

York University Kendō Club

The Practice of Basic Kendō Techniques with Wooden Swords

I. Initiating Techniques:

First Basic Technique, One Strike Waza – Men, Kote, Dō, Tsuki

Second Basic Technique, Two/Three Strike Waza – Kote-Men

Third Basic Technique, Haraiwaza – Haraimen (right side)

Fourth Basic Technique, Hikiwaza – Men, Tsubazeriai, Hikidō

II. Countering Techniques:

Fifth Basic Technique, Nukiwaza – Men↔Nukidō

Sixth Basic Technique, Suriagewaza – Kote↔Suriagemen (left side)

Seventh Basic Technique, Debanawaza – Debanagote (Degote)

Eighth Basic Technique, Kaeshiwaza – Men↔Kaeshidō

Ninth Basic Technique, Uchiotoshiwaza – Dō↔Uchiotoshimen

木刀による剣道基本技稽古方

I. 仕掛け技

基本1 一本打ちの技：面・小手・胴・突き

基本2 二、三段の技：小手・面

基本3 払い技：払い面 (表側)

基本4 引き技：面・鏝競り合い・引き胴

II. 応じ技

基本5 抜き技：面・抜き胴

基本6 擦り上げ技：小手・擦り上げ面 (裏側)

基本7 出端技：出端小手 (出小手)

基本8 返し技：面・返し胴

基本9 打ち落とし技：胴・打ち落とし面