

KOBUDO CLUB KEIKO GUIDE

-BUKI-

PART I – QIGONG SET

1. MUSCLE MESSAGES

- (1) Leg Scraping
- (2) Torso Tapping

PART II – STRETCHING SETS

1. FORWARD-FACING STRETCHES

- (1) Squats
- (2) Front & Back Bends
- (3) Side Stretches (left & right)
- (4) Windmill (c-c-w & c-w)

2. SIDE-FACING STRETCHES, SAYU

- (1) Leg Stretches
- (2) Torso Twist
- (3) Neck Twist
- (4) Hip Thrust

PART III – TAISABAKI SET

1a. ZANTOTSU SABAKI (KENJUTSU)

- (1) [@ Jodan] Sayu Sabaki
- (2) [@ Hasso] Taiotoshi Sabaki
- (3) [@ Hasso-gyaku] Naname-Koho Sabaki
- (4) [@ Do-giri] Taiotoshi Sabaki
- (5) [@ Hiza-giri] Koho Sabaki
- (6) [@ Ashi-giri] Hicho Sabaki
- (7) [@ Tsuki] Sayu Sabaki/Yoko Nagare Sabaki

1b. BO TAIHENJUTSU (BOJUTSU)

- (1) Zenpo Kaiten
- (2) Koho Kaiten
- (3) Sokuho Kaiten
- (4) Yoko Nagare
- (5) Zenpo Ukemi
- (6) Sokuho Tenkai (Oten)
- (7) Happo Tenchi Tobi

PART IV – STRENGTHENING SETS

1. LEGS

- (1) Horse Stance
- (2) Half-Stance Shuffle

2. ARMS

- (1) Hachiji Furi Gata (tandoku gata)
- (2) Shiho Buri (tandoku gata)
- (3) Daijodan Karatake-wari (tandoku gata, w/subarito)

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PART V – DAKEN KIHON SET

1a. DATOTSU-HO (Kenjutsu)

- (1) Daijodan Makko-giri – Sayu
- (2) Daijodan Karatake-wari – Sayu
- (3) Hasso Kesa-giri – Sayu
- (4) Hassogyaku Kesa-giri – Sayu
- (5) Tachi-tsuki – Sayu
- (6) Suwari-tsuki – Sayu

1b. DATOTSU-HO (Bojutsu)

- (1) Yokomen-uchi – Sayu
- (2) Do-uchi – Sayu
- (3) Suso-uchi – Sayu
- (4) Tendo-uchi – Sayu
- (5) Gedan-uchi – Sayu
- (6) Suigetsu-tsuki – Sayu

PART VI – KYU GATA SETS

1a. KAMAE KATA (KENJUTSU)

Review the *kamae* from your next *kyu* level.

1b. KAMAE KATA (BOJUTSU)

Review the *kamae* from your next *kyu* level.

2a. DATOTSU WAZA, KUMITE GATA (KENJUTSU)

- (1) Daijodan Makko-giri no Kata
- (2) Daijodan Karatake-wari no Kata
- (3) Hasso Kesa-giri no Kata
- (4) Hasso-gyaku Kesa-giri no Kata
- (5) Tachi Tsuki no Kata
- (6) Suwari Tsuki no Kata
- (7) Taihen Kaeshi-giri no Kata
- (8) Kocho-giri no Kata
- (9) Haeage Kirisage no Kata

2b. DATOTSU WAZA, KUMITE GATA (BOJUTSU)

- (1) Hira Ichimonji no Kata
- (2) Yoko Ichimonji no Kata
- (3) Jodan no Kata
- (4) Chudan no Kata
- (5) Gedan no Kata
- (6) Seigan no Kata
- (7) Ten-Chi-Jin no Kata
- (8) Kaikomi no Kata
- (9) Ihen no Kata