

## KEN SHIN KAI – KI MUSUBI NO TACHI

	<b>UKE</b>		<b>SHITE / TORI</b>
	Commence in Migi Hanmi (Ken No Kamae)		Commence in Migi Hanmi (Ken No Kamae)
	Raise the Bokken, stepping forward with the left foot as the hands rise to head level. The Bokken should be extended upwards, at the same time turning the right hip backwards slightly, whilst breathing in deeply through the nose. Allow the Bokken to drop to the right, turning the hips a little more towards the right and dropping the centre, whilst compressing the breath down to your centre. The Bokken should reach a position with the left hand just next to the right hip and the tip of the Bokken slightly down and the arms relaxed.		Raise the Bokken, stepping forward with the left foot as the hands rise to head level. The Bokken should be extended upwards, at the same time turning the right hip backwards slightly, whilst breathing in deeply through the nose. Allow the Bokken to drop to the right, turning the hips a little more towards the right and dropping the centre, whilst compressing the breath down to your centre. The Bokken should reach a position with the left hand just next to the right hip and the tip of the Bokken slightly down and the arms relaxed.
1	Straighten the hips and turn the body forwards over the front foot, raising the hands till the right hand is directly over the head, and the tip of the Bokken is touching the base of the back. Step forwards with the right foot, cutting Shomen Uchi whilst at the same time releasing the breath.		
		2	Straighten the hips and turn the body forwards over the front foot, raising the hands till the right hand is directly over the head, and the tip of the Bokken is touching the base of the back. Step forwards to the right, with the right foot, and counter Uke's Shomen Uchi by cutting Shomen Uchi to Uke's wrists whilst at the same time releasing the breath.
3	Raise the Bokken so the tip of the Bokken rises sharply, till the right hand is directly over the head, and the tip of the Bokken is touching the base of the back, whilst remaining in Migi Hanmi Kamae.		
		4	Thrust the Bokken forwards towards Uke's sternum with the blade pointing upwards, whilst remaining in Migi Hanmi Kamae.
5	At the point at which Shite's Bokken is no longer pointed towards the sternum continue the Shomen Uchi cut stepping forward onto Hidari Hanmi Kamae.	6	Avoid Uke's downwards strike by moving around to the left of Uke's strike and bringing the Bokken around to perform a Shomen Uchi to Uke's head, whilst moving into Hidari Hanmi Kamae.
		7	After making the cut to Uke's head, continue the Shomen Uchi down to Uke's wrists.
8	Step back with the left leg and raise the Bokken so the tip of the Bokken rises sharply, till the right hand is directly over the head, and the tip of the Bokken is touching the base of the back, moving back into Migi Hanmi Kamae.	9	Keep contact with the Bokken against Uke's left wrist whilst stepping forward with the right leg and applying pressure to Uke cutting him at the left wrist, and moving onto Migi Hanmi Kamae.