

# Sword Practice Techniques

## **1. Attacker moving forward**

Cut to Neck (L - R)  
Cut to Neck (R - L)  
Cut to Knee (L - R)  
Cut to Neck (L - R)  
Cut to Neck (R - L)  
Cut to Knee (L - R)

## **Defender moving backward**

Parry high right  
Parry high left  
Parry low right  
Parry high right  
Parry high left  
Parry low right

Change round to return

## **2. Attacker moving forward**

Cut to Knee (L - R)  
Cut to Neck (R - L)  
Cut to Knee (L - R)  
Cut to Neck (R - L)  
Cut to Knee (L - R)

## **Defender moving backward**

Parry low right  
Parry high left  
Parry low right  
Parry high left  
Parry low right

Change round to return

## **3. Attacker moving forward**

Cut from Above (H - L)  
Cut to Neck (R - L)  
Cut to Neck (L - R)  
Cut to Knee (R - L)  
Cut to Knee (L - R)  
Cut to Neck (R - L)

## **Defender moving backward**

High block (2 Hands)  
Parry high left  
Parry high right  
Parry low left  
Parry low right  
Parry high left

Change round to return

## **4. Attacker moving forward**

Cut to Knee (L - R)  
Cut to Knee (R - L)  
Cut to Neck (L - R)  
Cut to Neck (R - L)  
Cut from above (H - L)  
Spin Anti clockwise  
Cut to Neck (R - L)  
Cut to Knee (L - R)

## **Defender moving backward**

Parry low right  
Parry low left  
Parry high right  
Parry high left  
High Block 2 Hands  
Step backwards  
Parry high left  
Parry low right

Change round to return