

## **Upon Completion of a Bokken Form**

Upon completing a form the following procedure is followed:

- ❖ Hold the last move for 3 seconds
- ❖ Execute Chiburi
- ❖ Hold for 2 seconds
- ❖ Execute Noto, ending by placing right hand on end of sword while the left hand continues to grip the sword below the guard (and holding the sword horizontal in the belt), and then bringing the feet together facing forward
- ❖ Hold for 2 seconds
- ❖ Drop right hand to your right side
- ❖ Hold for 2 seconds
- ❖ Take 2 steps back: left foot takes one step back, then the right foot steps back, then the left foot moves next to the right foot.
- ❖ Hold for 2 seconds
- ❖ Bow 1/3 forward with the eye looking forward at your opponent

## Cutting Forms

### 4 Cut Form

Begin in shizen-tai  
Step forward to left front stance  
Execute double hand overhead downward strike & kihap  
Step forward to right front stance  
Execute double hand overhead downward strike & kihap  
Turn 180° by sliding left leg straight across to a left front stance  
Execute double hand overhead downward strike & kihap  
Turn 180° by sliding left leg straight across to a right front stance  
Execute double hand overhead downward strike & kihap  
Step backwards one step to a left front stance & kihap (no strike)

### Happo Giri (cutting form or forms of cutting)

Begin in shizen-tai  
Step forward to right front stance  
Draw sword and make a single handed horizontal slice chest high from left to right (holding belt with left hand)  
Execute double hand overhead downward strike  
Bring the sword toward the left foot and strike upward to the right at a 45° angle  
Reverse sword blade and strike downward from the right to the left at a 45° angle  
Step forward with the left foot to a horse stance  
Execute a belt cut from left to right  
Step right leg back to a left front stance  
Bring the sword toward the right foot and strike upward to the left at a 45° angle  
Reverse sword blade and strike downward from the right to the left at a 45° angle  
Step forward with the right foot to a horse stance  
Execute a belt cut from right to left  
Step forward to a right front stance  
Execute double hand overhead downward strike

## Standing Forms

### Ippon Me – Yukizure

Step forward into a right front stance  
Step forward into a left front stance  
Step diagonally 45° to a right front stance  
Draw sword with right hand, leaving left hand on belt  
Execute single hand downward strike  
Turn to the left 180° to a right front stance  
Execute a double hand downward strike  
Hold the last move for 3 seconds  
Execute Chiburi  
Hold for 2 seconds  
Execute Noto, placing right hand on end of sword  
Hold for 2 seconds  
Return to starting position by pulling right leg to left leg  
Hold for 2 seconds  
Drop right hand to side  
Hold for 2 seconds  
Take 2 steps back beginning with left foot  
Hold for 2 seconds  
Bow

### Nitton Me – Turdachi

Step forward into a right front stance  
Step forward into a left front stance  
Step diagonally 45° to a right front stance  
Draw sword with right hand, leaving left hand on belt  
Looking over shoulder, place mune of sword against the top of your left arm  
Stab the opponent behind you  
Taking the sword in both hands execute a double overhead strike to the opponent  
in front of you  
Hold the last move for 3 seconds  
Execute Chiburi  
Hold for 2 seconds  
Execute Noto, placing right hand on end of sword  
Hold for 2 seconds  
Return to starting position by pulling right leg to left leg  
Hold for 2 seconds  
Drop right hand to side  
Hold for 2 seconds  
Take 2 steps back beginning with left foot  
Hold for 2 seconds  
Bow

### **Kyuhon Me – Kabezoi**

Step right to a right front stance

Step left to a left front stance

Step right to a right front stance

Draw sword holding at waist height with both hands

Slowly bring left foot to right foot

Hold for 1 second

Rise up on toes, bring sword overhead, and quickly strike downward, bending knees

Keeping knees bent hold for 3 seconds

Slowly rise up

Hold the last move for 3 seconds

Execute Chiburi

Hold for 2 seconds

Execute Noto, placing right hand on end of sword

Hold for 2 seconds

Return to starting position by pulling right leg to left leg

Hold for 2 seconds

Drop right hand to side

Hold for 2 seconds

Take 2 steps back beginning with left foot

Hold for 2 seconds

Bow