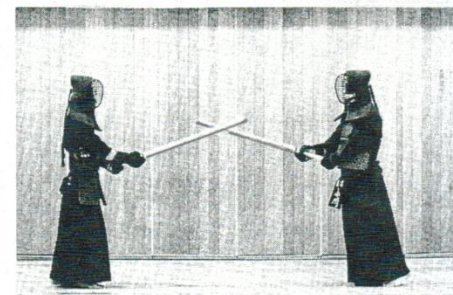
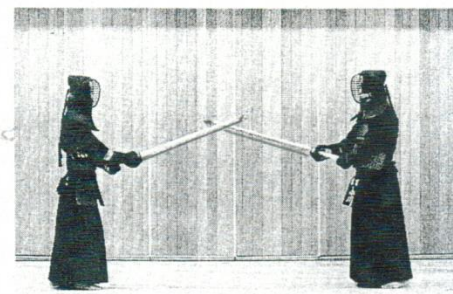
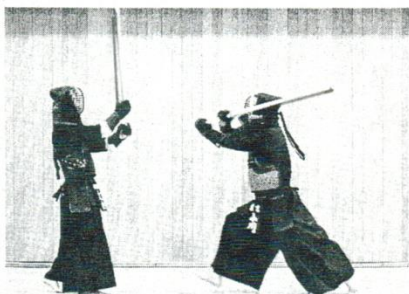
Remember the difference between Oji-Waza and Shikake Waza: In Oji Waza, you must consider the opponent's move in your Waza, and he initiates Waza, whereas in Shikake Waza, the opponent is defensive or looking for a chance, so you initiate Waza.

Tip 5 Tobikomi-Dō (飛び込み胴) may have occasion to strike Dō with the left foot rather than the right foot; the left foot is usually stepped straight forward, not the side.

Tip 6 The most challenging move for Dō strike is to swing Shinai quickly from the up position to the Dō cut part with good posture without bending your body forward or side and to show correct Hasuji (刃筋).

Note when you swing up (Furikaburi) Shinai, the cutting edge (opposite side of string) is facing your opponent, and when you strike Dō, the blade is on the opponent's Dō (胴) with an angle somewhat 45° to 90°, no upper swing motion.

This Suburi (素振り) is best illustrated if you use actual Iaito (sword) or Bokuto (木刀), as shown in the Figure on the right. The blade to Mune (棟) or Mine (峯, opposite side of the blade) is the width of the sword. Note the blade leads, and the Mine follows the blade's path so that wind resistance is minimal. That is correct Hasuji (刃筋).





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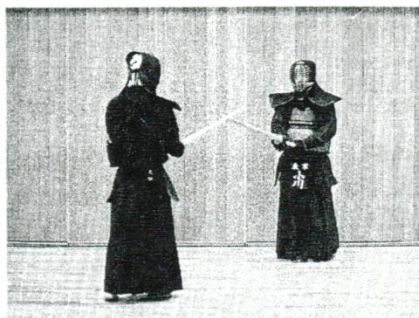
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Gyakudo (逆胴) – Shikake Waza

- Tip 1 To strike Gyakudo (逆胴), the opponent's left Dō (左胴), you must make the opponent's left elbow up
- Tip 2 Go for Kote (小手) and then Men (面) to make your opponent entirely defensive and then execute Gyakudo (逆胴).
- Tip 3 The Kote (小手) attack is to make the opponent's Kensen (剣先) open to your left so that he will bring up arms with open Kensen (剣先) when you attack Men.
- Tip 4 This technique creates an opening for Gyakudo (逆胴) and makes it difficult for the opponent to counteract for Gyakudo.
- Tip 5 You must have a feeling of Sutemi (捨て身) to execute Gyakudo (逆胴) because you are standing in front of the enemy (opponent) with your Men wide open. See below for the meaning of "Sutemi."
- Tip 6 After striking Gyakudo (逆胴), good or bad, you should be mentally and physically ready for Zansin and use Suriage Men if the opponent reacts with a counter-attack.
- Tip 7 The Gyakudo (逆胴) strike is pull to cut as in most of the Hiki Waza (引き技) or Iaido (居合道); therefore, the footwork becomes wide open Hiraki-Assi (開き足).
- Tip 8 Strike Gyakudo (逆胴) with your right foot stepped forward. The distance between the right and left foot should be wide enough like Iagoshi (居合腰), and then immediately move diagonally back to your left as you pull to cut with Kensen (剣先). The move should be left foot first and then right foot.
- Tip 9 The right hand should be in the center of your body, and the left should be in front of your left waist after the Gyakudo (逆胴) strike.
- Tip 10 Do not restrict your mind that you have to keep your left hand in the middle because you cannot strike Gyakudo (逆胴) satisfactory with the left hand in the center of your body.

Sutemi = Giving all you have regardless of the outcome, win or lose, life or death.

See the next page for more pictures detailing the proper movements for Gyakudo (逆胴).

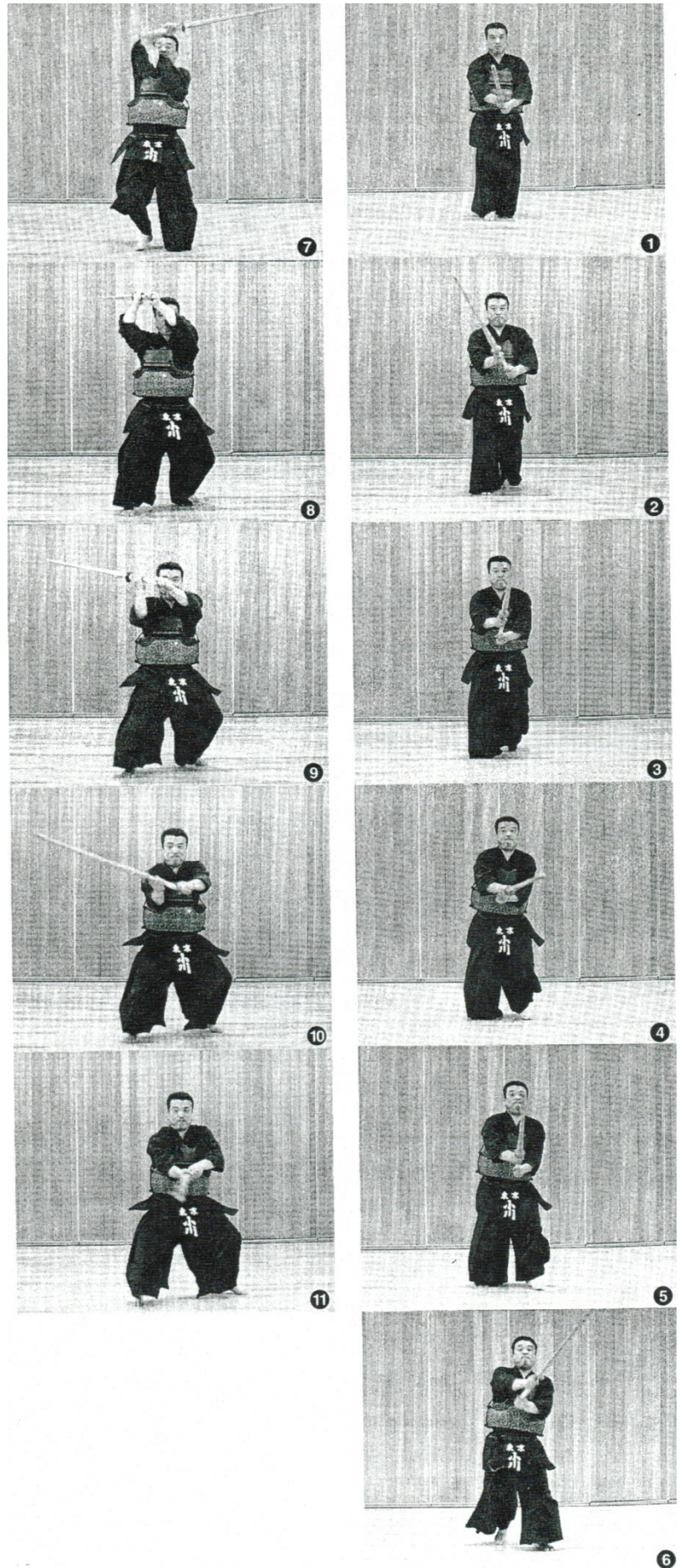
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Gyakudō (逆胴) – Shikake Waza
Process of each seme viewed from front

- Tip 11 Pictures 2-4 on the right show that you are attacking the opponent's Kote, then suddenly changing the attack toward Men-Uchi, 6-7, and then Gyakudō (逆胴), pictures 8-11.
- Tip 12 Note your Chudan (中段) posture in picture 1 shows that the Kensen (剣先) is toward the opponent's left eye, and the first joint of your right thumb is in front of your belly button.
- Tip 13 When you strike Gyakudō (逆胴), note that the posture of your body and footwork is unique in that your hip is lowered with wide open Hiraki-Ashi (開き足) and with the right foot forward.



Kote-Dō (小手胴)
– Shikake Waza –

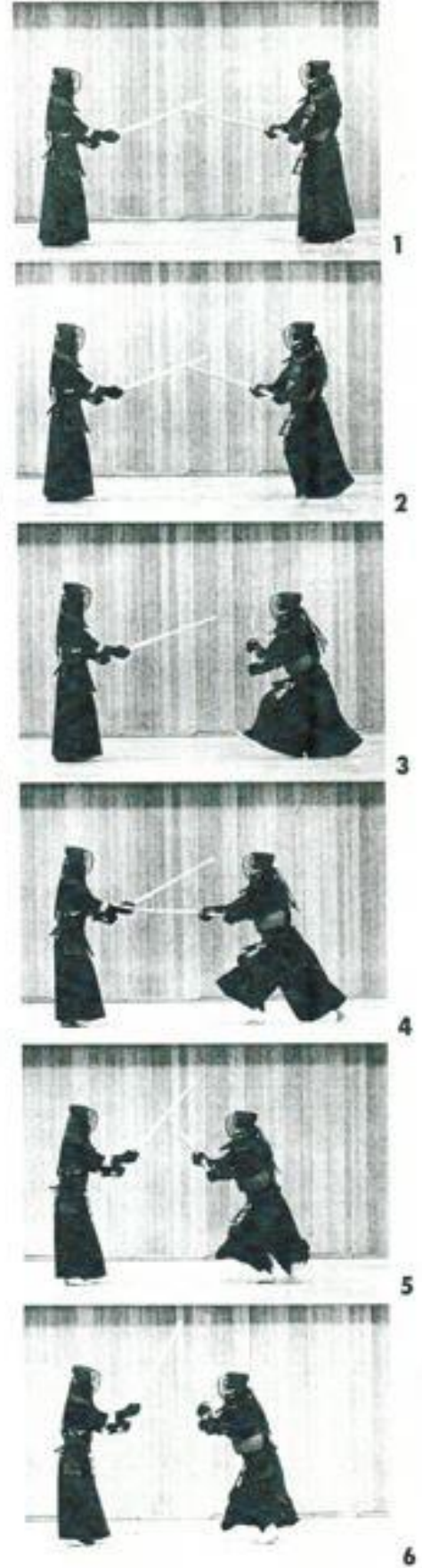
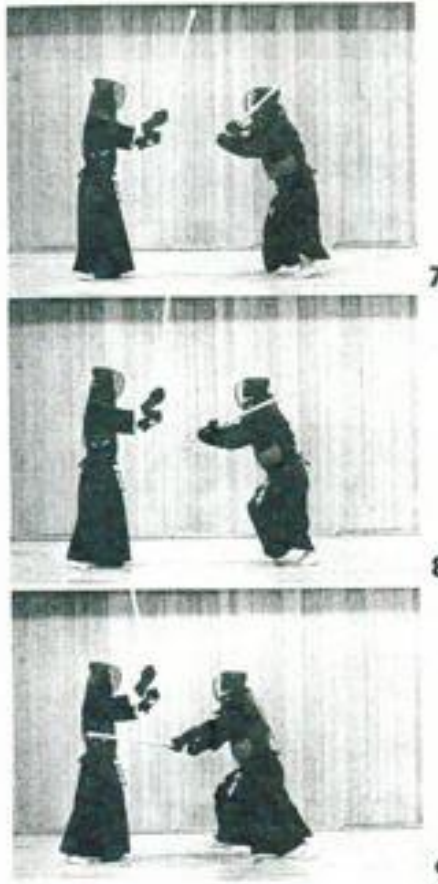
Tip 1:
















When you attack Kote, you must see the opponent's reaction, stepping back or raising hands. In the former case, you strike Men, and in the latter case you strike Dō.

Tip 2:

When you strike the opponent's Dō under this condition, a close Maai, you must swing your shinai in a small motion.

Pictures on the next page show your front view detailing how you made this small motion for the Dō strike to be a success and compare it with a BAD example for the Kote-Doō strike.



BAD Example 		GOOD Example 	
			
			
			
			

◆失敗例。肩を支点にして腕を打つと剣先が大きく回ってしまふため、腕の打突時には剣先が下がって正確さに欠ける。体勢も崩れやすい。

◆最近距離からの胴打ちは極力小さく打てるようにしたい。小手を打つてから「こ」と、手首を使って剣先を小さく回す。

The right side pictures 1-6 show a good example of swinging your shinai small, as in pic 3-6 using your wrist, TenoUchi.

Tip 3:
Swing/rotating the shinai so you feel the tip, Kensen, does not pass behind your body by extending your arms forward.

Tip 4
Bring your left hand closer to your right hand when you strike Dō.

The left side pictures 1-7 show a bad example that you swing your shinal like a normal Dō and tend to come down on the tip of the shinai or lose your posture as in pic 6 or 7.

Men-Dō (面胴)
– Shikake Waza –

When you attack & go for a Men strike, but your opponent blocks the Men hit, you immediately go for a Dō strike.



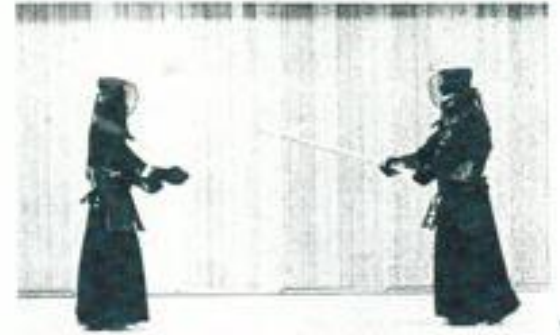
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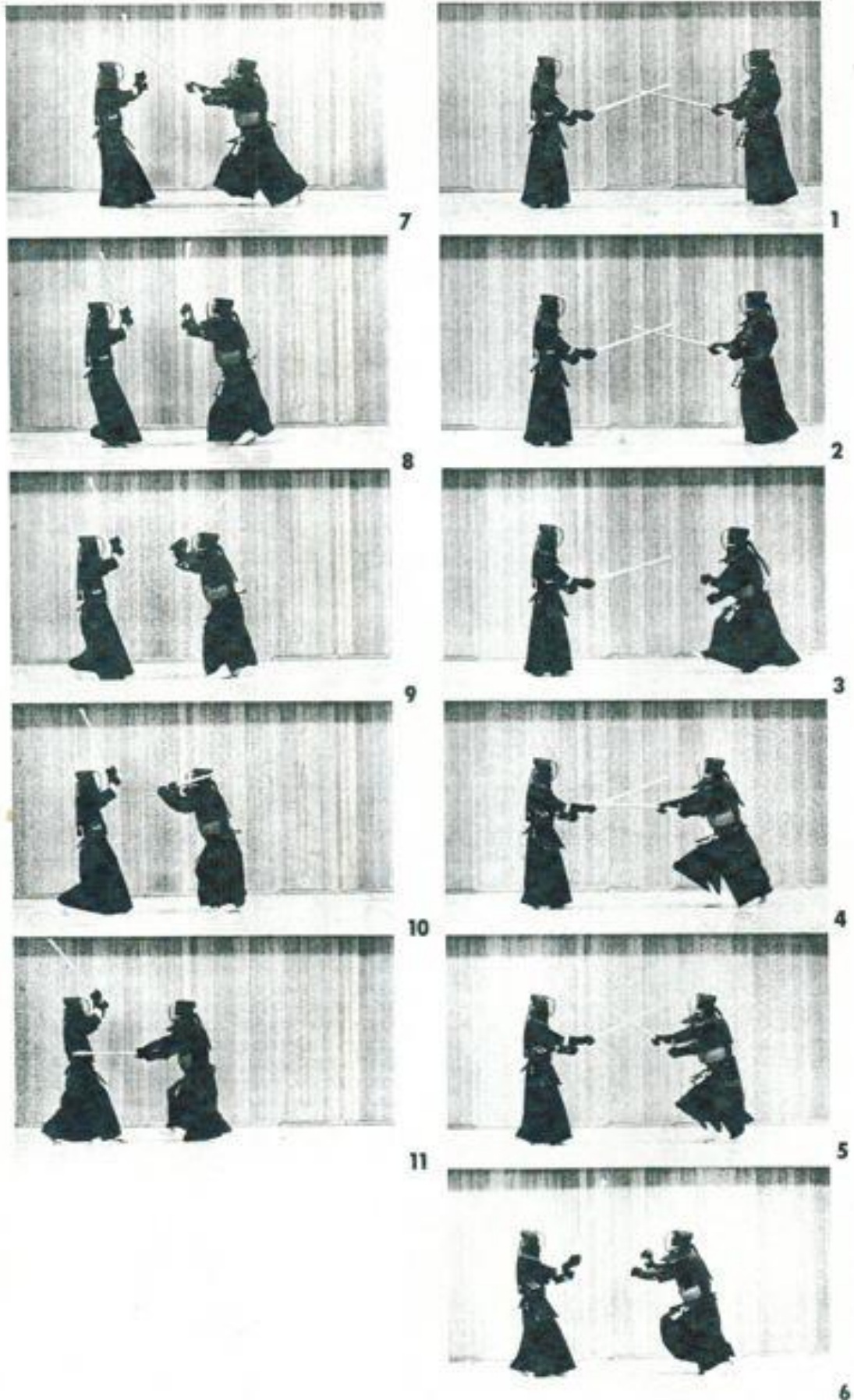


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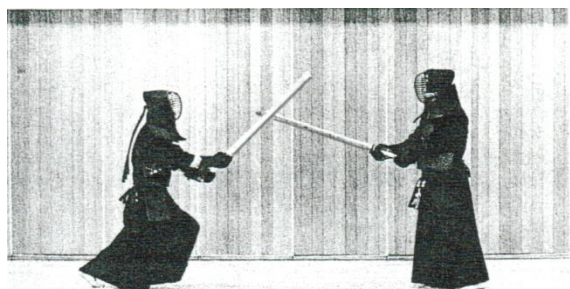
Kote-Men-Dō (小手面胴)
– Shikake Waza –

When your opponent blocks your Kote-Men attack with their shinai, you may still have a chance to strike the Dō.

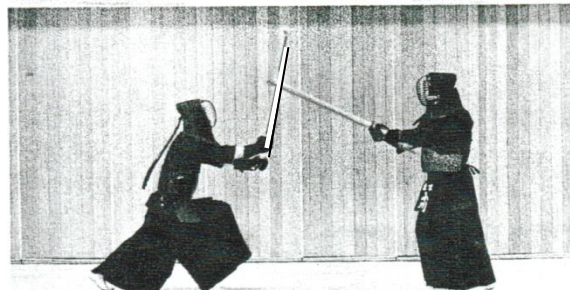
This situation is rare and may not be used in reality, but you should practice it using the techniques Tip 3 and Tip 4 on page 5 when possible.



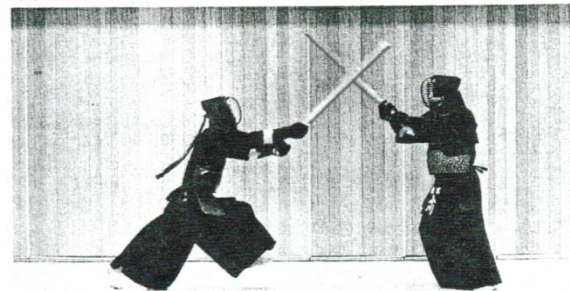
Kaeshi-Dō (返し胴)



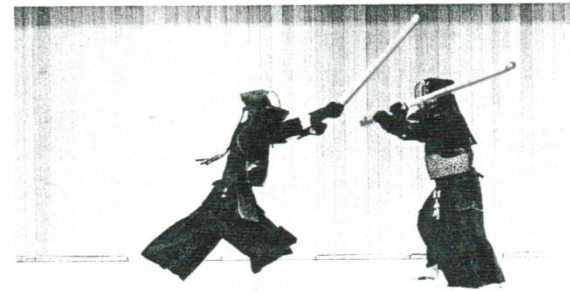
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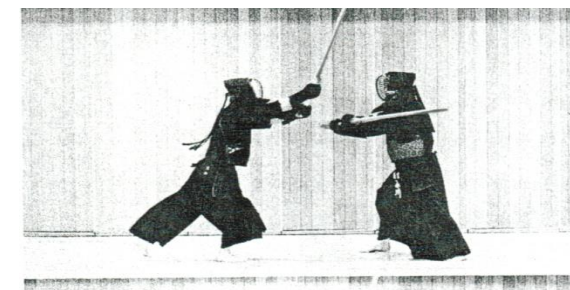
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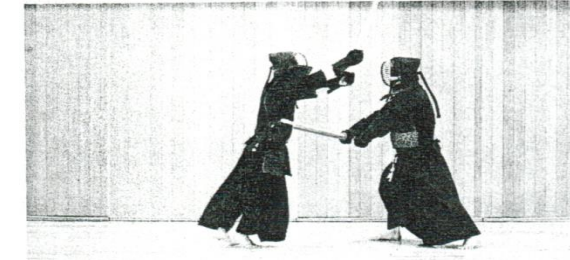
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Kaeshi-Dō (返し胴) - Ōji Waza against Men-Uchi Nuki-Dō (抜き胴) - See pictures on page 9

Tip 1 Steps 1-2 of pictures on page 1 (Dō strike) may be placed in front of step 3 with a roll reversal; the opponent initiates Waza and not you.

Tip 2 Consider that the way to strike Kaeshi Dō (返し胴) is the same as Nuki-Dō (抜き胴), normal Dō (Shikake Waza).

In Kaeshi Dō, you hit the opponent's Shinai from the Omote (表) side; you do Kaeshi in Tenouchi and strike Migi-Dō (右胴), and then cut through (Nuku 抜く) by passing thru opponent's left side.

You must learn to do this parrying unconsciously and let your opponent's move determine your Waza, Kaeshi-Dō or Nuki-Dō.

It is Nuki-Dō if your Shinai does not touch the opponent's Shinai as you strike Dō, and it is Kaeshi Dō if you parry by hitting the opponent's Shinai.

Tip 3 The parrying should be done in your front (not over your head) like you do Omote Suriage, then Tekubi (手首)Wo Kaeshite (返して) and strike Migi Dō (右胴) in one motion. Tekubi Wo Kaeshite means to turn over Kensen (剣先) of your Shinai to the opponent's right side by using your wrist (the manipulation is referred to as "Tenouchi")

Tip 4 When you strike Dō and cut through to your opponent's left side, step your right foot diagonally forward to your right and strike Migi Dō (右胴) with your left hand next to your right hand to make one fulcrum near Tsubamoto (鍔元) for better speed and accuracy.

See pictures on next page for this technique.

Tip 5 The left hand must be flexible to move quickly next to the right hand as you make the parrying motion. The parrying motion should be done unconsciously.

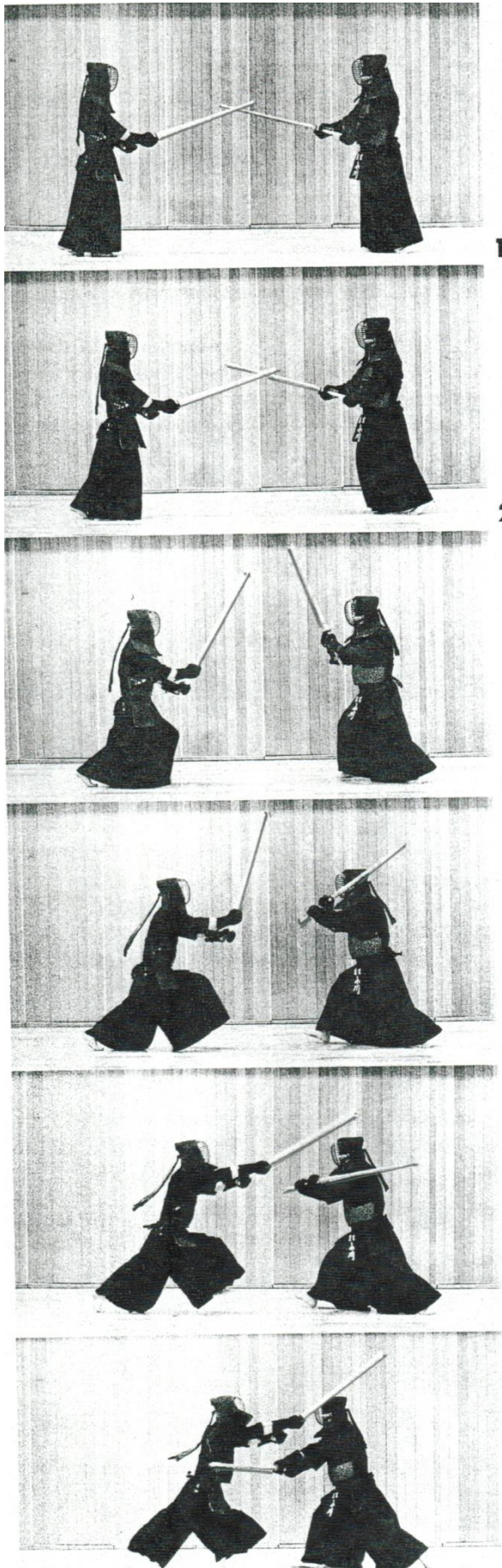
Tip 6 You are also parrying with your body to avoid the opponent's Men strike by moving forward diagonally to your right. Do this parrying by your footwork, not by your body. See page 10 for the footwork viewed from the opponent's side.

Tip 7 Shinai Swing: Considering into three categories: upper swing, level swing, and downswing as in baseball batting. The Kihon (basic) is downswing at about 45° angle. The upper swing is a tabu and not recommended. See the picture (right side) on page 9.

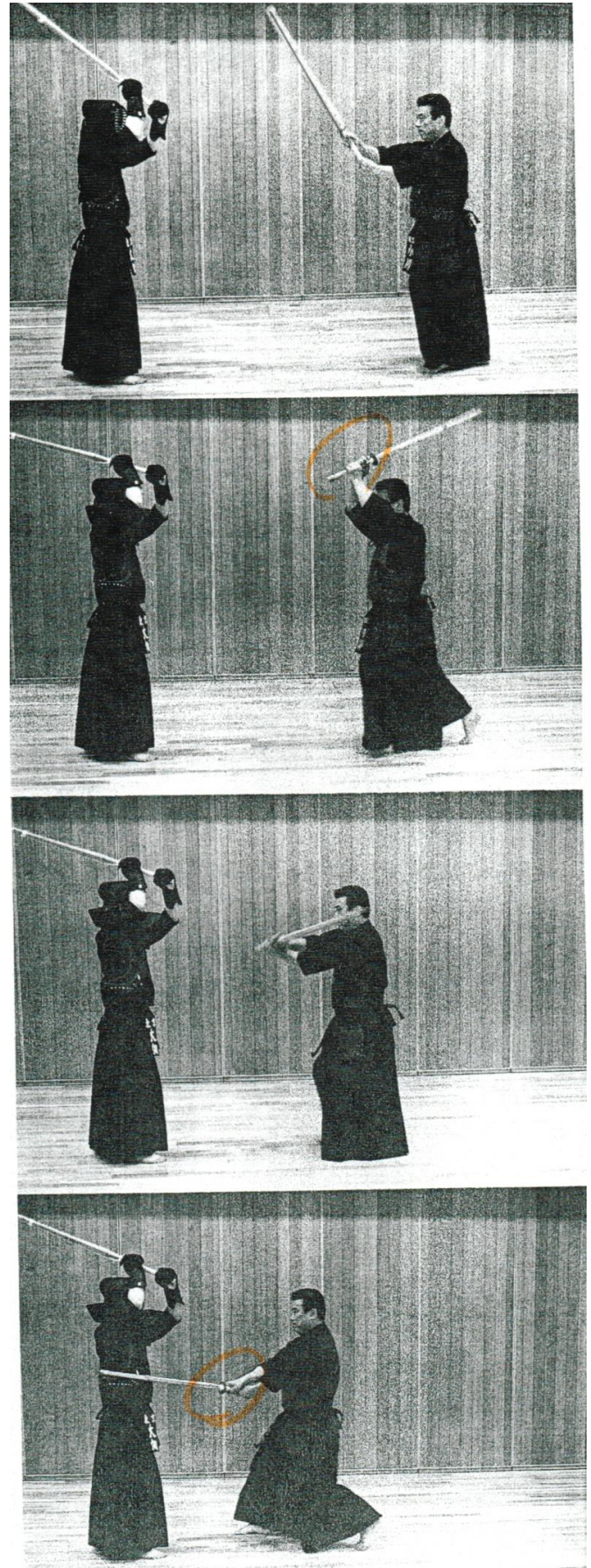
Note that the shinai tip is slightly higher than the Tsbamoto near where you hold the shinai as a fulcrum.

Tip 8 Image: You must forget the image to block the opponent's shinai first, then do the Kaeshi Dō. Replace the image with Suriage Dō in one motion.

Nuki-Dō (抜き胴)



Downswing is Kihon (basic)

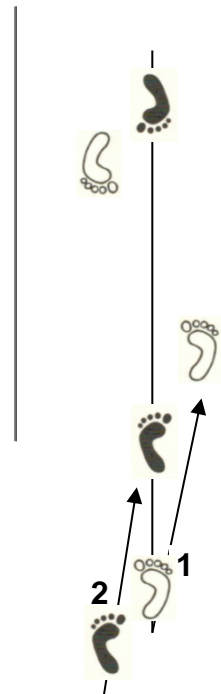




Footwork For Dō Strike

Tip 9:
Step out to the right so your left foot is in line with your opponent's left foot on completing the Do strike

OPPONENT



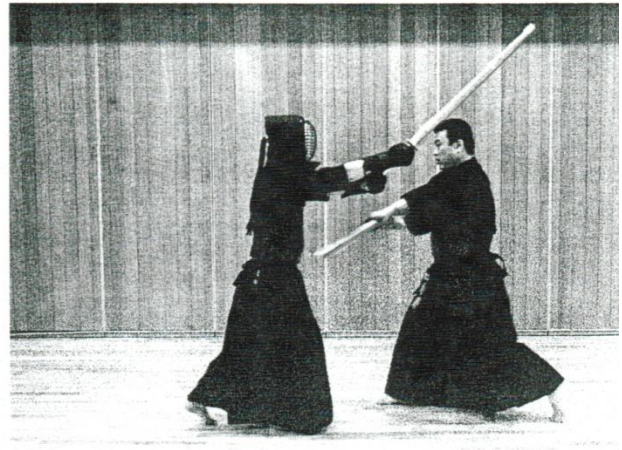
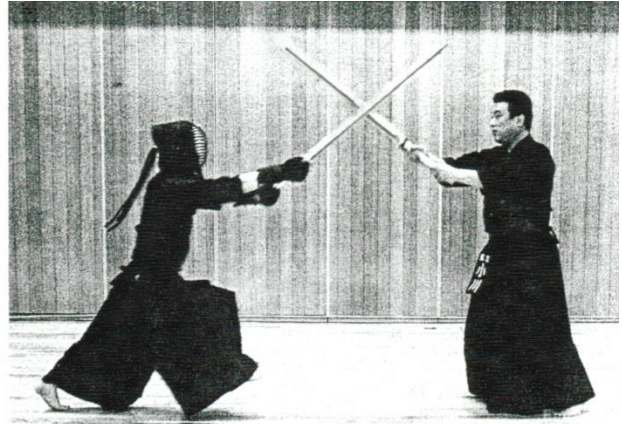
YOU

Timing of Parrying to Cut Migi-Dō (右胴) in Kaeshi-Dō (返し胴)

(B) Advanced Technique



(A) Standard Technique



(A) Standard Technique: You parry your opponent's Shinai slightly earlier so that there is enough distance to do Kaeshi Waza (返し技) and strike Migi-Dō (右胴) with the footwork as shown. Step your right foot diagonally forward to your right as you parry and strike Migi-Dō (右胴).

(B) Advanced Technique: You parry your opponent's Shinai closer to you so that your opponent can not change the direction of his Men-Uchi. The parrying, Kaeshi (返し) and Migi-Dō (右胴) strike must be done on one motion, one count - Ikkyodō (一挙動) with the footwork, Hiraki-Ashi (開き足), as shown.

Note the distance from your Tsuba-Moto (鍔元) to the point of parrying (crossing of Shinai) is more in (A) as compared to (B).