

## **Bokken Kata 1 (Happo Giri)**

- 1 Face N. (RH). Bokken in chudan position. Shomen cut. (RH)
- 2 Turn hips and blade of bokken to R. Step forward with L foot and tsuki. (LH)
- 3 Pivot in place to face S. Shomen cut. (RH)
- 4 Turn blade to L. Slide forward and tsuki. (RH)
- 5 Step to E with L foot. Shomen cut. (LH)
- 6 Turn blade to R. Slide forward and tsuki. (LH)
- 7 Pivot in place to face W. Shomen cut. (RH)
- 8 Turn blade to L. Slide forward and tsuki. (RH)
- 9 Step to SW with L foot. Shomen cut. (LH)
- 10 Pivot in place to face NE. Shomen cut. (RH)
- 11 Step to NW with L foot. Shomen cut. (LH)
- 12\* Pivot in place to face SE. Shomen cut. Kiai. (RH)
- 13 Point blade to L and start cut horizontally to R. Simultaneously, release L hand and step with L foot step across to R. Pivot to R completely, keeping both arms horizontal. Step S with L foot and continue turning to face N, with both arms still held out horizontally. Raise both arms overhead and grab bokken with L hand. End by lowering bokken to chudan position, drawing R foot back slightly. (RH)

### **Notes:**

All cuts end head high.

L indicates Left. R indicates Right.

All tsuki are parallel to ground, heart high. Turn blade to horizontal before tsuki. If R leg is forward, turn blade to L, and vice versa.

Chudan position: bokken is pointed at opponent's eyes.

(LH) Left hanmi (RH) Right hanmi \* Kiai

## Bokken Kata 2

- 1 (RH) Bokken in chudan position. Slide L off line starting with L foot, cutting under opponent's arm. Draw R foot. End in guard position, bokken overhead and pointing towards opponent. (RH)
- 2 Step forward with L foot and strike gyaku yokomen, drawing R foot behind. (LH)
- 3 Step to R with R foot and strike yokomen, drawing L foot behind. (RH)
- 4 Step to L, L foot and strike gyaku yokomen, drawing R foot behind. (LH)
- 5 Pivot in place 180 degrees to R and cut shomen. (RH)
- 6 Turn blade to L. Slide forward R foot and tsuki. (RH)
- 7 Pivot in place 180 degrees to L and cut shomen. (LH)
- 8 Turn blade to R. Slide forward L foot and tsuki. (LH)
- 9 Raise bokken overhead to L into jodan. Step up with R foot, pivot L 180 degrees, step back L foot and cut down diagonally (R to L) to gedan. (RH)
- 10 Raise bokken overhead to R into jodan. Step up with L foot, pivot R 180 degrees, step back R foot and cut down diagonally (L to R) to gedan. (LH)
- 11 Turn blade to R. Slide forward L foot and tsuki. (LH)
- 12\* Step forward with R foot and strike yokomen, drawing L foot behind. Kiai. (RH)
- 13 Point blade to L and start cut horizontally to R. Simultaneously, release L hand and step with L foot step across to R. Pivot to R completely, keeping both arms horizontal. Step across again with L foot and continue to pivot one and a half revolutions. End facing the original direction with both arms still held out horizontally. Raise both arms overhead and grab bokken with L hand. End by lowering bokken to chudan position, drawing R foot back slightly. (RH)

### Notes:

L indicates Left. R indicates Right.

(LH) Left hanmi (RH) Right hanmi \* Kiai

## Jo Kata I

- 1 Tsuki and guard Chest (LH) Jo upright in front of L foot, held with L hand chest high. Move bottom of jo into R hand. Slide L forward off the line and tsuki. Slide to R rear in guard position. (LH)
- 2 Tsuki and guard Chest Slide L forward off the line and tsuki. Slide to R rear in guard position. (LH)
- 3 Yokomen Head Step forward with R foot. Strike yokomen. (RH)
- 4 Gyaku yokomen Head Step across with L foot, jo in guard position, gyaku yokomen while swinging R foot behind. (LH)
- 5 Rear thrust Knee Move L hand to top of jo, look behind, and thrust to rear, knee high while rotating hips 180 degrees and facing to rear. (RH)
- 6\* Tsuki and guard Chest Step forward off the line with L foot and tsuki. Kiai. Slide to R rear in guard position. (LH)
- 7 Yokomen Head Step forward with R foot. Strike yokomen. (RH)
- 8 Gyaku yokomen Head Step across with L foot, jo in guard position, gyaku yokomen while swinging R foot behind. (LH)
- 9 Turn to rear and strike down Opponent's weapon Turn to R, shifting R foot/L foot off the line. Strike downward with jo tip slightly above horizontal. (RH)
- 10 Thrust Chest Slide forward and tsuki. (RH)
- 11 Shomen Head Step forward with L foot. Strike shomen. (LH)
- 12 Tsuki and guard Chest, head Switch hands, slide L forward off the line and tsuki. Slide to R rear in guard position. (LH)
- 13\* Yokomen and thrust to L rear Knee Step back L foot and strike yokomen and kiai. R hand to tip of jo and thrust to L rear knee high. (RH)
- 14 Upper cut Chin Step forward L foot, sweep jo upwards, turning hips to R (LH)
- 15 Thrust Chest Slide forward with L foot and thrust, same hand grip.(LH)
- 16 Tsuki and guard Chest, head Release jo with R hand and flip jo. Slide L forward off the line and tsuki. Withdraw to R rear in guard position. (LH)
- 17\* Thrust to L rear kneeling Knee Step back L foot and strike yokomen. Skip back, R hand to tip of jo and thrust to L rear while kneeling and kiai, L knee down and looking behind. (R knee up kneeling)
- 18 Sweep Knee Step forward with L foot and sweep jo horizontally knee high (LH)

- 19 Thrust Knee Slide forward with L foot, thrust to knee, same hand grip. (LH)
- 20 Tsuki Chest Release jo with R hand and flip jo. Slide L forward off the line and tsuki. (LH)
- 21 Upper cut Chin Step to R with R foot, then step back L foot upper cut with rear of jo. (RH)
- 22\* Tsuki Chest Flip jo. Slide R forward off the line, tsuki and kiai. (RH)

### **Notes:**

All tsuki are chest high.

L indicates Left. R indicates Right

(LH) Left hanmi (RH) Right hanmi \* Kiai

### **Jo Kata II**

- 1 Tusk and guard Chest (LH) Jo upright in front of L foot, held with L hand chest high. Move bottom of jo into R hand. Slide L forward off the line and tsuki. Slide to R rear in guard position. (LH)
- 2 Tsuki and guard Chest Slide L forward off the line and tsuki. Slide to R rear in guard position. (LH)
- 3 Shomen Head Step forward R foot. Draw L foot behind. Strike shomen. (RH)
- 4 Strike down Opponent's weapon Slide across with L foot, draw R foot in front. Jo tip clockwise arc to left and strike downward with jo tip slightly above horizontal. (RH)
- 5 Shomen Head Step forward with L foot. Strike shomen. (LH)
- 6 Thrust Chest Slide L forward off the line and tsuki. Slide to R rear in guard position. (LH)
- 7\* Turn and shomen Head Pivot to R 180 degrees, switching hands into jodan. Strike shomen. Kiai. (RH)
- 8 Strike down Opponent's weapon Slide across with L foot, draw R foot in front. Jo tip clockwise arc to left and strike downward with jo tip slightly above horizontal. (RH)
- 9 Shomen Head Step forward with L foot. Strike shomen. (LH)

- 10 Tsuki Chest Slide L forward off the line, switch hands and tsuki. Slide to R rear in guard position. (LH)
- 11 Turn and shomen Head Pivot to R 180 degrees, switching hands into jodan. Strike shomen. (RH)
- 12 Thrust to L rear Knee Thrust behind to L side, knee high, without looking behind.(RH)
- 13 Thrust to R rear Knee Move L hand to top of jo, look behind, and thrust to rear, knee high while rotating hips 180 degrees and facing to rear. (RH)
- 14 Turn and tsuki Chest Step forward off the line with L foot and tsuki. Slide to R rear in guard position. (LH)
- 15\* Turn and shomen Head Pivot to R 180 degrees, switching hands into jodan. Step forward 2 steps and strike Shomen. Kiai. (RH)
- 16 Turn and sweep Clear space Point jo to L, then pivot 360 degrees to the right stepping L foot then R foot. Swing jo parallel to ground, dipping at end before raising to hasso position. (LH)
- 17 Upper cut Chin Step forward with R foot. Upper cut without switching hands. (RH)
- 18 Tsuki Chest Slide R foot forward slightly and tsuki without switching hands. (RH)
- 19 Shomen Head Step forward with L foot. Strike shomen. (LH)
- 20 Tsuki Chest Switch hands. Slide L forward off the line and tsuki. (LH)
- 21 Upper cut Chin Step to R with R foot, then step back L foot upper cut with rear of jo. (RH)
- 22\* Tsuki Chest Flip jo. Slide R forward off the line and tsuki. Kiai. (RH)

**Notes:**

All tsuki are chest high.

L indicates Left. R indicates Right

(LH) Left hanmi (RH) Right hanmi \* Kiai