

O J I N O K I H O N

These practices are for all kendoka. They are the basic counter attacks. They can be done singly (Tandoku Dosa) or in Pairs (Sotai Dosa). They are most effectively learned using a bokuto. For less experienced practitioners Motodachi must take great care to retreat or move off the line so as not to injure Kakari Te.

For new beginners or to help in correcting form they can be done like suburi.

Using counterattacks			
Motodachi	Kakari Te	Motodachi	Kakari Te
Men	Nuki men	Kote	Nuki men
Men	Nuki kote	Kote	Suriage men
Men	Nuki do	Kote	Suriage kote
Men	Suriage men	Kote	Uchiotoshi men
Men	Suriage kote (ura)	Kote	Kaeshi men
Men	Kaeshi men	Do	Kaeshi men
Men	Kaeshi do	Do	Uchiotoshi men
Men	Uchiotoshi men	Gyaku do	Uchiotoshi men
Men	Ukekata men	Tsuki	Suriage men
Men	Debana men	Tsuki	Uchiotoshi men

Learn with Bokuto.

Practice as an unbroken series of cuts and responses.

This practice is mentally challenging and a good way to develop an appreciation of the variety of techniques that are possible in kendo.

More advanced practitioners can attempt to do the waza whilst wearing BOGU.

A 'T' form practice may be used for polishing and perfecting waza.

This practice is most effectively done in pairs of approximately the same ability but can also be beneficial when led by an experienced motodachi.

