



This is one of the most important training methods in kendo. The practice takes the form:

THE UCHI KAESHI (STANDARD)	
<input type="checkbox"/>	Kakari Te steps in with Nodo seme and cuts shomen then moves forward in a controlled manner to Taiattari (body crash).
<input type="checkbox"/>	Kakari Te cuts to the left side of motodachi's men as motodachi steps back to the correct maai, and then continues as normal through the nine cuts.
<input type="checkbox"/>	After the ninth cut Kakari te separates to toma
<input type="checkbox"/>	Kakari Te steps in with Nodo seme and cuts shomen then moves forward in a controlled manner to Taiattari (body crash).
<input type="checkbox"/>	Kakari Te cuts to the left side of motodachi's men as motodachi steps back to the correct maai, and then continues as normal through the nine cuts.
<input type="checkbox"/>	After the ninth cut Kakari te separates to toma
<input type="checkbox"/>	Kakari Te steps in with Nodo seme and cuts shomen continuing past motodachi.
<input type="checkbox"/>	Kakari Te turns sharply and maintains zanshin

It is also useful to occasionally cut Do instead of Men on the nine step part of the exercise, or to alternate between Men and Do (Men, Men, Do, Do).

THE UCHI KAESHI: (MASATAKE SUMI SENSEI VARIATION)	
<input type="checkbox"/>	Kakari Te steps in and cuts shomen then moves forward in a controlled manner to tsubazeriai.
<input type="checkbox"/>	Kakari Te cuts to the left side of motodachi's men as motodachi steps back to the correct maai, and then continues as normal through the nine cuts.
<input type="checkbox"/>	After the ninth cut Kakari te separates to toma
<input type="checkbox"/>	Motodachi moves forward towards Kakari Te who cuts as soon as the maai is correct. After cutting shomen Kakari Te moves forward once again in a controlled manner to tsubazeriai.
<input type="checkbox"/>	Kakari Te cuts to the left side of motodachi's men as motodachi steps back to the correct maai, and then continues as normal through the nine cuts.
<input type="checkbox"/>	The previous 2 steps are repeated
<input type="checkbox"/>	After the ninth cut Kakari te separates to toma
<input type="checkbox"/>	Kakari Te steps in with effective seme and cuts shomen continuing past motodachi.
<input type="checkbox"/>	Kakari Te turns sharply and maintains zanshin

In all cases the shomen attacks must start with effective use of seme, and be large, powerful, and of the highest quality possible. They must correctly strike the centre of the men with the right part of the shinai (Datotsu bu).

The cutting action for the nine cuts must be large and continuous. This must also be done accurately and with the correct part of the shinai.

If the opponent is blocking the nine cuts it is essential to still try to cut the men.

Each cut must be accompanied by a step (Okuri ashi).

Kiai should be punctuated but continuous. It must be powerful and needs to come not from the throat but the abdomen.

When receiving kiri kaeshi the motodachi must also show good form and effective blocking technique. It is very helpful for the kakari te if the shinai is allowed to just make contact with the men (70% block).

Each block must be accompanied by a step (Ayumi ashi).

Always aim to complete the Kiri kaeshi in the least breaths possible (2 for the full KIRI KAESHI and 1 for the \_ KIRI KAESHI).

THE _ KIRI KAESHI AND CONTINUOUS KIRI KAESHI:	
<input type="checkbox"/>	Kakari Te steps in and cuts shomen then moves forward in a controlled manner to tsubazeriai.
<input type="checkbox"/>	Kakari Te cuts to the left side of motodachi's men as motodachi steps back to the correct maai, and then continues as normal through the nine cuts.
<input type="checkbox"/>	After the ninth cut Kakari te separates to toma
<input type="checkbox"/>	Kakari Te continues with a cutting exercise i.e. Uchikomi.
<input type="checkbox"/>	Kakari Te repeats the _ KIRI KAESHI
In the continuous KIRI KAESHI exercise after Kakari Te has performed the _ KIRI KAESHI s/he assumes the role of Motodachi and receives KIRI KAESHI from the next person in the line. After receiving s/he joins the back of the line ready to repeat the exercise.	