



# 椿 剣道場

## Bokuto ni yoru kendo kihon waza keiko ho

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(Developed by the ZNKR (Zen Nihon Kendo Renmei))

Purpose of the *kata* is:

- to teach beginners and students of *niddan* and below that the basis of *kendo* is to cut with a blade.
- to show that the *kihon kata* can be applied to techniques. To make it easier to learn *waza*.
- to make it easier to learn *kendo no kata*.

**Players roles:** For *kendo no kata*, *Uchidachi* is the senior/teacher; whilst *Shidachi* is the junior/student. These descriptions are a basic understanding. For this set of *waza*, the roles are *Motodachi* or recipient; and *kakarita* or giver. *Motodachi* and *kakarite* have no real deeper meaning, simply one does the *waza*, the other receives the *waza*.

As in *kendo no kata*, the roles are predetermined.

**Format:** *Motodachi* and *Kakarite* are 10 steps apart. Just as in *kendo no kata*, the two move into the middle taking 3 steps, meeting at *Issoku itto no maai*, and retreat 5 steps at the end of each *kata*.

**Standing Posture:** Always from *Chudan no kamae*

**Eye contact:** Maintain eye contact throughout with the partner

**Strike:** Strike with *Monouchi*, using *te-nouchi* and cutting in one breath.

**Foot movement:** Begin using *Okuri-ashi* and strike with *Suri-ashi*

**Voice:** *Kakarite* calls out intended target loudly: *Kote, Men, Do or Tsuki*.

**Zanshin:** After each strike, *Kakarite* would take a small step back and apply *zanshin* strongly from the *Chudan no Kamae* position.

## SHIKAKE WAZA

**Kihon 1: Men, Kote, Do, Tsuki**

**Motodachi (M):** Opens *kissaki* slightly to the right.

**Kakarite (K):** Steps in to hit *Men*. Takes one small step back to *zanshin*, and another step to return to the original position.

**M:** Raises *kissaki* slightly up.

**K:** Steps in to hit *Kote*. Takes one small step back to *zanshin*, and another step to return to the original position.

**M:** Opens by raising both arms above the eyes.

**K:** Steps in straight to hit *Do*. Takes one small step back to *zanshin*, and another step to return to the original position.

**M:** Opens by dropping the *kissaki* slightly to the right.

**K:** Steps in to thrust *Tsuki*, and pulls back slightly.

**M:** Takes one step back simultaneously.

**K:** Takes one small step back to *zanshin*, and another step to return to the original position.

**Motodachi** joins in by taking one step forward at the same time as **Kakarite's** second step.

## RENZOKU WAZA

**Kihon 2: Kote, Men**

**M:** Raises *kissaki* to the left for the *kote* strike, then taking one step back opening slightly to the right for the *Men* strike.

**K:** Steps in to hit *Kote* and takes another step to hit *Men*. Takes one small step back to *zanshin*, and another two steps to return to the original position.

**M:** Follows *Kakarite* by taking one step forward at the same time as *Kakarite's* last step.



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## HARAI WAZA

### Kihon 3: Harai Men

**K:** Takes one step to execute *harai Men*. Then takes one small step back to *zanshin*, and another step to return to the original position.

## HIKI WAZA

### Kihon 4: Hiki Do from Tsubazeri

**K:** Hits *Men*.

**M:** Receive the *Men*. The arms of both people are at about shoulder height. Both take half a step in and lower the hands into the *tsubazeriai* position.

**K:** Pushes down, and *Motodachi* reacts by lifting the arms above the head.

**K:** Lifts the *shinai* above the head, and as he steps back with the left foot he strikes *do Do*, then a small step back to *zanshin*. Both take one step back and assume *chudan no kamae* position.

## NUKI WAZA

### Kihon 5: Men Nuki Do

**M:** Hits *Men*.

**K:** Steps forward and slightly to the right and hits *nuki do*, maintaining eye contact all the time. After striking, *Kakarite* turns around to face *Motodachi*.

Both take one step back and maintain *chudan no kamae* position, *Kakarite* showing *zanshin*, and both stepping to rotate to their original positions.

## SURI-AGE WAZA

### Kihon 6: Kote Suriage Men

**M:** Steps forward to hit *Kakarite's Kote*.

**K:** *Kakarite* performs *suriage* and immediately steps forward to hit *Men*.

**K:** Then takes one small step back to *zanshin*, and both sides take one step to return to their original positions.

## DEBANA WAZA

### Kihon 7: Dehana Kote

**M:** Moves slightly forward (without taking a step) as if to hit *Men*.

**K:** Immediately steps forward to hit small *Kote* sharply. Then takes one small step back to *zanshin*, and another step to return to the original position.

## KAESHI WAZA

### Kihon 8: Men Kaeshi Do

**M:** Steps forward to hit *Men*.

**K:** Receives the *men* strike in the same manner as *suriage*, high and to the front, then immediately steps forward and to the right, hitting *Do*, maintaining eye contact all the time. After striking, *Kakarite* turns around to face *Motodachi*. Both take one step back and maintain *chudan no kamae* position, *Kakarite* showing *zanshin*, and both stepping to rotate to their original positions.

## OTOSHI WAZA

### Kihon 9: Do Uchi Otoshi Men

**M:** Steps directly forward to hit *Do*.

**K:** Takes one step backward to the left and, using the *monouchi* portion of his *bokuto*, cuts down on *Motodachi's bokuto*, then takes one step forward to hit *Motodachi's Men*. Both take one step back and maintain *chudan no kamae* position, *Kakarite* showing *zanshin*, and both stepping to rotate to their original positions.

At the completion of the 9 kata, both sides perform *sonkyo* and take 5 steps back, the *reiho* being same as for *kendo no kata*.