



- ˘ The purpose of the Nihon Kendo No Kata is to develop an understanding of the use of the Japanese sword as a cutting implement, and to maintain a link between sport-kendo and the cultural and traditional art-of-kendo.
- ˘ Rei-ho (Courtesy) and Sho-sa (Carriage) are essential as it is through these that a link with the traditions and concepts of kendo are most effectively maintained.
- ˘ Shi-dachi is the person practicing the waza. Uchi-dachi instigates the attacks and acts as the instructor.
- ˘ The Uchi-Dachi's demeanor must be one of competence and grace. The Shi-Dachi will wait and follow in all the actions of the Kata

KATA	WAZA	CHAMAE	CONCEPT
IPPONME	Men; Nuki-Men	Hidari-Jodan Migi-Jodan	Winning with SEN-SEN-NO-SEN. Ethically, responding with equal force to an attempt to kill.
NIHONME	Kote; Nuki-Men	Aichudan	Winning with SEN-SEN-NO-SEN. Ethically, responding with equal force to an attempt to mame.
SAMBONME	Tsuki; Ire zuki ni nayasu Tsuki Kurai Seme	Aigedan Aichudan	Winning with SEN-SEN-NO-SEN. Ethically, responding to an attempt to kill by controlling the aggressor, and without doing them harm.
YONHONME	Aiuchi-Men Kiri Mususbu Tsuki; Makikaeshi-Men	Hasso-No-Chamae Waki Gamae	Winning with GO-NO-SEN. Using the opponents aggression to instigate an ill-timed attack
GOHONME	Jodan-Men; Suriage Men	Hidari-Jodan Seigan	Winning with SEN-SEN-NO-SEN. Offering the opponent clear but limited options for attack. Using the Maai.
ROPPONME	Kobushi Seme Kurai Seme Kote; Suriage-Kote	Chudan Gedan Hidari-Jodan	Winning with GO-NO-SEN. Using constant pressure to elicit an aggressive response.
NANAHONME	Aitsuki Ayumi-Men; Seme- Nuki-Do	Aichudan Ai-waki-Gamae	Winning with GO-NO-SEN. Applying pressure with the Kissaki in the face of an all-out attack.
KODACHI IPPONME	Jodan-Men; Ukenagashi Men (Omote)	Hidari Jodan Chudan-Hanmi-no-Chamae	Winning with a feeling of SHIN. Applying pressure in the face of adversity. Using the Maai advantageously (Honesty/faith)
KODACHI NIHONME	Gedan-Men; Ukenagashi Men (Ura)	Gedan Chudan-Hanmi-No-Chamae	Winning with a feeling of GYO. Provoke the opponent by the use of constant pressure. Flow into the area of weakness with a decisive attack (like a stream or torrent)
KODACHI SANBONME	Shomen; Suriage- suriotoshi Migi-Do; Surinagashi- Surikomi	Chudan Gedan-Hanmi-No-Chamae	Winning with a feeling of SO. Tangle with the opponent. Deflect and control his every thought.