



INDIVIDUAL (AT HOME) TRAINING Guide

(Time required at least 30 minutes.)

BOW to start

SPIRITUAL PREPARATION

- Heaven earth 'rising' exercises
- Funakogi
- Furatama

PHYSICAL PREPARATION

- Stretching and warm up

TAI SABAKI

- Hanmi
- Tsugi ashi (moving forward and back in hanmi)
- Ikkyo (arm swinging) exercise
- Tenkan
- Spinning

JO

- Basic movements
- 7 pattern
- Other patterns

BOKKEN

Tandoku dosa (for movement and suburi)

- 5 basic Kamae – chudan, gedan, jodan, hasso, waki
- Foot movement – tsugi ashi (various moving forward and back in kamae)
- Kiri tsuke
- Kiri sage
- Nidan giri
- Zengo giri
- Niju hachi undo (28 cuts exercise)

Sotai dosa

(for feeling of direction distance and timing)

- Oshiete and manabite parts of basic sotai dosa

Ichi no ken

(for study of direction, distance, timing and understanding the basic system and patterns)

Manabite side:

- Breaking ma-ai
- Attack / attack· Defend / defend
- Make distance
- Draw in attacker
- Finish

Oshiete side

- Respond to manabite's breaking-of-maai
- Absorb kiri tsuke
- Attack with kiri tsuke
- Attack with tsuki
- Respond to manabite's creation of distance
- When manabite raises arm attack with kiri tsuke

KOKYU

- Breathing, cool down and stretching

BOW to finish