

Sword Form #1



A) Begin at attention with sword held at the left hip, hand closed around sword as a scabbard with the 'blade' facing upward. Move the right hand to the handle close to the guard, and draw the sword up and forward from the hand – when students draw, the 'blade' must completely clear their hand before they can move it. Move the left hand from the hip and grip the sword, tip of the sword angled forward at eye level

1) Slant the handle to the left, pivot on right foot counterclockwise, step toward B with your left foot into left front stance - raise the sword with the handle moving above the left side of your head and as the sword raises, the point will drop diagonally down to the right - angle the edge forward, so that the flat side of the blade is covering the head - this is a Diagonal Block to the Right

2) Step forward toward B with right foot into right front stance as you raise the bokken straight up until the gap in the hands lines up with the forehead and strike straight down with a snapping motion – a slight push with the right hand and pull with the left - the hands should end at about waist level – the point of the sword slightly above the hands - this is an Overhead Strike

3) Slant the handle to the right, pivot on left foot clockwise, step toward C with right foot into right front stance - raise the sword with the handle moving above the right side of your head and as the sword raises, the point will drop diagonally down to the left - angle the edge forward, so that the flat side of the blade is covering the head - this is a Diagonal Block to the Left

4) Step forward toward C with left foot into left front stance, Overhead Strike

5) Slant the handle to the left, pivot on right foot counterclockwise, step toward D with left foot into left front stance, Diagonal Block to the Right

6) Step forward toward D with right foot into right front stance, Overhead Strike

7) Step forward toward D with left foot into left front stance, Overhead Strike

8) Step forward toward D with right foot into right front stance as you drop the tip of the sword down to just below chest level and extend the arms forward for a forward thrust - Kihop

9) Slant the handle to the left, pivot on right foot counterclockwise, step toward C with left foot into left front stance, Diagonal Block to the Right

10) Step forward toward C with right foot into right front stance, Overhead Strike

11) Slant the handle to the right, pivot on left foot clockwise, step toward B with right foot into right front stance, Diagonal Block to the Left

12) Step forward toward B with left foot into left front stance, Overhead Strike

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- 13)** Slant the handle to the left, pivot on right foot counterclockwise, step toward A with left foot into left front stance, Diagonal Block to the Right
- 14)** Step forward toward A with right foot into right front stance, Overhead Strike
- 15)** Step forward toward A with left foot into left front stance, Overhead Strike
- 16)** Step forward toward A with right foot into right front stance as you drop the tip of the sword down to just below chest level and extend the arms forward for a forward thrust - Kihop
- 17)** Slant the handle to the left, pivot on right foot counterclockwise, step toward B with left foot into left front stance, Diagonal Block to the Right
- 18)** Step forward toward B with right foot into right front stance, Overhead Strike
- 19)** Slant the handle to the right, pivot on left foot clockwise, step toward C with right foot into right front stance, Diagonal Block to the Left
- 20)** Step forward toward C with left foot into left front stance, Overhead Strike
- 21)** Bring the left foot to the right as you pivot on the right foot to face D at attention - hold the sword with the right hand and move it out to your right side with the tip pointing up with the arm fairly straight with the hand just under shoulder level - place the left hand against the left hip to once again act as the scabbard - swing the sword quickly, sharp edge first, down and across to the left - flip the wrist at the end of the motion so that the blade faces upward, tip of the sword pointing backward - draw the entire back of the sword along your left forefinger and thumb - once the point of the sword reaches the hand, let it drop into the left hand and return it to the 'scabbard' - this is the Blood Wipe