



The picture left shows Morote-Hidarijōdan's stance with the footwork position that the left foot is in front of the right foot. The most essential thing in the Jōdan's stance is his strong spirit of attacking, showing pressure without retreat (Waza of Sen or SenSen-no-Sen).

The method of Chūdan's stance is well established but not Morote-Hidarijōdan's. It is flexible from the one shown in the Japan Kendo Kata; the left hand is in front of the left forehead, the right is over his head, and all five fingers grip the Shinai.

The foot width is slightly narrower, and the distance is somewhat broader, as shown on the left. The picture below shows the recommended Maai (間合い, distance between the two competitors), one with Chūdan and the other with Morote-Hidarijōdan's stance. The point is the Maai gets closer to Jōdan's stance because the strike must be hit near Nakayui (中結) to show the referee the quality/strength of the cut.





**Jōdan's Waza:  
KatateMen (片手面)  
One-handed MenUchi**



Tip 1:  
You push off your shinai at the right-hand **spot**, which is shown to accelerate the shinai-swing speed when you strike with the left hand. You move the right hand swiftly to your Dō area immediately after the shinai is released



6



7



1



2



3



4



5

## KatateMen (片手面) Above Viewed from the opposite side

### Tip 2:

Use the left hand and left foot (Fumikomi Ashi) simultaneously when striking the Men to gain proper power, being aware of Hikitsuke (the right foot pulling behind the left immediately after the Fumikomi).

### Tip 3:

There are two ways to use the one-handed MenUchi.  
1) Use the left hand from the Hidari-Jodan stance by extending the left arm with the fulcrum at the left hand. 2) Before extending the left hand and strike, move the hand forward near the face, then strike. This motion becomes effective seme. Place the left hand where you feel the extension is your opponent's throat area. This method is very effective when the opponent comes to your Hidari Kote and you do Debana or Ai-Uchi Men.

### Tip 4:

You cannot strike Debana waza with your mind defending; always remember to strike with Sen or SenSen no Sen.



**Tip 1:**

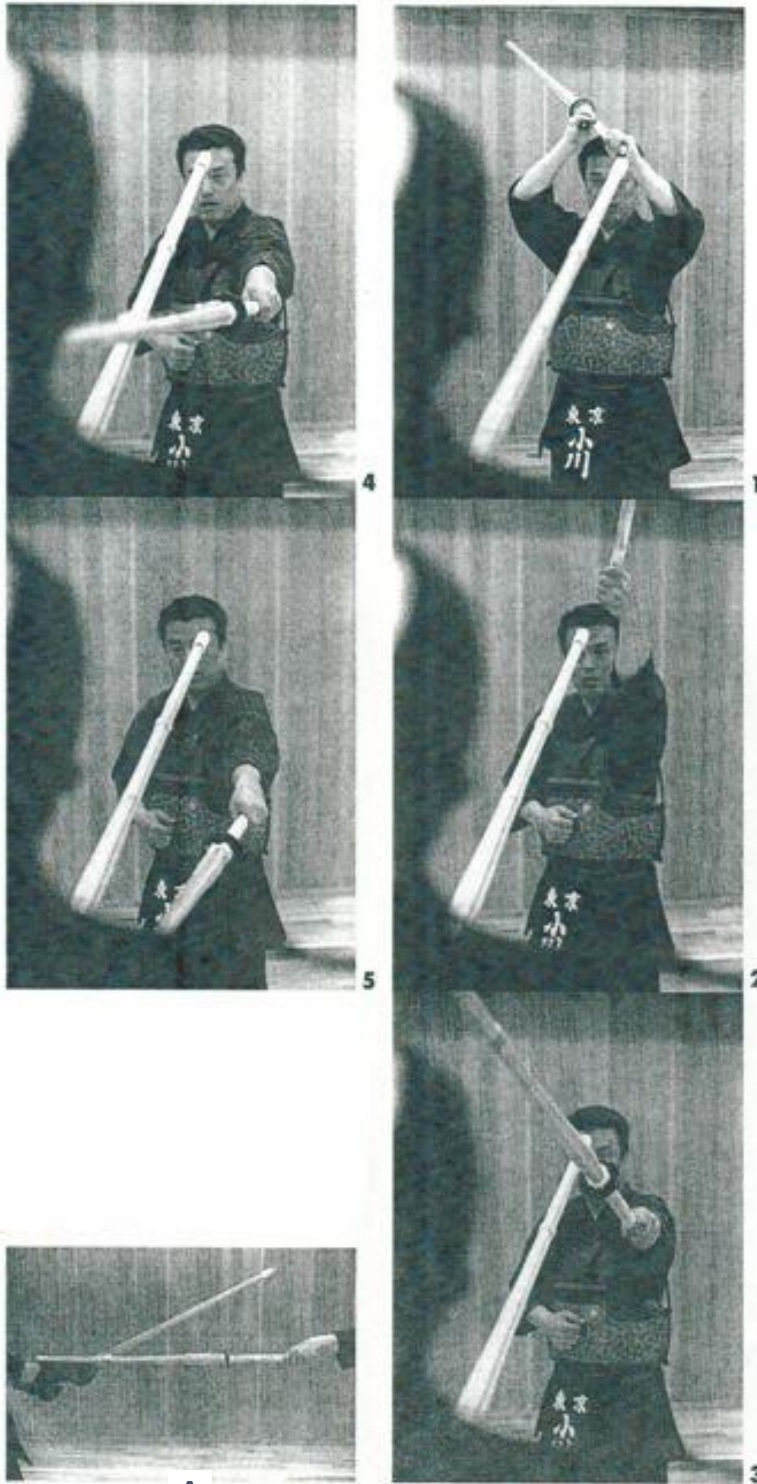
Put the opponent's Kensen (剣先) in the circle made by your two arms, hands, and shinai-Tsuka, as shown in the above picture.

This technique assures your Kote strike. The simplest way to make this condition is to move to your left side during seme.

Or, more commonly, move your right foot to your right slightly to see the opponent's reactions.

Or, more technically, twist a bit clockwise (your left hand moves to your right) to see the opponent's reactions.

If the opponent moves Kensen in, you immediately return your left hand and strike Kote.



**Tip 2:**

Use the way shinai travels the shortest distance for the Kote strike. The method moves your shinai parallel to the opponent's shinai, as shown in the pictures **2-5:**

Twist your left hand inward as in **2**, as soon as your right-hand releases shinai, and place the left hand on the extension line of the opponent's Kensen (剣先).

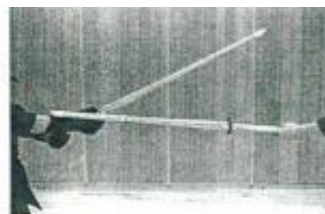
Then, quickly return the twisted left hand to the normal grip as in **3**. Note that your left hand is outside of your opponent's shinai.

All you need is to bring your Kensen (剣先) down for Kote strike as in **5** and **A**

Bad posture after missed KoteUchi



A: Bad example of Hasuji

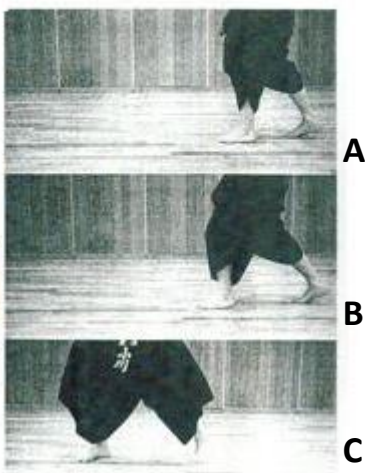


Tip 3:

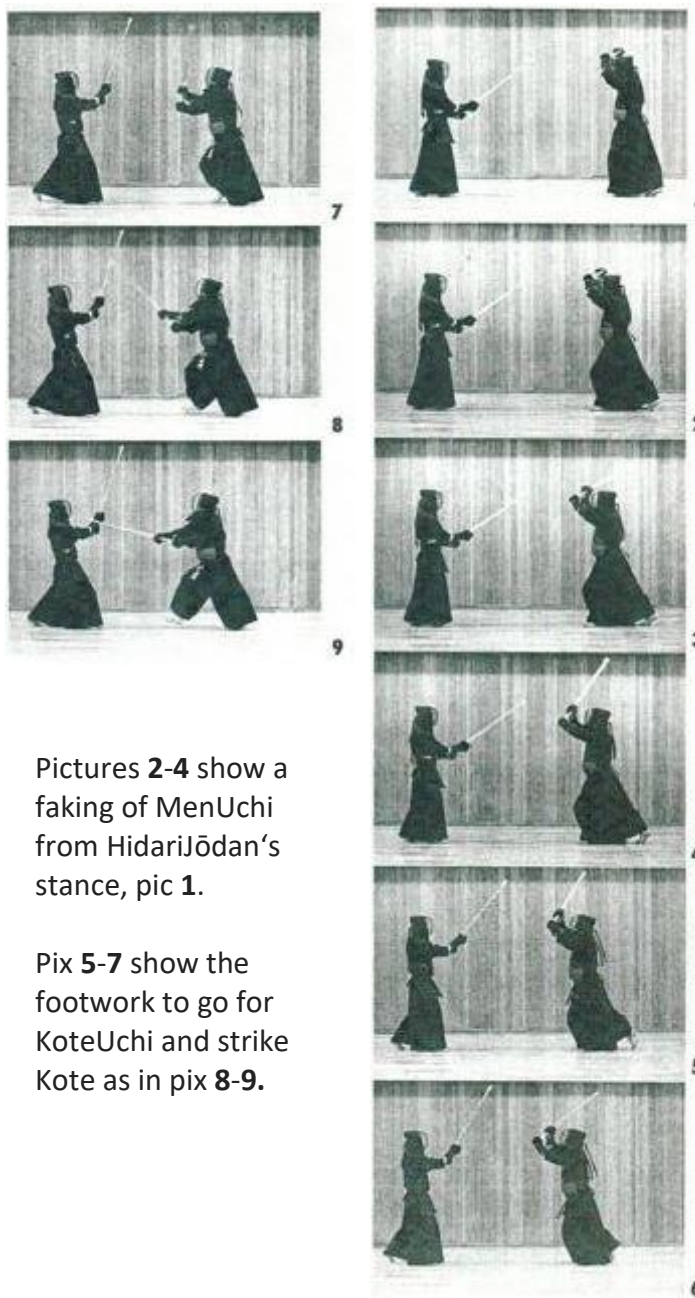
Kote cut must be solid and sharp with correct Hasuji (刃筋) and jump into the opponent's bosom as Zanshin (残心). Do not react after the Kote strike when missed. Do not think of defending. Pictures 1-5 and A show a bad example when brute strength is used to strike Kote without twisting the left hand, as in the previous pictures 1-5.

## Jōdan's Waza: Fake-Men & Kote

Pix 1-9



Pic B from A shows Seme-Ashi (left foot) for faking MenUchi, and pic C shows your right foot (move with Suriashi) stepping in front of your left foot.



Pictures 2-4 show a faking of MenUchi from HidariJōdan's stance, pic 1.

Pix 5-7 show the footwork to go for KoteUchi and strike Kote as in pic 8-9.

Tip 1:

Start the MenUchi fake with the left foot moving forward, showing a whole spirit, and follow with the shinai motion, threatening to cut.

Tip 2:

Quickly step your right foot (not a Fumikomi, but a Suriashi) in front of your left foot with the toes slightly to your left when your opponent reacts for the MenUchi fake. This body orientation (See pic O) makes it easier to strike the opponent's Kote with both hands on Tsuka than with pic X.



## Jōdan's Waza: Fake-Men & Gyakudō Pix 1-12

Pic 1: Morote Hidari  
Jōdan stance

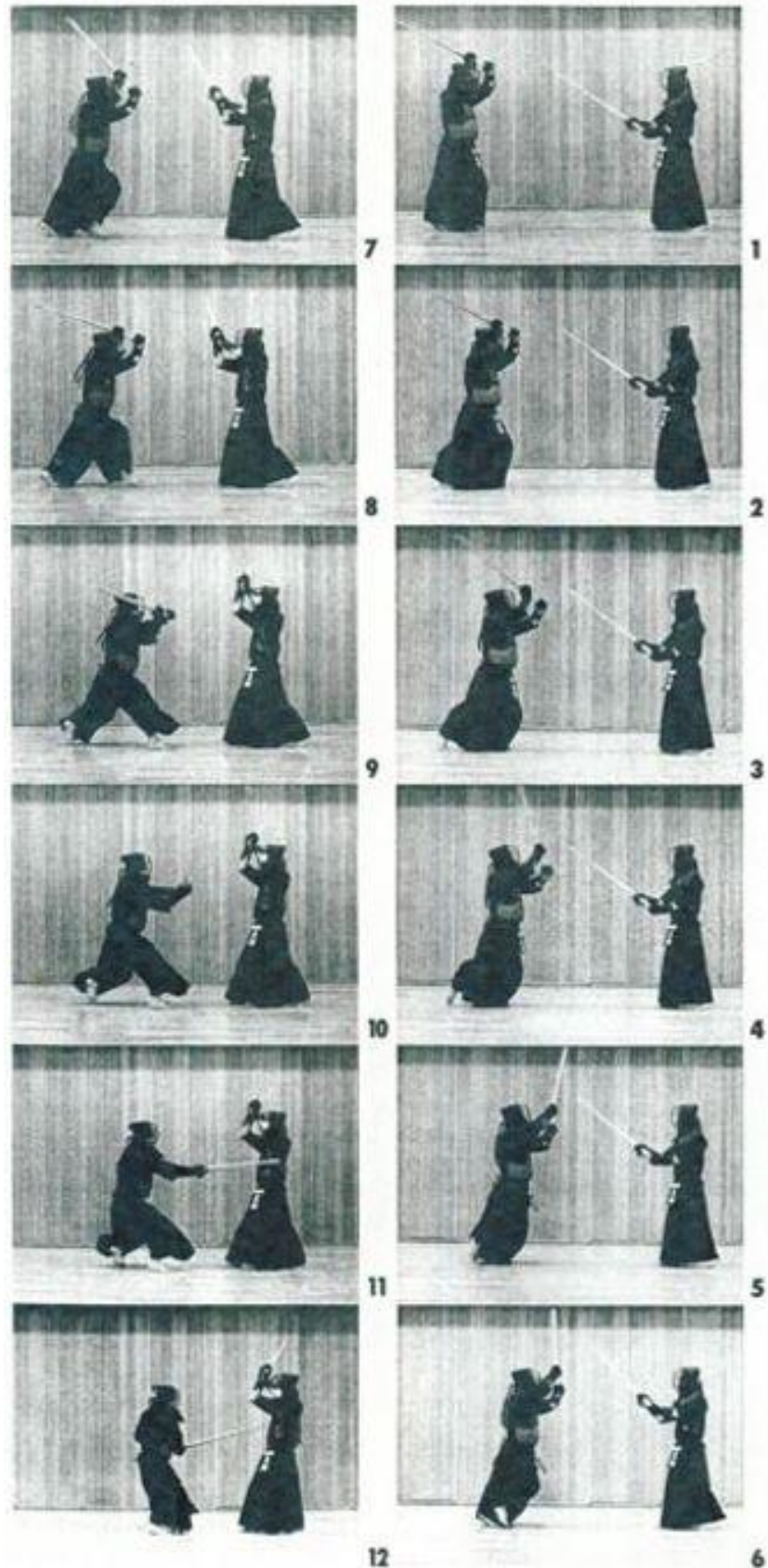
Pix 2-7: MenUchi fake

Pix 8-11: Gyakudō

Pic 12: Zanshin

### Tip 1

Gyakudō is fundamentally Hiki-Waza, not Tobikomi Waza with Fumikomi. You move your right foot straight forward and hit Gyakudō, then move back your body diagonally to your left for Zanshin.



## Jōdan's Waza: Fake-Men & MigiDō Pix 1-12

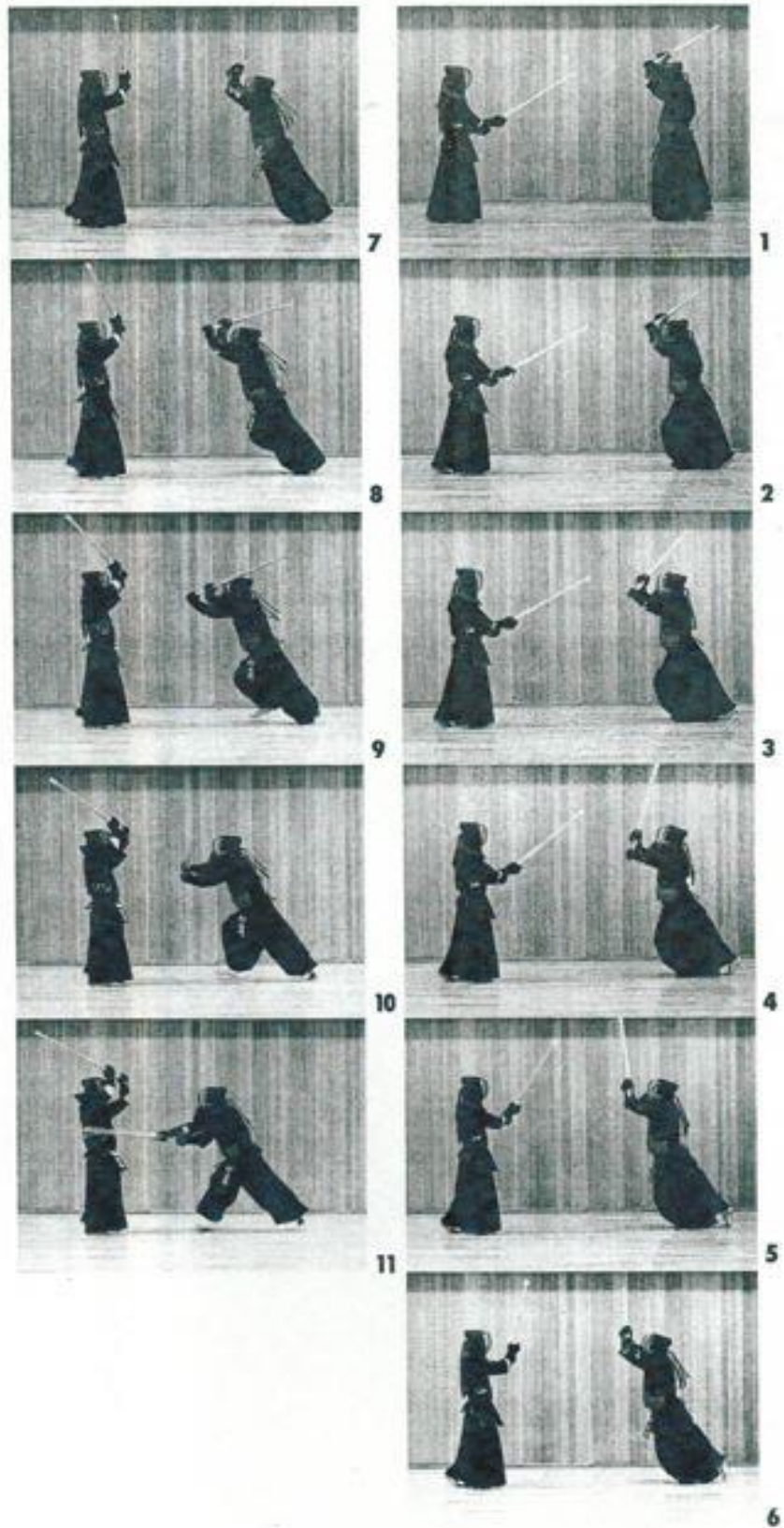
Pic 1: Morote Hidari  
Jōdan stance

Pix 2-7: MenUchi fake

Pix 8-11: MigiDō

Tip 1:

MigiDō is fundamentally Tobikomi Waza with Fumikomi Ashi. You can pass through the opponent's right side to show your Zanshin if you move your right foot straight forward to hit the MigiDō. Or pass through his left side (your right side) to show Zanshin if you move your right foot slightly to your right side to hit the MigiDō.



# WAZA according to Opponent's Reaction On Fake Men Seme



MigiDō (右胴)



GyakuDō (逆胴)



Kote (小手)



胴



逆胴



小手



MigiDō is OPEN when Viewed from front (正面)



HidariDō is OPEN when Viewed from front (正面)



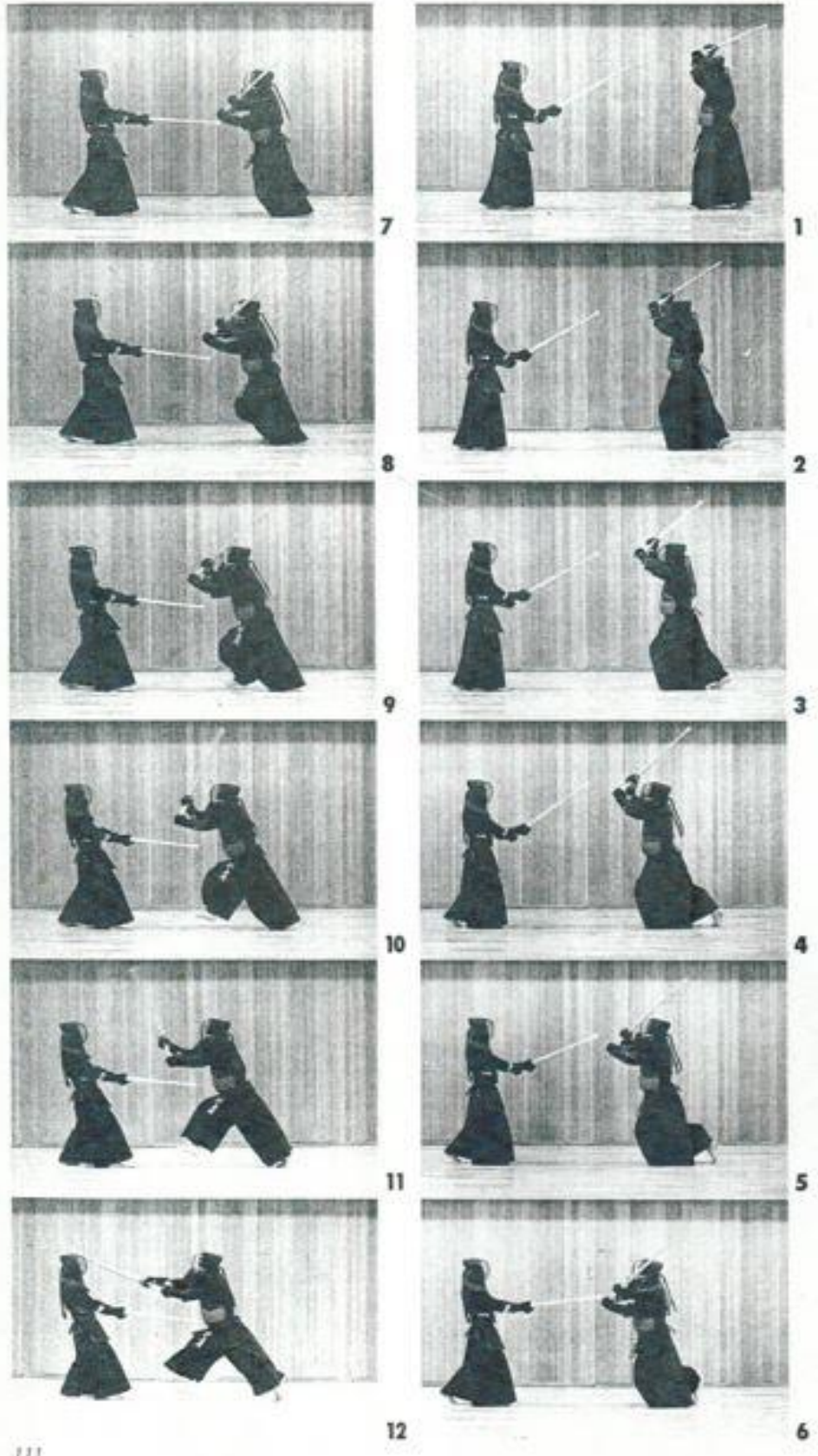
MigiKote is OPEN when Viewed from front (正面)

# Jōdan's Waza: Fake-Kote & MenUchi Pix 1-12

Pic 1: Morote Hidari  
Jōdan stance

Pix 2-7: KoteUchi fake

Pix 8-12: MenUchi



**B****A**

## Way to Seme for KoteUchi, or Way to Seme for MenUchi

**Pic A:** Fake Seme for KoteUchi

Tip 1:

Move your left hand down near your left shoulder level, keeping the Shinai tip not to drop back. The Seme is Ki (気)

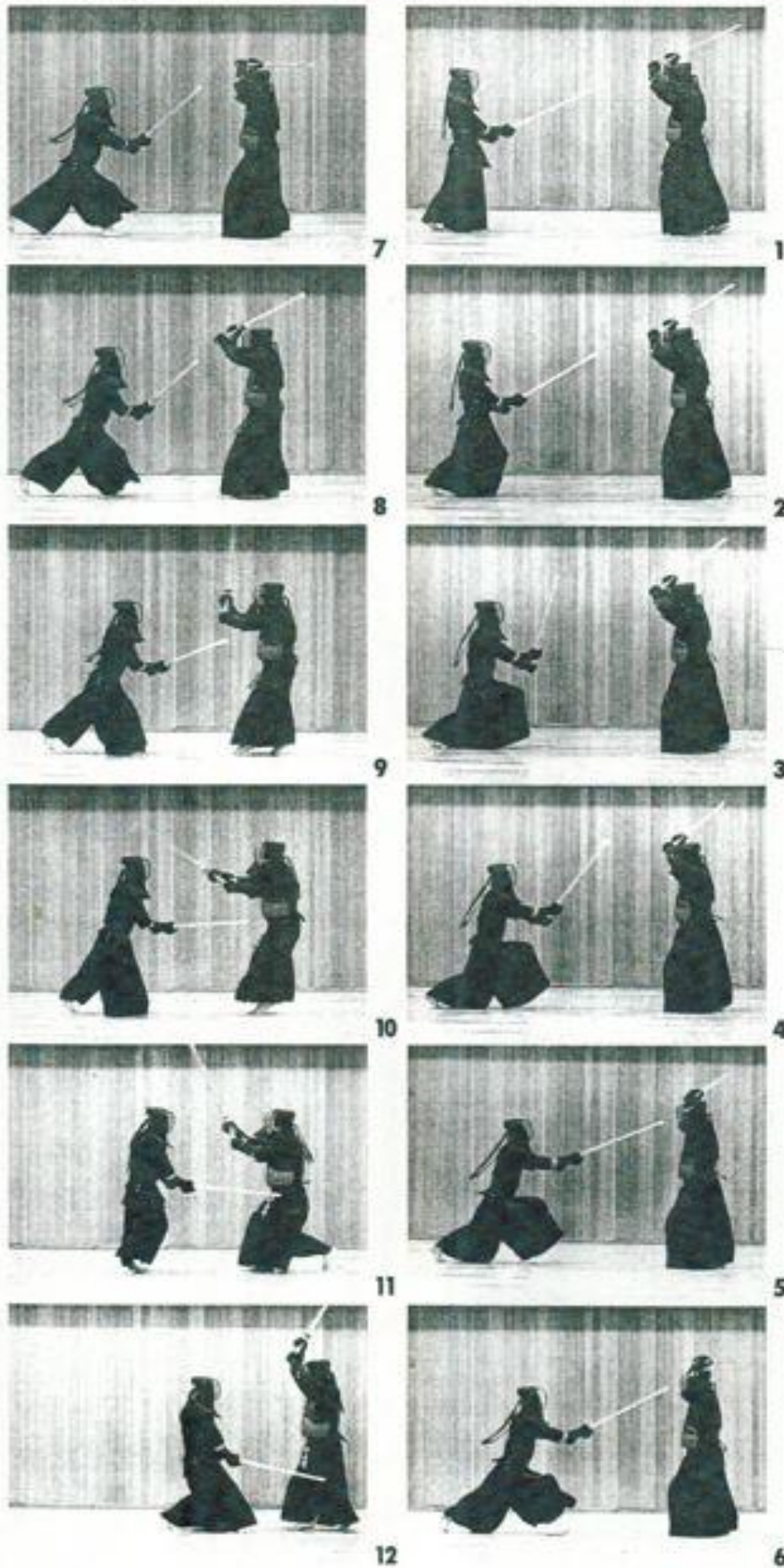
Tip 2:

Use Fumikomi Ashi to hit Men

**Pic B:** Fake Seme for MenUchi

Tip 1:

Move your left foot a bit forward at the same time as you bring up shinai. The Seme is Ki (気).



## Kote Nuki Men From Hidari Jōdan

This ōji Waza should be learned and trained after you master the basic Shikake waza described because we emphasize Sen or SenSen-no-Sen in the Waza, especially from Jōdan's stance.

Pix 3-5: Kote-Nuki

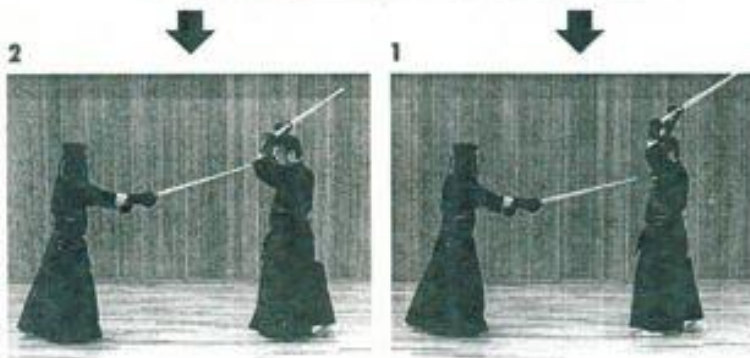
Pix 6-7: Prepares for Hiki Men

Pix-8-11: Hiki MenUchi

Pic 12: Possible Zanshin

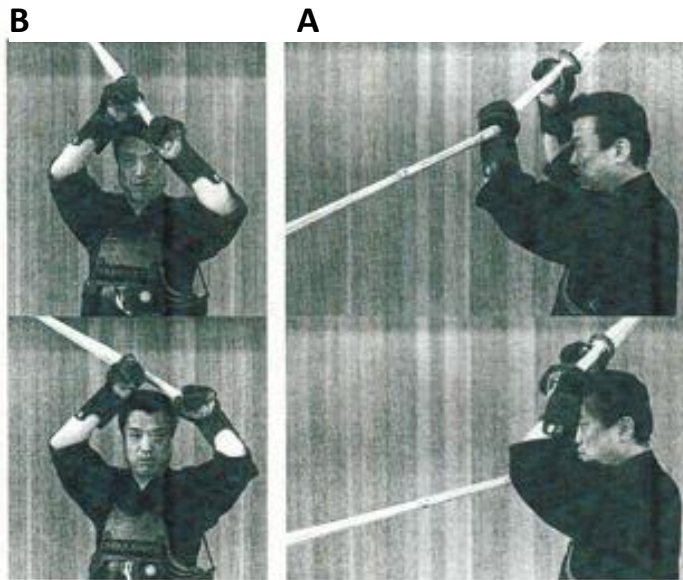


## Two Ways of Kote Nuki From Hidari Jōdan



Pic 1: You move both arms up over your head to avoid the opponent's Kote cut. This technique is relatively easy and familiar.

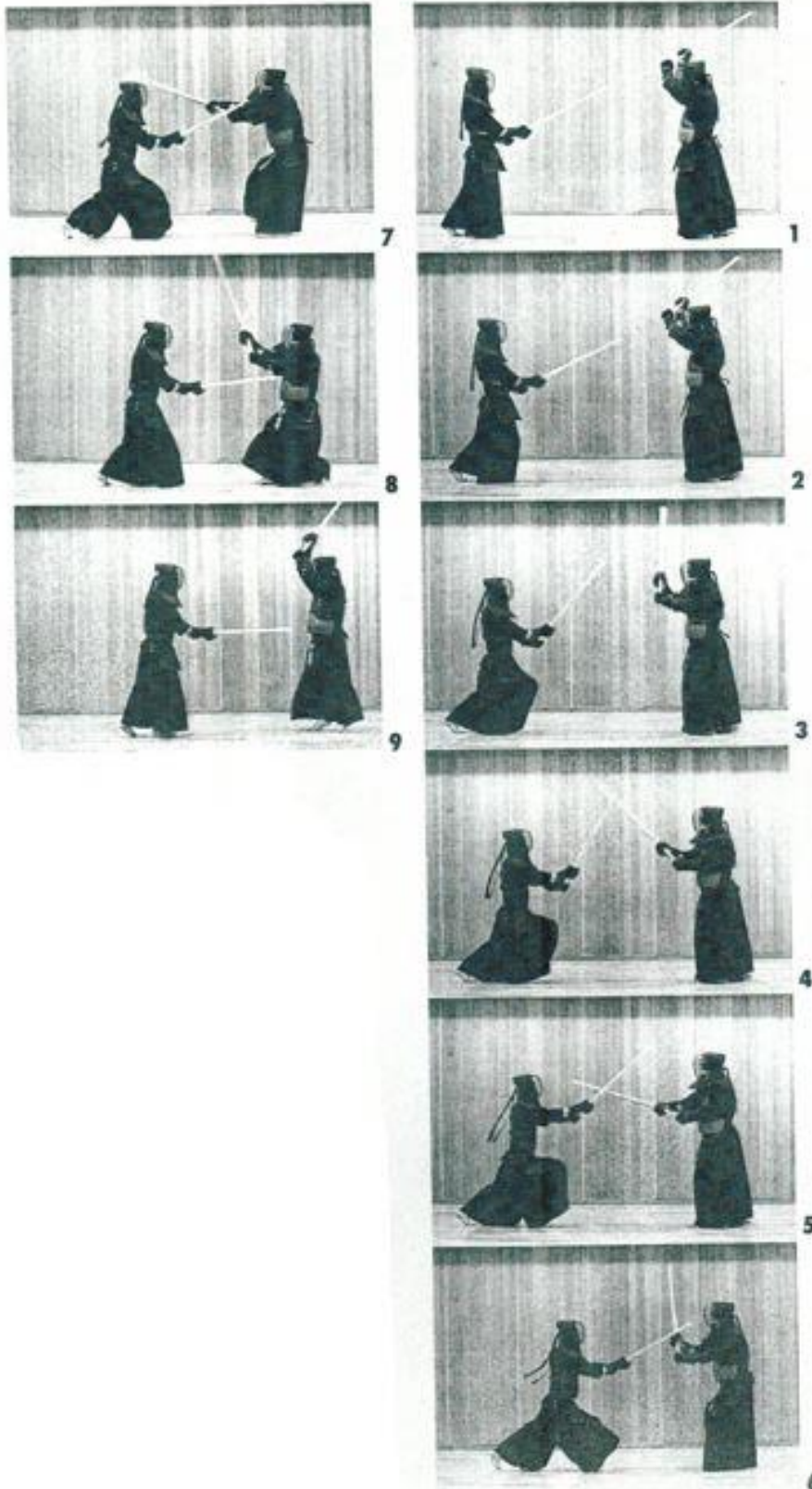
Pic 2: You move your left arm back and slightly out. This technique requires a higher skill.



Pic A & B Top: Shows HidariJōdan's stance. A is a side view of B.

Pic A & B Bot.: Shows where your left hand/arm is moved to avoid the left Kote cut.

Option: You may move slightly back as you dodge for the KoteUchi



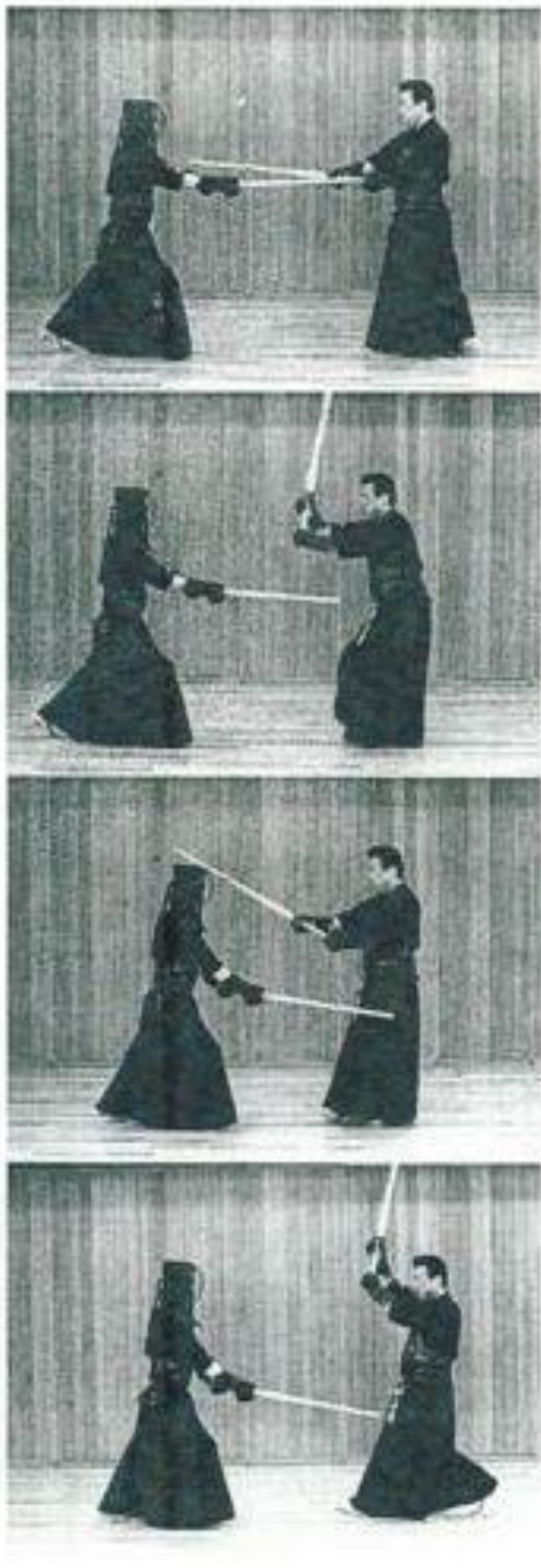
## Kote Uchiotoshi Men From Hidari Jōdan

You do with the feeling that you hit the opponent's shinai naturally when you move down your shinai from HidariJōdan. The strength and speed of the Uchiotoshi are not important, but how fast you connect to your MenUchi is essential.

Pix 2-5: Uchiotoshi

Pix 6-9: Hiki MenUchi





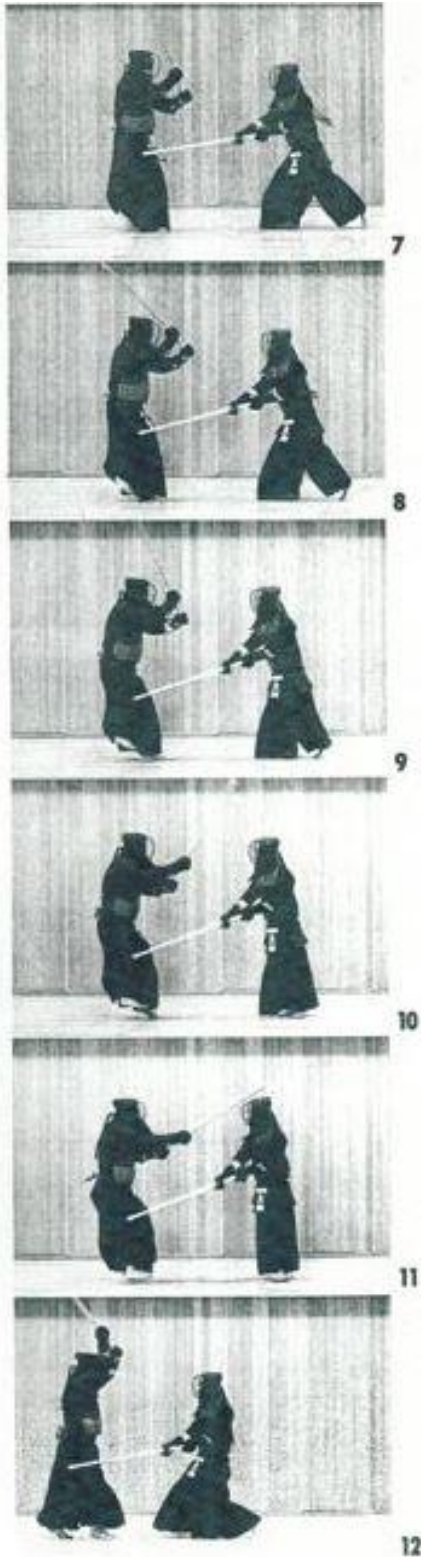
## Connecting from the Kote Uchiotoshi to Hiki MenUchi

### Tip 1:

Use the Suriage skill with one motion from Uchiotoshi to MenUchi.

### Tip 2:

You move your right foot forward at the instant when you strike Menuchi after the Kote Uchiotoshi so that you can reap back by pushing off with the right foot for your Hiki-Men.



## Tsuki Uchiotoshi Men From Hidari Jōdan

Pix 3-4: Your opponent comes to Tsuki Waza

Pix 5-6: You do TsukiUchiotoshi using your left hand and the shinai.

Pix 7-12: You strike HikiMen

Tip 1:  
You do this TsuiUchiotoshi with small motions (practice so) so that you do not allow your opponent to hit your Men readily.

## Tsuki Debana Men From Hidari Jōdan

Pix 3-4: Your opponent comes to Tsuki Waza

Pix 5-6: You do Debana MenUchi with one hand from HidariJōdan.

The picture below shows an advantage of Hidarijōdan over Chūdān stance for winning in the case of Aiuchi kendo. You can reach further distance utilizing Katate Hanmi's posture, as shown in the picture.

