

SHIKAKE-OJI NO KIHON

For safety shinai and bogu must be used. Kakari te uses seme and attacks, then immediately turns and counters a follow up attack by motodachi. This practice develops zanshin and encourages both sides to use renzoku waza. If combined with diligent practice of Kakari geiko and Butsukari geiko it is a good preparation for the SANDAN grading.

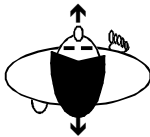
COUNTERING COUNTERATTACKS		
Kakari Te	Motodachi	Kakari Te
Seme Kote	Hiki kote	Suriage Men
Seme Men	Men	Suriage men
Seme Do	Men	Kaeshi do
Tsuki	Tsuki	Suriage men
Seme Kote men	Kote	Kote men
Seme Kote do	Kote Men	Kote nuki do
Seme Men men	Men	Uchiotoshi men
Seme Men do	Men Do	Ukekata uchiotoshi hiki men
Seme Kote men taiattari hikimen	Men	Suriage kote
Seme Kote men taiattari hikikote	Kote	Nuki men
Seme Kote men taiattari hikido	Men	Kaeshi do

ADVANCED PRACTICE: NUKI NO KIHON

For safety shinai and bogu must be used. This an advanced practice but is ideal for improving Metsuke, Posture, Maai, timing and a sense for where to move to and when to move in the face of an attack. It is a good preparation for the SANDAN/YONDAN grading

- Motodachi makes a number of attacks to a specified target e.g. men. Kakari te practises moves to avoid these attacks. The shinai should not be used to block, and the posture must be maintained as much as possible. The roles are then reversed.
- The exercise is repeated but this time kakari te must avoid the attack and then strike motodachi.

Notes: There are eight directions for kakari te to move in and four styles of footwork. These can be combined with almost any type of strike, deflection or pushing action in order to create a chance. The more realistic the motodachi's attacks the more effective the learned patterns are likely to be.

DEVELOPING EFFECTIVE RESPONSES			
NUKI NO KIHON Men nuki men Men nuki do Men nuki kote Men nuki taiattari men	TAI SABAKI OKURI ASHI AYUMI ASHI		OKURI ASHI AYUMI ASHI
	TAI SABAKI OKURI ASHI		TAI SABAKI OKURI ASHI
	TAI SABAKI OKURI ASHI AYUMI ASHI		TAI SABAKI OKURI ASHI AYUMI ASHI
	TAI SABAKI OKURI ASHI AYUMI ASHI		TAI SABAKI OKURI ASHI AYUMI ASHI