TENSHIN RYU IAIJUTSU GRADING SYLLABUS

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<u>Seiza</u>

- 1. Reverse cut.
- 2. Double cut.
- 3. Parry cut.
- 4. Jumping cut.

<u>Tachi</u>

- 1. Ippon Mei.
- 2. Belly cut.
- 3. Waki no kamae-parry.
- 4. Rear thrust-cut.
- 5. Tsuka thrust.
- 6. Wristlock.
- 7. Half butterfly cut.
- 8. Four winds.
- 9. Tsuki parry.

Shihan Mike Selvey, Rokudan Kyoshi. 2018

Ippon Mei (1st form) Seiza Reverse cut

From seiza (facing ushiro) the hands move to the tsuka and saya, the knees move together and you come up on your right foot. Drop the right knee, lift the left knee and spin to face Kamiza whilst drawing the katana and cutting nukitsuke to the right arm of your opponent.

Assume Jodan no kamae and cut kesa giri.

Pause for Zanshin, perform Yoko Chiburi and Noto whilst returning to face Kamiza.

Nihon Mei (2nd form) seiza Double cut

From Seiza facing Kamiza raise right foot and draw the katana vertically then straight into Kesa Giri.

As soon as the cut stops, drop your right knee lift your left knee and spin to face ushiro.

As soon as you turn cut kesa giri a second time to a second opponent. Pause for Zanshin; perform Yoko Chiburi and Noto whilst turning to face Kamiza.

Sanhon Mei (3rd form) Seiza Parry cut

Your opponent is coming at you at a 45° angle to your right. In seiza facing Kamiza draw the katana into Uke Nagashi (angled parry). Stand and cut Kesa Giri to the legs of your opponent. Carry on moving through the first cut on into another Kesa Giri 45° to your left, to the back of your opponent's neck as they fall.Pause for Zanshin, perform Yoko Chiburi and Noto whilst turning to face Kamiza.

Yonhon Mei (4th form) seiza Jumping cut

From Iai Goshi facing Kamiza, the hands move to the tsuka and saya, move to standing position and carry on up to a jump.

Fold both legs under and at the same time draw nukitsuke.

When you land on the floor you will be in the seiza nukitsuke cutting position.

From this position turn the blade upward, the tsuka to the right side of your head, steady the outstretched blade with your left palm, turn the blade through 180° and assume Jodan no kamae.

Lunge forward, place your right knee down lift your left knee and cut kirioroshi.

Pause for Zanshin, perform Tenshin chiburi and Noto whilst moving back into Iai Goshi.

TACHI FORMS

Ippon Mei (1st form) Tachi

Face Kamiza right foot forward, cut nukitsuke.

Immediately cut kesa giri.

After cutting assume Haso no Kamae and pause for Zanshin, to threaten, and then perform Yoko chiburi and Noto.

Nihon Mei (2nd form) Tachi Belly cut

Face Kamiza take two steps, right foot forward.

Drop to your left knee draw the katana and cut Nukitsuke to the belly of your opponent.

Stand and step 45° to your right and cut Kesa Giri to the neck of the falling opponent.

Pause for Zanshin, perform Yoko Chiburi and Noto whilst moving back to face Kamiza.

Sanhon Mei (3rd form) Tachi Waki kamae parry

Face Kamiza right foot forward. Move into Waki no kamae, pause waiting for an attack as in a duel.

Step forward on right foot and simultaneously parry a Jodan strike to men by moving your blade forward through 360°.

At the correct point in the parry circle, cut kesa giri to opponents neck (their left side).

Pause for Zanshin, perform Yoko Chiburi and Noto whilst moving back to face Kamiza.

Yonhon Mei (4th form) Tachi Rear thrust cut

Face Kamiza right foot forward, draw the katana and perform Ura Tsuki (thrust to the rear) whilst stepping back with right foot.

Turn 180° to the right and cut Nukitsuke to the opponent's throat, you should finish with right foot forward.

Assume Haso no kamae as a threat, pause for Zanshin, perform Yoko Chiburi and Noto whilst moving back to face Kamiza.

Gohon Mei (5th form) Tachi Tsuka thrust

Facing Kamiza right foot forward, left hand moving to the saya, right hand takes a reverse grip on the tsuka.

Perform men tsuka ate (hilt strike to the face).

With right foot forward turn over the blade and perform Mune Tsuke (thrust to chest), Steady the blade by putting your right forearm on the Mune.

Move into Jodan no kamae and cut kirioroshi.

Pause for Zanshin, then perform Yoko chiburi and Noto.

Rohon Mei (6th form) Wrist lock

Facing Kamiza, before you move your opponent takes hold of your tsuka. Place your right hand over theirs in a reverse tsuka grip.

Move tsuka and hand in a circular movement creating a wrist lock and throw.

Keeping the reverse grip draw the katana and perform Tate Tsuke (vertical thrust with the kissaki pointing down).

Kick down with your right foot to the fallen opponent to withdraw your katana.

Move to Jodan no kamae and cut kirioroshi at a low level, step back with the right foot to complete the cut.

Pause for Zanshin, perform Yoko Chiburi and Noto whilst moving back to face Kamiza.

Shichihon Mei (7th form) Tachi Butterfly cut

Facing Kamiza right foot moves forward, left hand moves to saya, right hand takes a reverse grip on the tsuka.

Draw the katana in a horizontal arc (half butterfly) and cut to the throat of your opponent.

Maintain the arc and cut kesa giri still holding the tsuka in a reverse grip. Pause for Zanshin, perform reverse Yoko Chiburi and Noto.

Hachihon Mei (8th form) Tachi Four winds cut

Facing Kamiza right foot forward, draw katana and cut nukitsuke to your right.

From this position perform Ura Tsuki (thrust to the rear).

Cut kesa giri towards Kamiza, turn to ushiro and cut kesa giri again. Move to Jodan no kamae and cut kirioroshi, turn and use same cut to ushiro.

Turn to the right and cut kirioroshi, and finally turn to ushiro and cut kirioroshi, you should finish with your left foot forward.

Pause for Zanshin, perform Yoko Chiburi and Noto whilst moving back to face Kamiza.

Kuhon Mei (9th form) Tsuki parry

Facing Kamiza, right foot forward in Gedan no kamae, opponent thrusts blade to your throat.

Take half a step to your right, move the katana in a circular movement to the left to parry the thrust, the blade must be vertical kissaki pointing down, the ha facing opponent.

Carry on the circular movement and cut kesa giri, move to Hasso no kamae to guard.

Pause for Zanshin, perform Yoko Chiburi and Noto whilst moving back to face Kamiza.