

Bokken Short Forms
"Yukizira" (spelling?)

Bokken Class

Presented by Master Joe Saunders

At Family Martial Arts, Washington, Missouri. Master Norm Leeker. 2/22/08

Revised Notes: 1 September 2010

Red notations are the areas that need clarification.

First Form:

1. Beginning in *shizen tai* step forward with the right foot with a regular walking stride.
2. Step forward with the left foot with a regular walking stride.
3. Turn to the right 45° and move the right foot into a strong right front stance.
4. Draw the bokken, per form a single (right) hand overhead downward cut, and *kiyap*.
5. Pivot on the back, left foot 180° (Master Saunders pivots to the right but his assistant, Rob, pivots to the left) into a right (or left?) front stance.
6. Grab the bokken with the left hand and perform a downward, overhead cut and *kiyap*. (End of the form)
7. Count 3 seconds and then *chiburi*.
8. Count 2 seconds and then *noto* with the right hand covering the end of the grip.
9. Count 2 seconds then rotate 135° on the left foot so you are now facing forward. Bring the right foot next to the left foot.
10. Count 2 seconds and the right hand returns to the right side.
11. Count 2 seconds then step back with the left foot, step back with the right foot, and then bring the left foot next to the right foot.
12. Count 2 seconds and bow 1/3 forward with the eyes looking forward.

Second Form:

1. Same as the first form.
2. Same as the first form.
3. Same as the first form.
4. Draw the sword straight out and keep horizontal. Lay the back of the bokken against the top and outer part of the left arm just below the shoulder. Turn to your right 45° into a right front stance. (Is this correct?)
5. Look over your left shoulder; thrust the bokken straight back, and *kiyap*.
6. Grab the bokken with the left hand and perform an overhead downward cut and *kiyap*. (End of form.)
7. Same as the first form.
8. Same as the first form.
9. Count 2 seconds and pivot 45° to the left (now facing forward) and bring the right foot next to the left.
10. Same as the first form.
11. Same as the first form.

12. Same as the first form.

Third Form:

1. Same as the first form.
2. Same as the first form.
3. Step forward with the right foot with a regular walking stride.
4. Move the left foot next to the right foot as you draw the bokken then raise the bokken into a double hand overhead position as you rise up on your toes.
5. Perform double overhead cut bending the knees to get more power (but keep the back straight and the heels on the floor). **Tip stays down?**
6. Count 3 seconds and slowly straighten the legs.
7. **Chiburi?**
8. Count two seconds and *noto*.
9. Count two seconds and return the right hand to the right side.
10. Same as the first form.
11. Same as the first form.