



Basic Sword

AGENDA

- Safety Rules
- Basic Terminology
- Basic Positions
- Basic Cuts
- Principles of Cutting
- Practice

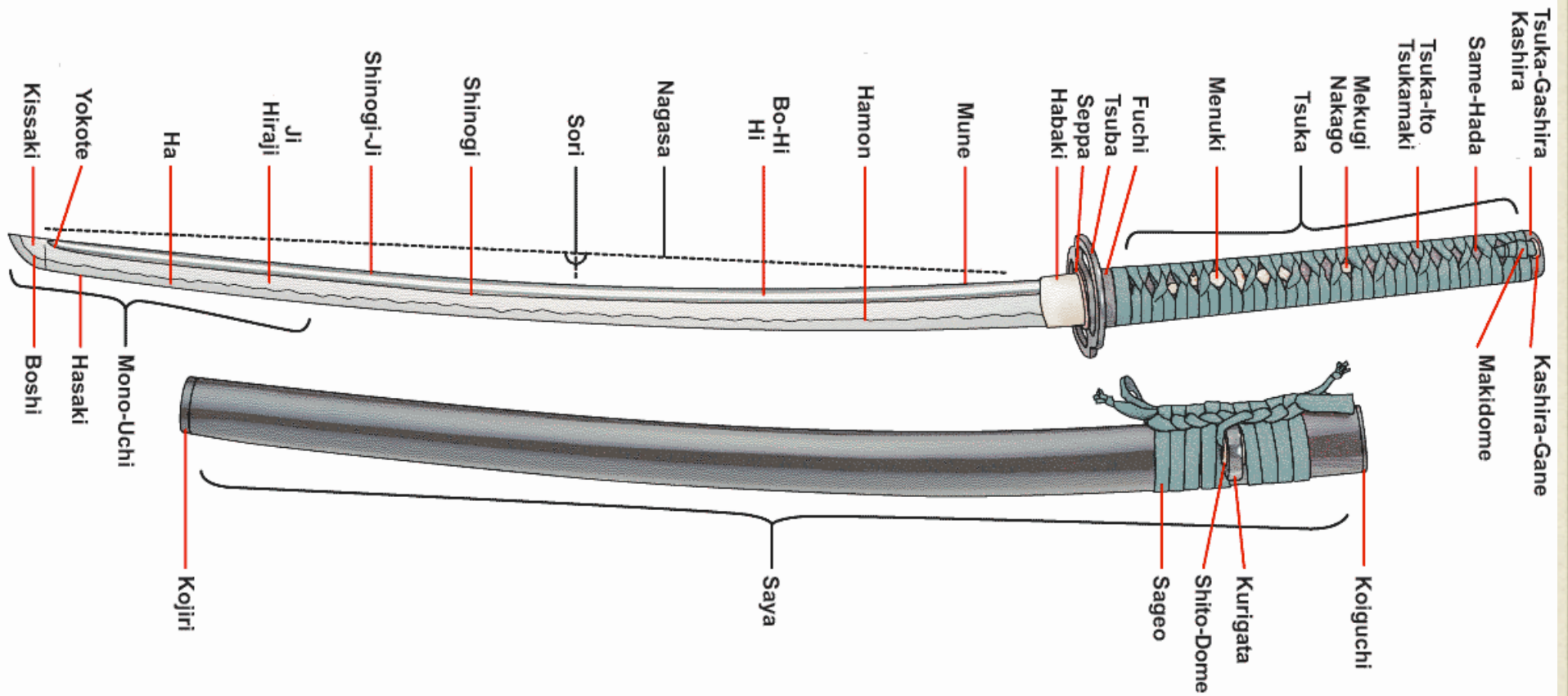
SAFETY RULES

- Treat any sword as if it is a live blade; Iaito or bokken can still cause serious injuries
- Replica or decorative swords are NOT allowed for practice
- Check all hardware - specifically mekugi pins - before practice
- Left thumb should be on the tsuba, preventing the sword from falling out of the saya. If the sword does slip out of the saya, let it fall!

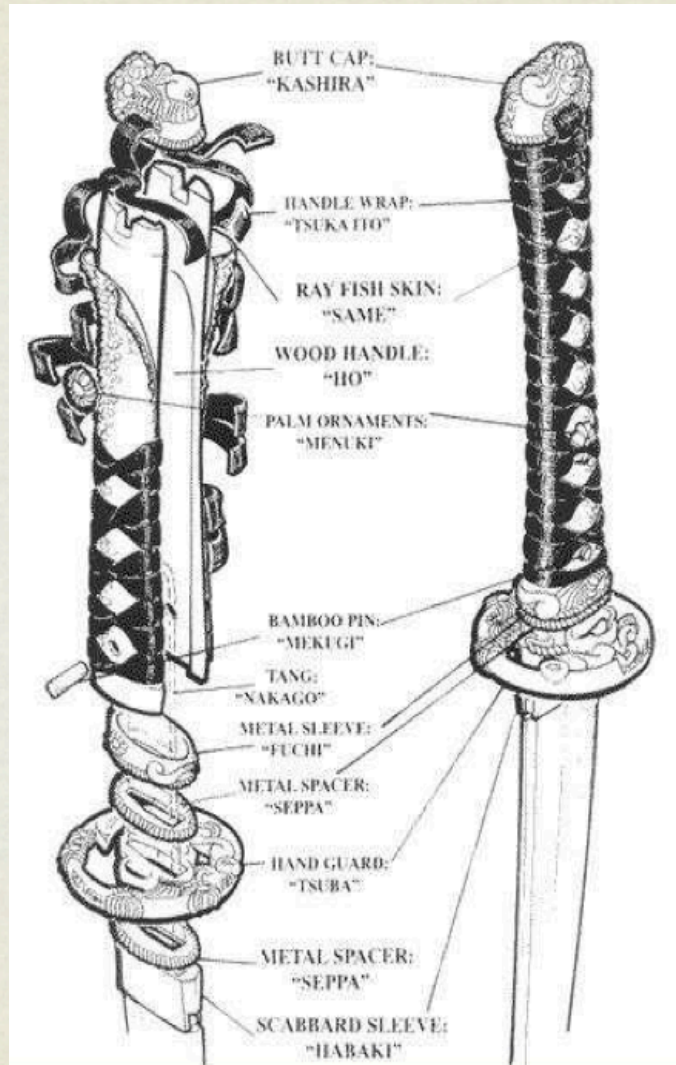
SAFETY RULES

- Never walk with a drawn sword.
- Never walk behind a swordsman.
- Always be aware of your space and position, and do not cut unless adequate space is available.
- Never relax your attention!

BASIC TERMINOLOGY



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- Te-no-Uchi - Grip
- Ha - Cutting Edge
- Kissaki - Tip of Sword
- Mune - Back of Sword
- Saya - Scabbard
- Tsuka - Handle
- Kashira - End Cap
- Tsuba - Hand Guard
- Koiguchi - Scabbard Mouth

BASIC TERMINOLOGY

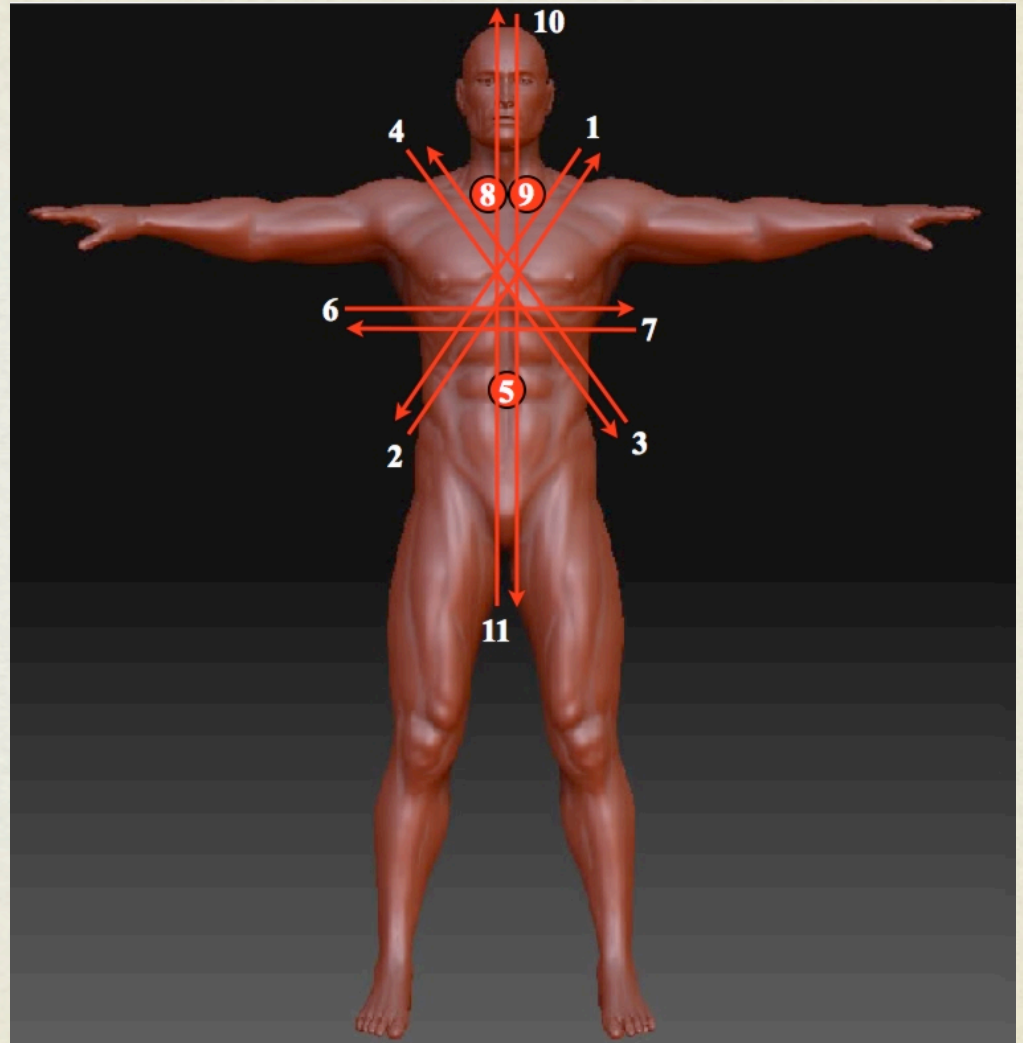
- Kurigata
 - Knob on Saya
- Sageo
 - Cord
- Giri
 - Cut
- Kesa Giri
 - Down angle cut
- Kiri Age
 - Up angle cut
- Kiri-o-roshi
 - Cut top to bottom
- Suihei
 - Horizontal cut
- Tsuki
 - Midsection thrust
- Noto
 - put the sword away

BASIC POSITIONS

- **Chudan-no-kamae**
Ready position - the sword is held forward & center.
- **Jodan-no-kamae**
Stiking position - the sword is held high over head.
- **Hasso-no-kamae**
Ready position - the sword is held up & side.
- **Waki-no-kamae**
Ready position - the sword is held to the rear & side.
- **Gedan-no-kamae**
Ready position - the sword is held forward & low.

BASIC CUTS

- Kesa Giri ~ 1 & 4
- Kiri Age ~ 2 & 3
- Kiri-o-roshi ~ 10
- Suihei ~ 6 & 7



PRINCIPLES OF CUTTING

- Good Stance
- Extend
- Pull with the left hand
- Guide with the right hand
- Slice - Don't chop

PRACTICE

- Position Drill
- Blocking
- Cut Drill
- Partner Drill
- Paper Cutting