

The following practices should be done against an armoured Motodachi.

1. Stand in easy cutting range in Migi Shizentai posture. Without any foot movement start from chudan and make a perfect cut. Fully extend the arms and relax the shoulders. It is possible by modifying the distance to practice shomen, yoko men, kote, do or tsuki in this way. The same exercise may also be done with a small step in.
2. Break the attack into 4 stages: Starting from toi maai **1.** seme (right foot only) to Issoku Itto No Maai **2.** Bring up the left foot and raise the shinai, **3.** Cut (using okuri ashi-sliding or stamping), **4.** Return to posture (usually three steps back).
3. Starting from toi maai the student steps in slowly to Issoku Itto No Maai with the right foot then very quickly brings up the left and without pause sharply strikes the target. Concentration should be on range and in maintaining point pressure for as long as possible.
- 4.

Men Uchi, Kote Uchi, Do Uchi	Tsuki
<ul style="list-style-type: none"> ∨ From chudan at Chikaai Maai (close distance) step in and strike with okuri ashi. ∨ Step in again to tsubazeriai position ∨ Step back and strike with hiki waza ∨ Step back to chikaai maai (chudan) 	<ul style="list-style-type: none"> ∨ From chudan at Chikaai Maai step in and make a thrust using okuri ashi. ∨ Step back to Chikai Maai (chudan)

Done first with sliding footwork and without touching the targets, then with sliding footwork and a full strike and finally with stamping footwork.

MEN

After cutting, maintain posture. Relax and be ready to cut again. Always cut straight. After cutting men if the hands are pulled down too soon it ruins the cut; if lifted off the men, you are weak; and, if you push straight through this is very dangerous for motodachi (neck hyperextension). It is best to cut through with the arms extended but relaxed, and to pull down if your right kote contacts the men so that you can do taiattari or tsubazeriai.

Ideally motodachi will move either to the side or backwards.

Control the feet and concentrate on what the point of the sword is doing and not the hands.

KOTE

Strike forwards with a flexing action of the wrists. Maintain posture keeping the point in centre or step in to Tsubazeriai (make sure the shinai is on the correct side). Relax and be ready to cut again. Cut straight, don't duck, control the feet. Concentrate on the point of the sword. Note! Cutting range for kote is a little wider than that for men (about half a step).

DO

Raise the shinai straight with the left hand. Maintain posture as you cut and after cutting relax. Always cut straight with the left hand and ensure that it finishes in the centre and below the point of the sword. Don't duck or sway, control the feet.

Concentrate on the point of the sword. The cutting angle for do is about 30° to the vertical. Power is generated by dropping the posture or twisting the hips.

No matter what technique you are doing always maintain eye contact with the opponent as you finish off your attack and return for the next technique