

4-Cut Form

(Beginning Adult Form, 14 moves)

Bokken Class

Presented by Master Joe Saunders

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

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Begin in *shizen-tai*

Step forward to left front stance (always move into the stance before the strike)

Execute double hand overhead downward strike* & *kihap*

Step forward to right front stance

Execute double hand overhead downward strike & *kihap*

Turn to left 180° by sliding left leg straight across into a left front stance

Execute double hand overhead downward strike & *kihap*

Turn to right 180° by sliding left leg straight across into a right front stance

Execute double hand overhead downward strike & *kihap*

Step backwards one step to a left front stance & *kihap* (no strike)

Chiburi

Noto

Bow

*After each downward strike the sword is brought back over your head