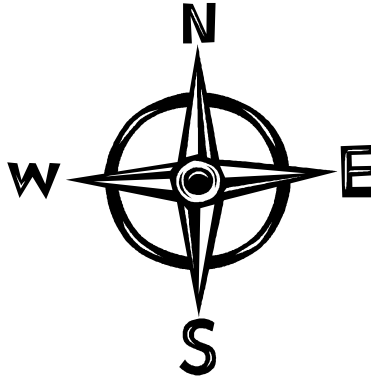




Chushinkan Dojo

Aikido Association of America Western Region Headquarters

Bokken Kata 1 (Happo Giri)



#	<i>Explanation</i>
1	Face N. (RH). Bokken in chudan position. Shomen cut. (RH)
2	Turn hips and blade of bokken to R. Step forward with L foot and tsuki. (LH)
3	Pivot in place to face S. Shomen cut. (RH)
4	Turn blade to L. Slide forward and tsuki. (RH)
5	Step to E with L foot. Shomen cut. (LH)
6	Turn blade to R. Slide forward and tsuki. (LH)
7	Pivot in place to face W. Shomen cut. (RH)
8	Turn blade to L. Slide forward and tsuki. (RH)
9	Step to SW with L foot. Shomen cut. (LH)
10	Pivot in place to face NE. Shomen cut. (RH)
11	Step to NW with L foot. Shomen cut. (LH)
12*	Pivot in place to face SE. Shomen cut. Kiai. (RH)
13	Point blade to L and start cut horizontally to R. Simultaneously, release L hand and step with L foot step across to R. Pivot to R completely, keeping both arms horizontal. Step S with L foot and continue turning to face N, with both arms still held out horizontally. Raise both arms overhead and grab bokken with L hand. End by lowering bokken to chudan position, drawing R foot back slightly. (RH)

Notes:

All cuts end head high.

L indicates Left. R indicates Right.

All tsuki are parallel to ground, heart high. Turn blade to horizontal before tsuki. If R leg is forward, turn blade to L, and vice versa.

Chudan position: bokken is pointed at opponent's eyes.

(LH) Left hanmi (RH) Right hanmi * Kiai

Bokken Kata 2

#	<i>Explanation</i>
1	(RH) Bokken in chudan position. Slide L off line starting with L foot, cutting under opponent's arm. Draw R foot. End in guard position, bokken overhead and pointing towards opponent. (RH)
2	Step forward with L foot and strike gyaku yokomen, drawing R foot behind. (LH)
3	Step to R with R foot and strike yokomen, drawing L foot behind. (RH)
4	Step to L, L foot and strike gyaku yokomen, drawing R foot behind. (LH)
5	Pivot in place 180 degrees to R and cut shomen. (RH)
6	Turn blade to L. Slide forward R foot and tsuki. (RH)
7	Pivot in place 180 degrees to L and cut shomen. (LH)
8	Turn blade to R. Slide forward L foot and tsuki. (LH)
9	Raise bokken overhead to L into jodan. Step up with R foot, pivot L 180 degrees, step back L foot and cut down diagonally (R to L) to gedan. (RH)
10	Raise bokken overhead to R into jodan. Step up with L foot, pivot R 180 degrees, step back R foot and cut down diagonally (L to R) to gedan. (LH)
11	Turn blade to R. Slide forward L foot and tsuki. (LH)
12*	Step forward with R foot and strike yokomen, drawing L foot behind. Kiai. (RH)
13	Point blade to L and start cut horizontally to R. Simultaneously, release L hand and step with L foot step across to R. Pivot to R completely, keeping both arms horizontal. Step across again with L foot and continue to pivot one and a half revolutions. End facing the original direction with both arms still held out horizontally. Raise both arms overhead and grab bokken with L hand. End by lowering bokken to chudan position, drawing R foot back slightly. (RH)

Notes:

L indicates Left. R indicates Right.

(LH) Left hanmi (RH) Right hanmi * Kiai

Jo Kata I

#	Action	Target	Explanation
1	Tsuki and guard	Chest	(LH) Jo upright in front of L foot, held with L hand chest high. Move bottom of jo into R hand. Slide L forward off the line and tsuki. Slide to R rear in guard position. (LH)
2	Tsuki and guard	Chest	Slide L forward off the line and tsuki. Slide to R rear in guard position. (LH)
3	Yokomen	Head	Step forward with R foot. Strike yokomen. (RH)
4	Gyaku yokomen	Head	Step across with L foot, jo in guard position, gyaku yokomen while swinging R foot behind. (LH)
5	Rear thrust	Knee	Move L hand to top of jo, look behind, and thrust to rear, knee high while rotating hips 180 degrees and facing to rear. (RH)
6*	Tsuki and guard	Chest	Step forward off the line with L foot and tsuki. Kiai. Slide to R rear in guard position. (LH)
7	Yokomen	Head	Step forward with R foot. Strike yokomen. (RH)
8	Gyaku yokomen	Head	Step across with L foot, jo in guard position, gyaku yokomen while swinging R foot behind. (LH)
9	Turn to rear and strike down	Opponent's weapon	Turn to R, shifting R foot/L foot off the line. Strike downward with jo tip slightly above horizontal. (RH)
10	Thrust	Chest	Slide forward and tsuki. (RH)
11	Shomen	Head	Step forward with L foot. Strike shomen. (LH)
12	Tsuki and guard	Chest, head	Switch hands, slide L forward off the line and tsuki. Slide to R rear in guard position. (LH)
13*	Yokomen and thrust to L rear	Knee	Step back L foot and strike yokomen and kiai. R hand to tip of jo and thrust to L rear knee high. (RH)
14	Upper cut	Chin	Step forward L foot, sweep jo upwards, turning hips to R (LH)
15	Thrust	Chest	Slide forward with L foot and thrust, same hand grip. (LH)
16	Tsuki and guard	Chest, head	Release jo with R hand and flip jo. Slide L forward off the line and tsuki. Withdraw to R rear in guard position. (LH)
17*	Thrust to L rear kneeling	Knee	Step back L foot and strike yokomen. Skip back, R hand to tip of jo and thrust to L rear while kneeling and kiai, L knee down and looking behind. (R knee up kneeling)
18	Sweep	Knee	Step forward with L foot and sweep jo horizontally knee high (LH)
19	Thrust	Knee	Slide forward with L foot, thrust to knee, same hand grip. (LH)
20	Tsuki	Chest	Release jo with R hand and flip jo. Slide L forward off the line and tsuki. (LH)
21	Upper cut	Chin	Step to R with R foot, then step back L foot upper cut with rear of jo. (RH)
22*	Tsuki	Chest	Flip jo. Slide R forward off the line, tsuki and kiai. (RH)

Notes:

All tsuki are chest high.

L indicates Left. R indicates Right

(LH) Left hanmi (RH) Right hanmi * Kiai

Jo Kata II

#	Action	Target	Explanation
1	Tsuki and guard	Chest	(LH) Jo upright in front of L foot, held with L hand chest high. Move bottom of jo into R hand. Slide L forward off the line and tsuki. Slide to R rear in guard position. (LH)
2	Tsuki and guard	Chest	Slide L forward off the line and tsuki. Slide to R rear in guard position. (LH)
3	Shomen	Head	Step forward R foot. Draw L foot behind. Strike shomen. (RH)
4	Strike down	Opponent's weapon	Slide across with L foot, draw R foot in front. Jo tip clockwise arc to left and strike downward with jo tip slightly above horizontal. (RH)
5	Shomen	Head	Step forward with L foot. Strike shomen. (LH)
6	Thrust	Chest	Slide L forward off the line and tsuki. Slide to R rear in guard position. (LH)
7*	Turn and shomen	Head	Pivot to R 180 degrees, switching hands into jodan. Strike shomen. Kiai. (RH)
8	Strike down	Opponent's weapon	Slide across with L foot, draw R foot in front. Jo tip clockwise arc to left and strike downward with jo tip slightly above horizontal. (RH)
9	Shomen	Head	Step forward with L foot. Strike shomen. (LH)
10	Tsuki	Chest	Slide L forward off the line, switch hands and tsuki. Slide to R rear in guard position. (LH)
11	Turn and shomen	Head	Pivot to R 180 degrees, switching hands into jodan. Strike shomen. (RH)
12	Thrust to L rear	Knee	Thrust behind to L side, knee high, without looking behind.(RH)
13	Thrust to R rear	Knee	Move L hand to top of jo, look behind, and thrust to rear, knee high while rotating hips 180 degrees and facing to rear. (RH)
14	Turn and tsuki	Chest	Step forward off the line with L foot and tsuki. Slide to R rear in guard position. (LH)
15*	Turn and shomen	Head	Pivot to R 180 degrees, switching hands into jodan. Step forward 2 steps and strike Shomen. Kiai. (RH)
16	Turn and sweep	Clear space	Point jo to L, then pivot 360 degrees to the right stepping L foot then R foot. Swing jo parallel to ground, dipping at end before raising to hasso position. (LH)
17	Upper cut	Chin	Step forward with R foot. Upper cut without switching hands. (RH)
18	Tsuki	Chest	Slide R foot forward slightly and tsuki without switching hands. (RH)
19	Shomen	Head	Step forward with L foot. Strike shomen. (LH)
20	Tsuki	Chest	Switch hands. Slide L forward off the line and tsuki. (LH)
21	Upper cut	Chin	Step to R with R foot, then step back L foot upper cut with rear of jo. (RH)
22*	Tsuki	Chest	Flip jo. Slide R forward off the line and tsuki. Kiai. (RH)

Notes:

All tsuki are chest high.

L indicates Left. R indicates Right

(LH) Left hanmi (RH) Right hanmi * Kiai