

Youth "5 Cut" Bokken Form

Bokken Class

Presented by Master Joe Saunders

At Family Martial Arts, Washington, Missouri. Master Norm Leeker.

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1. Start in a right front stance with the right hand at the top of the grip. The bokken is held overhead.
2. On the instructors command, perform a straight downward cut and *kiyap*.
3. Keeping the left foot fixed, pivot to the left 180° and move the right foot into a right front stance. Immediately return the sword overhead.
4. Repeat moves #2 and #3 as the instructor counts "1" to "5" (for each cut). The 5th cut ends the sword down and returns overhead when the instructor commands "ready".