

KEN SHIN KAI – KEN NO AWASE

1 Migi No Awase

SHITE	UKE
Ken No Kamae	Ken No Kamae.
Raise the Bokken as in the first Ken Suburi.	Raise the Bokken as in the first Ken Suburi, and step forward performing Migi Shomen Uchi.
Blending with your partner's movement, step sideways to the right and perform Migi Shomen Uchi, cutting to your partner's wrist.	

2 Hidari No Awase

SHITE	UKE
Ken No Kamae.	Ken No Kamae.
Raise the Bokken as in the first Ken Suburi.	Raise the Bokken as in the first Ken Suburi, and step forward performing Migi Shomen Uchi.
Blending with your partner's movement, step sideways to the left and perform Hidari Shomen Uchi, cutting to your partner's wrist.	

3 Go No Suburi No Awase

SHITE	UKE
Ken No Kamae.	Ken No Kamae.
	Perform the fifth Ken Suburi, stepping forward to the left as you perform Hidari Shomen Uchi.
Raise the bokken above head half way (parallel to floor), then step back with the right foot and cut to centre to parry Uke's strike.	
	Perform the fifth Ken Suburi, stepping forward to the right as you perform Migi Shomen Uchi.
Step back with the left foot and cut to centre to parry Uke's strike.	

4 Shichi No Suburi No Awase

SHITE	UKE
Ken No Kamae (Hidari)	Ken No Kamae (Hidari)
	Perform the fifth Ken Suburi, stepping forward to the right as you perform Migi Shomen Uchi
Raise the bokken above head half way (parallel to floor), then step back with the left foot and cut to centre to parry Uke's strike. Pause for a moment then push down on Uke's bokken.	
	Blending with Shite, allow the bokken to move round Shite's bokken (anti-clockwise), and step forward to the left to enter with Tsuki in Hidari Kamae.
Step back with the right foot and parry Uke's thrust to deflect Uke's bokken (holding it central).	