

# AAA Bokken Tai Sabaki

Shomenuchi	Attacker	Defender
1. Head ura	Step back to jodan (LH)	Slide forward (RH) to close distance
	Step forward to strike shomen (head high) (RH). Kiai*	Step forward to left (LH) and strike above attacker's head. Kiai*
	Slide back to original position	Step back left foot (RH), facing attacker at an angle  Move back to original position
2. Wrist ura	Step back to jodan (LH)	Slide forward (RH) to close distance
	Step forward to strike shomen (head high) (RH). Kiai*	Step to left (LH) and strike above attacker's right wrist. Kiai*
	Slide back to original position	Step back (RH), facing attacker at an angle  Move back to original position
3. Head omote	Step back to jodan (LH)	Slide forward (RH) to close distance
	Step forward to strike shomen (head high) (RH). Kiai*	Slide forward to right (RH) and strike above attacker's head. Kiai*
	Slide back to original position	Slide back, facing attacker at an angle  Move back to original position
4. Between hands omote	Step back to jodan (LH)	Slide forward (RH) to close distance
	Step forward to strike shomen (head high) (RH). Kiai*	Slide to R (RH) and strike above attacker's bokken between both hands. Kiai*
	Slide back to original position	Slide back, facing attacker at an angle  Move back to original position

<b>Tsuki</b>	<b>Attacker</b>	<b>Defender</b>
1. Head ura	Slide forward to tsuki (solar plexus high) (RH). Kiai*	Step forward to left (LH) and strike above attacker's head. Kiai*
	Slide back to original position	Step back (RH), facing attacker at an angle  Move back to original position
2. Wrist ura	Slide forward to tsuki (solar plexus high) (RH). Kiai*	Step to left (LH) and strike above attacker's right wrist. Kiai*
	Slide back to original position	Step back (RH), facing attacker at an angle  Move back to original position
3. Head omote	Slide forward to tsuki (solar plexus high) (RH). Kiai*	Slide forward to right (RH) and strike above attacker's head. Kiai*
	Slide back to original position	Slide back, facing attacker at an angle  Move back to original position
4. Between hands omote	Slide forward to tsuki (solar plexus high) (RH). Kiai*	Slide to right (RH) and strike above attacker's bokken between both hands. Kiai*
	Slide back to original position	Slide back, facing attacker at an angle  Move back to original position

<b>Gyaku Tsuki</b>	<b>Attacker</b>	<b>Defender</b>
1. Ura	Step forward to tsuki (solar plexus high) (LH). Kiai	Slide to right (RH), bokken (blade up) between attacker's bokken and defender. Bokken points towards attacker's head, angle is approx 45 degrees.
		Slide forward (RH), and tsuki to attacker's solar plexus. Kiai
	Step back to original position	Slide back, facing attacker at an angle  Move back to original position
2. Omote	Step forward to tsuki (solar plexus high) (LH). Kiai	Step left (LH), bokken (blade up) between attacker's bokken and defender. Bokken points towards attacker's head, angle is approx 45 degrees.
		Slide forward (LH), and tsuki to attacker's solar plexus. Kiai
	Step back to original position	Step back (RH), facing attacker at an angle  Move back to original position

<b>Yokomen</b>	<b>Attacker</b>	<b>Defender</b>
1. Ura	Step back to jodan (LH)	Slide forward (RH) to close distance
	Step forward to strike Yokomen (head high) (RH). Kiai	Turn hip to block strike to left side  Step to left under attacker's bokken (guarding with your bokken), drawing right foot behind left foot briefly  Move right foot back (LH), and strike shomen above attacker's head. Kiai
	Slide back to original position	Step back (RH), facing attacker at an angle  Move back to original position
2. Omote	Step back to jodan (LH)	Slide forward (RH) to close distance
	Step forward to strike Yokomen (head high) (RH). Kiai	Turn hip to block strike to left side  Slide back (RH), pushing attacker's bokken down at the same time  Slide forward (RH) to strike shomen above attacker's head. Kiai
	Slide back to original position	Slide back, facing attacker at an angle  Move back to original position
3. Omote irimi	Step back to jodan (LH)	Slide forward (RH) to close distance
	Step forward to strike full Yokomen (head high) (RH). Kiai*  Block immediately to L, turning hip.	Slide forward (RH) and strike yokomen to attacker's head. Kiai*
	Slide forward switching positions and return to chudan	Slide forward switching positions and return to chudan

Gyaku Yokomen	Attacker	Defender
1. Ura	Step forward to strike gyaku yokomen (head high) (LH). Kiai	Turn hip to block strike to right side
		Slide to right under attacker's bokken (guarding with your bokken), drawing left foot behind right foot briefly
		Step back left foot (RH), and strike shomen above attacker's head. Kiai
	Step back to original position	Slide back (RH), facing attacker at an angle
		Move back to original position
2. Omote	Step forward to strike gyaku yokomen (head high) (LH). Kiai	Turn hip to block strike to right side
		Slide back (RH), pushing attacker's bokken down at the same time
		Step forward (LH) to strike shomen just above attacker's head. Kiai
	Step back to original position	Step back (RH), facing attacker at an angle
		Move back to original position
3. Omote irimi	Step forward to strike full gyaku yokomen (head high) (LH). Kiai*	Step forward (LH) and strike gyaku yokomen to attacker's head. Kiai*
	Block immediately to R, turning hip.	
	Slide forward switching positions and return to chudan	Slide forward switching positions and return to chudan

**Notes:**

- Feet should always be aligned in the direction of the attack.
- When moving to left and striking, tip of bokken first moves to right side.
- When moving to right and striking, tip of bokken first moves to left side.
- Kiai\* indicates attacker and defender have simultaneous kiai.
- (LH)(RH) indicates Left Hanmi/Right Hanmi