

Chiba Sensei's 8 Suburi Movements.

Always start in right posture (right foot forward)

1. Front foot steps back, and shomen. Back foot steps forward, and tsuki. Tenkai ashi, and schomen. Back foot steps forward, and tsuki. Tenkai ashi, and schomen.
2. Back foot steps forward, and schomen. Back foot steps forward, and tsuki. Tenkai ashi etc and repeat movement.
3. Tenkan with edge of blade cutting up under opponents chin, once Tenkan complete shomen. Back foot steps forward, and tsuki. Repeat as above.
4. Front foot slides back passing in front of back foot (ie legs are crossed with right leg in front of left leg) with edge of blade cutting up under opponents chin. Tenkai ashi, and schomen. Back foot steps forward, and tsuki. Repeat as above.
5. Back foot moves forward and makes a $\frac{3}{4}$ turn to the right, and schomen. Back foot steps forward, and tsuki. Repeat as above.
6. Bring back foot next to front foot, then tankan on what was the back foot, and schomen. Back foot steps forward, and tsuki. Repeat as above.
7. Front foot slides forward, at the same time the bokken cuts the wrist of the opponent, then back foot irimi tankan, and schomen. Back foot steps forward, and tsuki. Repeat as above.
8. Kaiten movement, and schomen. Back foot steps forward, and tsuki. Repeat as above.