

KIHON SOTAI NOTES (FROM PASCAL KRIEGER)

1. Certain targets and angles are not the same as those for the Kihon Tandoku.
2. For the exercise to be of any use, it needs to be executed over some distance. Certain laws of Ma-ai and Ri-ai have to be bent. Eg The cut for Maki otoshi lands on the Jo and not on the head, as would the case be in a Kata.
3. A few steps are exaggerated - they are either too big or too small to allow the movements to be repeated harmoniously, without any breaks for returning to the proper distance.
4. The repeated actions preclude any notion of combat or even the inherent logic of the Kata.
5. Some Kihon require you to take Kamae that leave you wide open to the strike of a sword. It must be understood that the purpose of the Kihon is more to nurture technical proficiency than to inculcate notions of combat.
6. The Uchidachi side (Bokken) should concentrate on executing the movement correctly and not too rapidly, since the slightest error will have disastrous technical consequences for the Shidachi side (Jo). Too great a pressure from the sword side will result in a pinched, imprecise and incorrect technique on the Jo side. The pressure will be great enough during the Kata. The Kihon Sotai should be practised at least once a week.

REI (BOWING)

Zarei	-	-	-	Sitting Bow
Ritsurei	-	-	-	Standing Bow

SHISEI (POSTURE)

Ritsu Jo	-	-	-	Standing Posture
Sage Jo	-	-	-	Carrying Posture

KAMAE (PREPARATORY POSTURE)

Tsune No Kamae	-	-	-	Basic Posture
Honte No Kamae	-	-	-	Basic starting Posture
Gyakute No Kamae	-	-	-	Reverse Posture
Hikiotoshi No Kamae	-	-	-	Side Posture

TERMINOLOGY

Chikama	-	-	-	Close range - the point of no return
Hajime	-	-	-	Begin
Hanmi	-	-	-	Approximately 45 degrees to the centre
Ichi Kotai	-	-	-	Changing positions as in Kihon Sotai
Kamae	-	-	-	Combative engagement postures
Kamiza	-	-	-	Also Shinzen or Shomen - Wall of honour
Keiko	-	-	-	Training session
Kime	-	-	-	Decision, check
Ma-ai	-	-	-	Combative distance between opponents (kihon sotai)
Mae dete	-	-	-	Move forward
Maware	-	-	-	Migi or Hidari - Pivot to right or left
Metsuke	-	-	-	Visual concentration
Monouchi	-	-	-	Last 20cm of the weapon, Jo or Bokken, which strikes the target
Motoe	-	-	-	Return to basic posture
Rei	-	-	-	Bow
Ri-ai	-	-	-	Coherence. Distance, target, timing
Sei to Do	-	-	-	Non action and action
Shi uchi kotai	-	-	-	Exchanging weapons
Shidachi	-	-	-	Defender
Shisei	-	-	-	Posture
So no mama	-	-	-	Stay as you are - don't move
Toma	-	-	-	Long distance - distance at start of Kata ie. 5 - 10 metres
Uchidachi	-	-	-	Attacker
Uchima	-	-	-	Cutting or striking distance
Yame	-	-	-	Stop everything
Yoi	-	-	-	Ready
Zanshin	-	-	-	State of awareness

KIHON TANDOKU COMMANDS

The following commands are to be used for conducting Kihon Tandoku.

Kihon Tandoku should be demonstrated over an approximate six-meter distance (same distance as for Kata Demonstration).

- ◆ 4th Kyu candidates are to remain in place at command 24 until command 73 is given.
- ◆ 3rd Kyu candidates are to remain in place at command 46 until command 73 is given.

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| 1. Kihon Tandoku Rei | 26. Gyakute Tsuki Yoi | 51. Maware Migi |
| 2. Honte No Kamae | 27. Hajime | 52. Tsuki Hazushi Uchi Yoi |
| 3. Honte Uchi Yoi | 28. Yame | 53. Hajime |
| 4. Hajime | 29. Motoe | 54. Yame |
| 5. Yame | 30. Maware Migi | 55. Motoe |
| 6. Motoe | 31. Honte No Kamae | 56. Maware Migi |
| 7. Maware Migi | 32. Maki Otoshi Yoi | 57. Honte No Kamae |
| 8. Gyakute No Kamae | 33. Hajime | 58. Do Barai Uchi |
| 9. Gyakute Uchi Yoi | 34. Yame | 59. Hajime |
| 10. Hajime | 35. Motoe | 60. Yame |
| 11. Yame | 36. Maware Migi | 61. So No Mama |
| 12. Motoe | 37. Kuri Tsuke | 62. Tai Hazushi Uchi Yoi |
| 13. Maware Migi | 38. Hajime | 63. Hajime |
| 14. Hiki Otoshi Uchi Yoi | 39. Yame | 64. Yame |
| 15. Hajime | 40. Motoe | 65. Motoe |
| 16. Yame | 41. Maware Migi | 66. Mae Dete |
| 17. Motoe | 42. Kuri Hanashi | 67. Yame |
| 18. Maware Migi | 43. Hajime | 68. Hidari Honte No Kamae |
| 19. Honte No Kamae | 44. Yame | 69. Tai Hazushi Uchi Yoi |
| 20. Kaeshi Tsuki Yoi | 45. Motoe | 70. Hajime |
| 21. Hajime | 46. Maware Migi | 71. Yame |
| 22. Yame | 47. Tai Atari | 72. Motoe |
| 23. Motoe | 48. Hajime | 73. Kihon Tandoku Rei |
| 24. Maware Migi | 49. Yame | |
| 25. Honte No Kamae | 50. Motoe | |

KATA COMMANDS

The following commands are to be used for conducting Kata demonstrations for both Gradings and Competitions.

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| 1. Mae | Kata pairs come forward and line up facing each other (“red” is closer to Shomen than “white”). |
| 2. Hajime | Pairs bow to each other
Pairs commence their demonstration of Kata
Pairs bow to each other |
| 3. Shi Ichi Kotai | Pair exchange weapons |
| 4. Hajime | Pairs bow to each other
Pairs commence their demonstration of Kata
Pairs bow to each other |
| 5. Hantei / Yame | Hantei is used in Competition to call for a decision
Yame is used in Gradings to indicate demonstration completion
Kata Pairs retreat from the demonstration area |