

BOKKEN TRAINING GUIDE

BASIC FOOTWORK STANCES

- 1) Footwork
 - a. Suri ashi (forward and backward)
 - b. Ushiro tenkan
 - c. Ushiro tenkan with forward suri ashi
 - d. Ayumi ashi
- 2) Stances
 - a. Gedan
 - b. Waki gamae
 - c. Jodan
 - d. Hasso
 - e. Seigan

EXERCISES

- 1) Katate Suburi
 - a. Kesa / Gyaku kesa
 - b. Shomen
 - c. Yoko giri
 - d. Nukitsuke variations of above
- 2) Morote Suburi (using above footwork)
 - a. Shomen
 - b. Tsuki
 - c. Kesa
- 3) Shihogiri
 - a. Right and left hamni
 - b. Without and with tsuki
- 4) Happogiri
 - a. Right and left hamni
 - b. Without and with tsuki
5. 8-count Suburi
 - a. Tachi-waza
 - b. Suwari-waza
6. Uchi komi
 - a. Shomen
 - b. Tsuki
 - c. Kesa
 - i. Suri ashi with back foot
 - ii. Suri ashi with front foot
 - iii. Ayumi ashi

PRINCIPLES

1. Execution
2. Extension
3. Focus
4. Distance

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TECHNIQUES

- 1) Kiriotoshi
 - a. Exercises (with timing and distance variations for each)
 - i. Jodan
 1. Slow / Medium / Fast
 2. Close / At a distance
 - ii. Chudan
 - iii. Gedan
 - iv. Tsuki
 - b. Variations
 - i. Shomen (jodan) Suriotoshi
 1. Inside (uchi)
 2. Outside (soto)
 - ii. Tsuki (chudan) Suriotoshi
 - iii. Kote (uchi) Suriotoshi
 - iv. Kote (soto) Makiuchi
- 2) Kirikaeshi
 - a. Kirikaeshi Exercises (Partner work – from horse stance)
 - i. Mawashiuchi
 - ii. Suriotoshi
 - iii. Uchiotoshi
 - iv. Suriage
 - b. Kirikaeshi Exercises (Partner Work – from hamni)
 - i. Above four exercises
 - ii. Variations
 1. Any attack, above four exercises
 - c. Kirikaeshi Applications (Tai-no-Atari)
- 3) Kumi Tachi (five encounters)
 - a. Ichi no Tachi
 - b. Ni no Tachi
 - c. San no Tachi
 - d. Yon no Tachi
 - e. Go no Tachi
- 4) Ki Musubi no Tachi
 - a. Basic
 - b. Variations
 - i. Omote
 - ii. Ura
5. Tanto variations of above techniques
6. Wakizashi variations of above techniques
7. Tachi dori (empty hand against bokken)

PRINCIPLES

1. Execution
2. Extension
3. Focus
4. Distance