

Buki – bokken

Alapállások

1. mugamae
2. gedan no kamae
3. chudan no kamae
4. seigan
5. hasso (no) kamae
6. jodan no kamae
7. ki musubi no tachi
8. waki gamae
- +1. kurai dachi

Bokken suburi

1. Suburi no bu
2. Kirikaeshi no bu
3. Tsuki no bu
4. Fumi komi tsuki

Végrehajtási változatok:

Lépések: ayumi ashi, okuri ashi, tsugi ashi

Írányok: mae, ushiro
hanmi, zengo, shiho, happo

5. Ashi no fumikae (ashi hantai)

Végrehajtási változatok: mae, ushiro

7 suburi

1. shomen uchi (chudan no kamae)
2. shomen uchi (jodan no kamae, ayumi ashi)
3. shomen uchi (waki gamae (ki musubi no tachi), ayumi ashi)
4. renzoku shomen uchi (ayumi ashi)
5. renzoku kirikaeshi (ayumi ashi)
6. kirikaeshi - tsuki
7. kirikaeshi - fumi komi tsuki

Kumi tachi (awase)

1-5 no kumi tachi

1. kh: migi chudan no kamae
(nyitás)
ushiro irimi ashi - do giri
ayumi ashi (h) - shomen uchi
ayumi ashi (m) - kirikaeshi

kh: migi chudan no kamae
okuri ashi - shomen uchi
mae tenkan ashi - shomen (blokk)
mae tenkan ashi - shomen (blokk)
+ okuri ashi tsuki

2. kh: migi jodan no kamae
okuri ashi - yokomen uchi gedan

ushiro irimi ashi - fumi komi tsuki
ushiro irimi ashi - kirikaeshi
ushiro irimi ashi - fumi komi tsuki
ushiro irimi ashi - kirikaeshi

kh: migi jodan no kamae
tsugi ashi ushiro - yokomen uchi gedan
(okuri ashi - kote giri)
mae tenkan ashi - shomen (blokk)
mae tenkan ashi - shomen (blokk)
mae tenkan ashi - shomen (blokk)
mae tenkan ashi - shomen (blokk)
+ okuri ashi tsuki

3. kh: migi chudan no kamae

ushiro irimi ashi - kirikaeshi
ushiro irimi ashi - kirikaeshi

kh: migi chudan no kamae
(kezdeményez + okuri ashi - shomen uchi)
mae tenkan ashi - shomen (blokk)
mae tenkan ashi - shomen (blokk)
+ okuri ashi tsuki

4. kh: migi chudan no kamae
tsugi ashi ushiro (távolság)
okuri ashi tsuki (mune)

ushiro irimi ashi - fumi komi tsuki
ushiro irimi ashi - kirikaeshi

kh: migi chudan no kamae
tsugi ashi ushiro (távolság)
okuri ashi - tsuki (mune)
kezdeményez (+ okuri ashi - kote giri)
mae tenkan ashi - shomen (blokk)
mae tenkan ashi - shomen (blokk)
+ okuri ashi tsuki

5. kh: migi chudan no kamae

okuru ashi ahomen uchi
irimi tenkan (90°) - shomen (blokk)
ushiro irimi ashi – kirikaeshi
kardok egymásra tartanak - tolnak
irimi tenkan - yokomen uchi gedan
ushiro irimi ashi - shomen uchi

kh: migi chudan no kamae
(nyitás)
irimi tenkan (90°) - kirikaeshi

ushiro irimi ashi - shomen (blokk)
irimi tenkan - yokomen uchi gedan
mae tenkan ashi - shomen (blokk)
(+ okuri ashi tsuki)