

Aiki-iai kata #1

1. From neutral stance, step left and complete the draw.
2. Stepping right, block with sword tip at sternum level, arm parallel to the floor.
3. Bring sword to center line and grip with both hands.
4. Step left/right, raise bokken and cut *chudan* (mid level *shomen* cut). Left hand remains lower than right hand so sword tip is slightly elevated.
5. Snap sword hilt from left hand, which returns to saya. Sweep and rotate right hand (similar to flicking something off fingertips) This is called *chiburi*. Sword tip should point straight down, approximately aligned with front of left foot but three or four inches to right of right foot. Left hand returns to left hip.
6. Circle tip of sword forward and around body right to left, “hugging” yourself until tip of sword points directly backwards. Sword blade should face upwards. Spine of sword rests lightly on left elbow.
7. Draw sword forward through elbow crook and “v” between left thumb and forefinger until tip can enter (real or imaginary) saya. Slide sword into saya, bringing left foot back to neutral stance. This putting away the sword is called *noto*.
8. Adjust sword and saya in belt, stand upright.

Aiki-iai kata #5

1. From neutral stance, step left and complete the draw.
2. Begin to step right and block, but respond to attack by sliding backwards left then right while bringing sword to horizontal block over head, tip pointing to left, right hand rotating blade so sharp edge is to the rear.
3. Bring right hand forward to join left hand on center line, stepping forward left.
4. Step right and cut full *shomen* to ground.
5. Slide left foot left, slide right foot left so you remain in right hanmi. As feet move, tip of sword moves to point left at mid-height, then wrists snap to move tip in semi-circle (from 9 to 3 on a clock face) parallel to torso. Sword tip should point right, sword parallel to ground. Knees are slightly bent as though you’re starting to sit down, providing extension to hold imaginary attacker’s sword from withdrawing.
6. Let up on attacker’s sword and use his biomechanical upward response to step left and cut left yokomen.
7. Bend elbows to circle sword on right side of body and perpendicular to torso, so tip points forward, upward, behind. Step right, right hand swings sword to full extension forward at waist height with edge down, much like throwing a ball underhand. This is called *chiburi*.
8. Flip the tip of the sword to point directly backwards. Sword blade should face upwards. Spine of sword rests lightly on left elbow.
9. Draw sword forward through elbow crook and “v” between left thumb and forefinger until tip can enter (real or imaginary) saya. Slide sword into saya, bringing right foot back to neutral stance. This putting away the sword is called *noto*.
10. Adjust sword and saya in belt, stand upright.