

Aiki-iai kata #2

1. From neutral stance facing to rear, step backwards with right foot and rotate body to front while drawing sword.
2. Once facing forward, block with sword tip at sternum level, arm parallel to the floor.
3. Bring sword to left hand on center line.
4. Step left, raising sword and right, cutting full shomen to the ground.
5. Snap sword hilt from left hand, which returns to saya. Circle sword tip forward, upward, and to the right until right arm is fully extended to the right side at shoulder height, with sword tip pointing to the rear and sword blade facing to the right.
6. Bring left foot to right foot, keeping knees slightly bent as though starting to sit down. Bend right elbow until fist holding sword nearly touches head between ear and crown.
7. Sweep and rotate right hand (almost like saluting) while stepping back with right foot. 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.
8. 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.
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.

Aiki-iai kata #8

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 left hand on center line.
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. Step back right, raising sword to jodan.
6. Step forward right, cutting a very slow and contemplative shomen, "wringing" hands against each other to produce tension in the arms.
7. Near the bottom of the shomen, perform a basic *chiburi*, as though your blade has been turned aside by striking a rock or other object.
8. 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.
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.