

Happo Giri (cutting form or forms of cutting): “8-Cut Form”

(18 steps. Master Weseman designates this as a long enough form to do for testing.)

Bokken Class

Presented by Master Joe Saunders

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

Revised Notes: 1 September 2010

Begin the form from *shizen-tai*. Step forward into right front stance to begin the form.

1. Turn belted sword blade out. Draw sword with the right hand and make a single-handed horizontal slice chest high from left to right (holding belt with left hand). Stop the blade straight out from the right shoulder.
2. Grab the bokken with the left hand (right hand high) and execute a double hand overhead downward strike. The strike begins with the bokken held in the midline, overhead, tilted back $\sim 30^\circ$, with the *tsuka gishira* (butt end of the grip) at the forehead level but not blocking the eyes. Start the bokken moving forward and then guide it down. “Let the bokken do the work.” The right hand guides the bokken and acts as a fulcrum while the left hand pulls back to swing the tip down. End the strike with the right arm fully extended and the tip of the bokken ends at the level of the belt knot. Make a clear stop to the strike (not bouncing up and down).
3. Bring the sword tip down and in front of the left foot with the arms extended and the blade facing towards the new direction of cut. Strike upward with the arms extended to the right at a 45° angle ending with the sword horizontal and in front of your right ear.
4. Reverse sword blade and strike downward from the right to the left at a 45° angle returning the tip of the sword next to the left foot. For more flash Evan turns the bokken over in a half circle to start the cut.
5. Step forward with the left foot to a horse stance. Execute a belly cut from left to right ending with the sword even with the right edge of your body.
6. 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 ending with the sword horizontal and in front of your left shoulder. (The opposite as in cut #3.)
7. Reverse sword blade and strike downward from the right to the left at a 45° angle returning the tip of the sword to next to the right foot. (The opposite as in cut #4.)
8. Step forward with the right foot to a horse stance. Execute a belly cut from right to left ending with the sword even with the right edge of your body.
9. Step forward to a right front stance. Execute double hand overhead downward strike. (This is Master Saunder’s variation. The original was a *tsuko* thrust to the chest.)
10. Hold the position for 2 seconds then do *Chiburi*.
11. Hold for two seconds then *Noto*.
12. Hold for 2 seconds then bring the left foot up to *shizen-tai*.
13. Hold for 2 seconds then bow.