

Sword Form – Cutting Practice

- Step left leg back into kneeling stance withdraw sword from scabbard executing a 45 degree upward cut.
- Placing scabbard at left side
- Execute downward cut stopping at the “on guard” position still kneeling both hands on sword.
- Stand up, move the left leg forward into attention stance. Left hand to chest
- Parry blade to left 3 times.
- On fourth parry step through with right leg into horse riding stance and execute downward cut.
- Step through into left leg front stance execute left shoulder to right hip cut.
- Step forward into right leg front stance execute right shoulder to left hip cut.
- Remain in this front stance and execute a horizontal cut left to right at chest height.
- Followed by a horizontal cut right to left at chest height.
- Execute 45 degree upward cut from left hip to right shoulder
- Execute 45 degree upward cut from right hip to left shoulder.
- Execute vertical cut from groin to head.
- Execute downward cut stop at guard position change to overhand grip with right hand.
- Turn 180 degrees into front stance, step forward, feet together with sword held in right hand (reverse grip) at hip height parallel to ground.
- In that stance execute a horizontal cut right to left followed by 3 parry’s (reverse cutting)
- Step right leg forward into horse riding stance and cut down.
- Step through with left leg into front stance executing cut from left shoulder to right hip.
- Step forward with right leg in to front stance execute right shoulder to left hip cut.
- Remain in this front stance and execute a horizontal reverse cut from left to right at chest height.

Cutting Practice continued.....

- Followed by a horizontal cut right to left at chest height.
- Execute diagonal cut from left hip to right shoulder.
- Execute diagonal cut from right hip to left shoulder.
- Execute vertical cut from groin to throat.
- Transfer sword to normal hold in right hand, execute downward cut head to chest, stopping in guard position.
- Turn to left into horse riding stance, cleaning blade three times over head.
- Execute an X cut, right shoulder to left hip then left shoulder to right hip.
- Clean blade three times round head
- Then execute a head height horizontal cut to left side supporting arm with left hand
- Followed by a head height horizontal cut to right side supporting arm with left hand.
- Execute a diagonal cut right shoulder to left ankle supporting arm with left hand.
- Vigorously spin turning to right stepping through into right leg front stance executing a head cut (360 degrees)
- Drop to kneeling position execute a horizontal right to left cut to the legs
- Followed by a horizontal left to right cut to the ankles.
- Stand up step back with right leg to attention stance with left hand to chest.
- Clean blade by parrying sword to the right side
- Step back with left leg into kneeling position retrieve sword scabbard and re-sheath sword.
- Place sword in front (blade towards you), bow to sword.