

# Sword Form #3

12

9 -----3

6

Begin at attention with the sword held in the scabbard, securely attached to your belt

Draw cut - Kihop and return the sword back to middle guard.

Step forward toward 12 with your right foot - overhead strike - Kihop.

Turning to the rear (6) - diagonal block to the right - downward diagonal strike to the right - Kihop - Blood wipe & return sword to scabbard.

Turn to your right (9) - Draw sword - diagonal downward strike to the left - step forward with your left foot - upward diagonal strike to the right - straight thrust - Kihop.

Step forward with your right foot - turn to the rear (3) - diagonal block to the right - downward diagonal strike to the right - Kihop - Blood wipe & return sword to scabbard.

Turn to your left (12) - draw sword to on guard position - chamber on left hip - step with your left foot - horizontal strike to the right - Step back with your left foot - upward diagonal strike to the left - Kihop - Return to guard position.

Chamber on your left hip - Step backward with your right foot - horizontal strike to the right - Step diagonally forward and to your right with your right foot & pivot backward with your left foot - overhead strike to your left (9) (the attacker's arms) - step backward slightly with your right foot - high horizontal strike to the right - Kihop.

Step forward with your left foot to face 12 - blood wipe & return sword to scabbard.

Draw the sword - step forward with your right foot toward 12 - overhead strike.

Drop the sword to the left – Upward Diagonal Strike to the Right – Downward Diagonal Strike to the Left.

Sword chambers horizontally to the left – Step backward with your right foot – Horizontal Strike to the Right.

Drop the sword to the right – Upward Diagonal Strike to the Left – Downward Diagonal Strike to the Right.

Sword chambers horizontally to the right – left foot steps backward – Horizontal Strike to the Left.

Right foot steps forward to on-guard – sword readies at Middle Guard.

Blood wipe – return to scabbard - attention - Bow