DFWKIK Iaido Kihon Exercises

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The commands in quotations are given by the kenshi who leads the kihon exercises:

1. Hajime-rei

* “Ki-o-tsuke.” (Attention)
* “Keitou.” (Swords positioned at hip bone)
* “Chakuza.” (Take seiza and position swords on the floor)
* “Tou-rei.” (Perform Hajime-rei)

2. Mata-wari

* “Mata-wari”

 Tate-hiza with just “koshi”.

 R knee up 5 times, L knee up 5 times.

* “Battou” (Draw sword and assume Chudan-no-Kamae)
* “Tate-hiza Suburi Stage One”

 Strike Men, L Fumi-Komi-Ashi, finish cut. (5 times)

 Reverse with R. (5 times)

 (Rest......)

* “Kamae-te.” (Assume Chudan-no-Kamae)
* “Tate-hiza Suburi Stage Two.”

 Strike Men with R Fumi-Komi-Ashi, finish cut moving forward. (5 times)

 Reverse on L.

* “Please rise.” (Stand up)

 R foot slides forward.

 In Gedan-no-Kamae position, retreat back into place using Zanshin.

 (Rest…..)

* “Kamae-te.” (Assume Chudan-no-Kamae)

 L knee up when seated.

* “Tate-hiza Suburi Stage Three.”

 Kiri-Oroshi moving forward with L. (5 times)

 Reverse on R.

* “Please rise.” (Stand up)

 In Gedan-no-Kamae position, retreat back into place using Zanshin.

 (Rest......)

* “Kamae-te.” (Assume Chudan-no-Kamae)

3. Suburi

* “Suburi, jukkai.”

 Suburi swings 10 times.

 (Rest......)

* “Kamae-te.” (Assume Chudan-no-Kamae)

4. Kesa Giri

* “Kesa Giri, jukkai.”

 Kesa Giri swings 10 times.

5. Kiba-dachi

* “Kiba-dachi.”
* “Mata-wari shomen uchi.”
* “Mata-wari ukenagashi.”

 10 times to the shomen.

 10 times with parry.

 (Rest.....)

* “Notou.” (Return sword to saya)

6. Nukitsuke

* “Chakuza.” (Class takes seiza.)
* “Shi-hou nukitsuke fumi-komi sunuki, jukkai.”

 Front

 1/4 turn to Left

 1/2 turn to the Left

 1/4 turn to the Right

 1/2 turn to the Left

 Repeat.

* “Please rise.” (Stand up)

7. Chiburi

* “Battou.” (Move into position for Chiburi)
* “Chiburi.”

 Chiburi (Right leg forward, 3 times)

* “Ashi-kae.”

 Chiburi (Left leg forward, 3 times)

* “Notou.” (Return sword to saya)

8. Owari-rei

* “Doumo arigatou gozaimashita.” (Bow)