

Basic Grading Syllabus Weapons

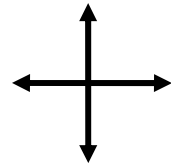
Shiogeru

Start with right foot forward. Slide forward and cut shomen with boken.

Tenkiashi, Slide forward with left foot and cut shomen.

Turn to right, slide right foot forward and cut shomen.

Tenkiashi, slide forward with left foot and cut shomen.



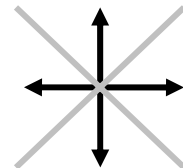
Hapogeru

Start with right foot forward. Slide forward and cut shomen with boken.

Tenkiashi, Slide forward with left foot and cut shomen.

Turn to right, slide right foot forward and cut shomen.

Tenkiashi, slide forward with left foot and cut shomen.

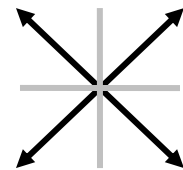


Step diagonally forward with right foot and cut shomen.

Tenkiashi, slide forward with left foot and cut shomen.

Turn to right, slide right foot forward and cut shomen.

Tenkiashi, slide forward left foot and shomen.



Seven Suburi

First Suburi – Slide front foot back then, cut shomen.

Second Suburi -Step back raising boken above head, then, step forward to cut shomen.

Third Suburi - Step back raising boken above head bring down to right hip. Step forward and cut shomen.

Fourth Suburi - Raise boken above head whilst bringing feet together. Whilst cutting down shomen step back with other foot.

Fifth Suburi - Move right foot across left , dropping boken to right side of the body, whilst bringing left foot to the right, bring boken to top of head, then when cutting shomen step back with right foot.

Sixth Suburi - Step back raising boken to top of head, step forward with right foot and cut shomen, then slide forward with right foot to do tsuki

Seventh Suburi - Step back raising boken to top of head, step forward with right foot and cut shomen, then step forward with left foot to do tsuki.