

# Sword Form #1

## Second Half

A) Begin at attention with the sword held at the left hip, your hand closed around the sword as if you were holding the scabbard. The “sharp” edge of the sword facing up. Bend your left wrist and grab the sword handle with your right hand. Draw the sword up and above your head. \*\*When the sword is drawn, it must completely clear your left hand before you can reach your left hand for the sword. With both hands on the sword handle, slowly lower it until your hands are just above your belt and the tip of the sword is at chin level.

1) By rotating your wrists, point the tip of the sword to your right, pick up your left foot and spin backward (counter-clockwise) 270 degrees into a left front stance. Pull the handle of the sword above & to the left of your head with the sword blade angled down to the right. Bend your left wrist so that the flat side of the blade is covering the head. This is a Diagonal Block to the Right

2) Move the sword over your head with the blade pointing backward, step forward with your right foot into a right front stance 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 your belt– the point of the sword stops at the middle of your body. This is an Overhead Strike.

3) By rotating your wrists, point the tip of the sword to your left, pick up your right foot and spin backward 180 degrees into a right front stance. Pull the handle of the sword above & to the right of your head with the sword blade angled down to the left. Bend your right wrist so that the flat side of the blade is covering the head. This is a Diagonal Block to the left.

4) Move the sword over your head with the blade pointing backward, step forward with your left foot into a left front stance and strike straight down into an overhead strike.

5) Point the tip of the sword to your right and step with your left foot 90 degrees to your left into a left front stance, diagonal block to the right

6) Move the sword over your head with the blade pointing backward, step forward with your right foot into a right front stance and strike straight down into an overhead strike.

7) Move the sword over your head with the blade pointing backward, step forward with your left foot into a left front stance and strike straight down into an overhead strike.

**8)** Pull the handle to the middle of your body with the sword pointing forward as you step forward with your right foot into right front stance. Extend your arms and thrust the sword forward and Kihop.

**9)** By rotating your wrists, point the tip of the sword to your right, pick up your left foot and spin backward 270 degrees into a left front stance. Pull the handle of the sword above & to the left of your head into a diagonal block to the right.

**10)** Move the sword over your head with the blade pointing backward, step forward with your right foot into a right front stance and strike straight down into an overhead strike.

**11)** By rotating your wrists, point the tip of the sword to your left, pick up your right foot and spin backward 180 degrees into a right front stance. Pull the handle of the sword above & to the right of your head into a diagonal block to the left.

**12)** Move the sword over your head with the blade pointing backward, step forward with your left foot into a left front stance. Strike straight down into an overhead strike and Kihop.

**13)** As you step backward with your left foot 180 degrees to attention – extend your right arm out to your right at a height just below your shoulder with the sword also pointing to your right and move your left hand against your left hip as you were at the beginning of the form holding the scabbard. Swing the sword quickly down and across to the left - flipping your wrist at the end of the motion so that your right hand touches your left, the tip of the sword pointing backward. Draw the flat edge of the sword along the space between your thumb and forefinger then once the point of the sword reaches the hand, let it drop into the left hand and return the sword to the ‘scabbard’ - this is the Blood Wipe.