

# KIME NO KATA

Most of the following descriptions are taken from Kodokan Judo, Jigoro Kano, published by Kodansha International Tokyo & New York, page 146 and from pages 173 to 191.

Another source of references is Kodokan kata book Kime no kata July 1994, video tape Kime no kata published by Kodokan.

## General Information

Kime no Kata is also known as Shinken Shobu no Kata (Combat Forms) and is designed to teach the fundamentals of attack and defense in an actual combat situation, as both names imply. Its twenty techniques include strikes at vital spots, which are all applicable in real-life situations, but are banned in randori. They are divided into two groups, Idori, where the basic position is kneeling, and Tachiai, where techniques are executed in a standing position.

(1888)

### Idori:

**Ryote dori (Two hand hold)**  
**Tsukkake (Stomach punch)**  
**Suri age (Forehead thrust)**  
**Yok uchi (Side blow)**  
**Ushiro-dori (Hold from behind)**  
**Tsukkomi (Dagger thrust to Stomach)**  
**Kir ikomi (Downward slash)**  
**Yoko tsuki (Dagger thrust to side)**

### Tachiai

**Ryote dori (Two hand hold)**  
**Sode tori (Sleeve grab)**  
**Tsukkake (Punch to face)**  
**Tsuki age (Uppercut)**  
**Suri age (Forehead thrust)**  
**Yok uchi (Side blow)**  
**Ke age (Groin kick)**  
**Ushiro dori (Hold from behind)**  
**Tsukkomi (Dagger thrust to stomach)**  
**Kiri komi (Downward slash)**  
**Nuki kake (Sword unsheathing)**  
**Kiri oroshi (Downward cut)**

### Beginning movements:

To begin the kata, Tori and Uke stand facing each other about 5.4 meters (18 feet) apart. Tori is on the right as seen from Shomen. Uke holds a sword and a dagger in his right hand and places them on the right side of his hip, the sword on the outside, the blades of both upward. The tip of the dagger's hilt should be in line with the sword guard. The angle of the tip of the sword sheath is about 45 degrees. Both Tori and Uke face the Shomen and perform a standing bow (when uke bows, the weapons should remain still at this 45 degree angle in relation to the floor), and then face each other again and kneel down. Uke lays his weapons on the mat to his right, parallel to his legs. First Uke places the left hand, palm up, on the right thigh and feeds the dagger into left hand from right hand and places the sword on the mat, then grabs the dagger out of left hand with the right hand and places the dagger on the mat. The dagger should be on the inside, the end of the hilt in line with the sword guard, and blades of both should be toward uke. Perform zarei (kneeling bow) to each other.

Uke then picks up the dagger with the right hand and places it on the left palm. (The back of uke's left hand is on his right thigh, palm up). Uke picks up the sword with the right hand and places it over the dagger and grabs the dagger and the sword under the sword with the right hand and places them to his right hip and stands up. He turns around, walks about

1.8 meters (6 feet), sits, and holds the weapons vertically in front of him (tip of sword near the mat), the blades toward him and then lays the weapons down using both hands with their tips pointed to the right. The left hand is palm up under the right wrist; right hand is palm down still grasping the weapons. Uke holds the dagger in his left hand as he lays the sword on the mat, then holds dagger in both hands (right hand over left hand; right palm down and left palm up) and lays the dagger on the mat. Again, the dagger should be on the inside and the blades of both weapons toward him. Both hilts should be toward the Shomen.

As Uke stands up, Tori stands up at the same time. Uke turns toward the Shomen and walks back to his former position facing Tori. They take a step forward together, beginning with the left foot, and stand in Fundamental natural posture. Tori and Uke walk to within about 90 centimeters (40 inches) of each other kneel down and advance to within two fists width of each other (the hiza zume position). Taller people may use two to three fists width. They advance forward by placing their fists on the mat with their palms facing inward and sliding on their knees alternating while their heads are slightly tilted to the left to avoid bumping heads.

## **Idori**

### **1. Ryote dori (Two hand hold)**

Tori and Uke place their hands naturally on their thighs, with fingers pointing inward. Uke calms his mind and mentally prepares to attack Tori.

Keeping his insteps on the mat, Uke grabs Tori's wrists with his thumbs on the inside while doing a Kiai (a strong spirited shout from deep in the belly that focuses the attacker's energy and attempts to distract the defender).

Tori escapes by bringing his knees together and pulling his hands backward and out. While breaking Uke's balance to the front, Tori raises his hips and comes up on his toes. Tori kiais and kicks Uke in the solar plexus with the ball of his right foot. (With all kicks and strikes, make sure to stop a slight distance away from the partner's body.) After the kick, Tori brings his right knee back down next to his left knee. At the same time, Tori pulls his left hand free and takes hold of Uke's left wrist from below with his right hand, thumb on the inside, and turns toward the Shomen (left). Tori raises his left knee, brings his left arm forward, and takes Uke's wrist from beneath with his left hand. Tori traps Uke's left arm in his right armpit, and while pulling Uke forward, applies pressure to Uke's elbow. This armlock is called Waki-gatame.

Uke taps Tori on the thigh to indicate that he surrenders.

### **2. Tsukkake (Stomach punch)**

Both Tori and Uke return to the hiza-zume position and sit naturally.

Uke draws back his right fist, palm up, comes up on his toes, and punches at Tori's solar plexus while doing a kiai

Tori escapes by coming up on his toes, opening his body 90 degrees to the right pivoting on his left knee, and planting his right foot on the mat. At the same time, Tori catches Uke's right elbow with his left hand, drawing Uke forward, and punches Uke between his eyes, fist palm up (uraken), while doing a kiai.

Tori immediately takes Uke's right wrist from the top with his right hand, thumb toward himself, and pulls Uke's arm to his right hip, and holds it against his thigh. Tori reaches

around Uke's neck with his left hand and grabs high on Uke's lapel to apply a choke while taking a Tsugiashi step with the right foot to Tori's right-front corner to make uke off-balance (Tori's back is to the Shomen). After Tori controls uke, he applies an armlock (hara-gatame) to Uke's right elbow by pushing against it with his lower abdomen. Tori's left side should be straight and he should maintain balance.

Uke surrenders by tapping the mat twice.

### **3. Suri age (Forehead thrust)**

Both Tori and Uke return to the hiza-zume position and sit naturally.

Uke raises his hips, comes up on his toes, kiais, and thrusts the palm of his right hand at Tori's forehead in an effort to push Uke's head back in order to break his neck.

Tori escapes by leaning back a bit and turning slightly to his left while raising his hips and coming up on his toes. Tori deflects Uke's right thrust by blocking upward with his right forearm, palm facing to Uke (little finger side up), and then grasping Uke's right wrist with his right hand from underneath Uke's arm. At this moment, Tori places the palm of his left hand against Uke's upper arm near the armpit area (thumb pointed to outside and four-fingers to center of Uke). Tori off balances Uke forward with both hands, and simultaneously kicks Uke in the solar plexus with the ball of his right foot. Immediately Tori pivots to the right on his left knee and brings his right knee down to the mat, and then twists Uke's right arm and pulls Uke to Uke's front with both hands to bring Uke down onto the mat on his face. While taking Uke to the mat, Tori pushes with his left hand, then keeps his left hand in the same position and pulls with the right hand.

Uke takes front ukemi with left hand and bends the left knee.

Tori keeps pressing Uke's right arm on the mat with both hands, and then pushes Uke's right arm upward almost even with his shoulder at the same time turning Uke's right palm down on the mat. Then Tori, while on his insteps, takes a step forward from his left knee, then right knee and lowers his hips and places his left knee on the back of Uke's right elbow. Tori applies an armlock by pulling up with his right hand.

Uke surrenders by tapping the mat twice.

### **4. Yoko uchi (Side blow)**

Both Tori and Uke return to the hiza-zume position and sit naturally.

Uke raises his hips, comes up on his toes, kiais, and strikes at Tori's left temple with the little finger side of his right fist with a hammer punch.

Tori escapes by ducking under Uke's arm, planting his right foot on the mat at Uke's right side, and coming up on his toes on his left foot. Then he controls Uke by getting into kata-gatame form with his right arm around Uke's left side neck and his right side face and neck at Uke's right triceps near Uke's shoulder. Tori places his left hand against the back of Uke's right hip, and then pushes Uke down to Uke's right back corner. While taking Uke down to his right back corner onto the mat, Tori's right knee goes down on the mat and he

advances his left foot to the left side of his body slightly higher than Uke's right shoulder into a kata-gatame position. Make sure to control Uke with kata gatame. Then Tori presses Uke's right elbow toward Uke's right cheek with his left hand. Tori raises his body and with his right hand, fingers together, strikes Uke perpendicularly in the solar plexus with his right elbow as he kiais. Tori returns to the hiza-zume position on his knees.

Uke sits and faces Tori about 1.2 meters (4 feet).

## **5. Ushiro dori (Hold from behind)**

Uke stands up and walks around behind Tori keeping about 3 feet away from Tori's right side and stops one pace directly to Tori's rear. He sits down and pulls himself toward Tori with both of his fists (knuckles down) while sliding on the knees until his knees are about 20 centimeters (9 inches) from Tori's hips.

Uke attacks by raising his hips, planting his right foot at Tori's right side, coming up on his left toes and grabbing around Tori's upper arms. Uke turns his face to the left and tries to grab his left wrist with his right hand while doing a Kiai.

Tori reacts by raising his arms from his sides, clasps Uke's left arm to him with his right hand, grabs as high on Uke's left sleeve as he can with his left hand while raising his hips and coming up on his toes. Then Tori slides his right leg back between Uke's legs and rolls to his left as if performing left *seoi-nage*. While rolling to the left with *seoi-nage*, Tori brings his right arm over Uke and controls his body by squeezing hard with his right arm against his body as in *ushiro-kesagatame*. While Tori controls Uke with his right arm in his right armpit, he kiais as he punches Uke in the groin with his left fist.

After completing *Ushiro-dori*, Tori returns to the hiza-zume position, and Uke takes up his sitting position behind Tori. Uke stands goes around Tori's right side and stops at about 1.2 meters (4 feet) in front of Tori, then turns around to face Tori. Uke kneels down to *seiza*, stands up again, turns to the right, and goes to get the dagger.

## **6. Tsukkomi (Dagger thrust to stomach)**

Uke kneels in front of the weapons and pauses a few seconds before placing the dagger, blade up, inside his jacket above the belt. (To pick up the dagger, Uke crosses his right hand over his left; the right hand is palm down on top of the dagger close to the end of the handle. His left palm faces upward and is under the dagger. Uke then stands the dagger up on end vertically for a second, turns over his right hand and uses his right hand to grab the dagger's handle with his little finger side of his hand upward.) Uke stands up, turns, then returns to his position about 45 centimeters (18 inches) in front of Tori and kneels down to *seiza*.

Next, Uke uses his left hand on the left side of his belt as if holding the dagger's sheath steady while he reaches inside and grips the dagger with his right hand, palm facing inward. He draws the dagger out, blade upward, and pulls his right elbow back preparing to attack Tori. Then Uke raises his hips, comes up on his toes, steps forward with his left foot, with his right knee on the mat, kiais, and thrusts the dagger toward Tori's solar plexus.

To escape, Tori pivots on his left knee, comes up on his left toes, pivots his body 90 degrees to the right, and plants his right foot. Simultaneously, Tori catches Uke's right elbow

with his left hand, (four fingers are downward, and your left thumb is above Uke's arm) draws Uke forward, kiais, and strikes Uke between the eyes with his right urakken (fist palm up).

Immediately Tori takes Uke's right wrist from above with his right hand, pulls it to his right hip, and holds it against his right thigh. Tori reaches around Uke's neck with his left hand and grips Uke's lapel, then applies a choke. Simultaneously, Tori applies hara-gatame to Uke's right arm by pushing his lower abdomen forward. (Same technique as tsuk-kake)

Uke then surrenders by tapping the mat twice.

Both Tori and Uke return to the sitting position. Uke places the dagger back inside his jacket (same as above blade-side up).

## **7. Kiri komi (Downward slash)**

Uke reaches inside his jacket with his right hand (left hand at the belt) and takes the dagger out (pretend that it is sheathed), then transfers it into his left side belt (on the outside of his jacket), blade up, using the dagger as a shoto (short sword). Uke returns his hands to his thighs.

Next, Uke unlocks the "short sword" with his left thumb and draws it out with his right hand. (The blade is on the four fingers side of the hand.) Then Uke raises his hips and comes up on his toes, takes a step forward with his right foot, kiais, and tries to slash the top of Tori's head with the blade side of the "short sword."

To escape, Tori raises his arms and catches Uke's right wrist in his right hand and puts his left hand on Uke's forearm (Tori's palms face each other). At the same time, Tori pivots to the right on his left knee, comes up on his left toes, and steps back with his right foot. Tori breaks Uke's balance toward Uke's right front corner by taking tsugiashi steps (number of steps depends on the size of Uke and Tori) with his right foot while trapping Uke's right arm in his left armpit. Tori applies wakigatame to Uke's right elbow.

Uke surrenders by tapping Tori's thigh twice.

Both Tori and Uke return to a sitting position 1.2 m (4 feet). Uke puts the dagger back into (the pretend) scabbard that is on his left hip, and then pulls the dagger out of his belt with his right hand and places it inside his jacket (blade up) as before.

## **8. Yoko tsuki (Dagger thrust to side)**

Uke stands and walks to Tori's right side, faces the same direction as Tori, then lowers into the kneeling position; about two fists widths from Tori's right side. Uke's knees are even to Tori's.

Uke holds the dagger sheath from outside of the jacket with his left hand unsheathes and draws out the dagger with his right hand, blade up. Then Uke raises his hips and comes up on his toes, he turns to his left and steps toward Tori with his left foot, his right knee on the mat, kiais, and attempts to stab Tori with the dagger, blade up, in his right side.

Tori escapes by coming up on his toes and pivoting on his left knee 180 degrees to his right, and raises his right knee. At the same time, Tori catches Uke's right elbow with his left

hand drawing Uke forward and punching him between the eyes with his right fist, palm up, as he kiais.

Immediately Tori takes Uke's right wrist from above with his right hand, pulls it to his right hip, and holds it against his right thigh. Tori reaches around Uke's neck with his left hand and grips his lapel, then applies a choke. Simultaneously, Tori applies hara-gatame to Uke's right arm by pushing his lower abdomen forward. (Same technique as tsuk-kake)

Uke surrenders by tapping the mat twice.

Tori and Uke then return to a kneeling position with Uke at Tori's right side (Same position as at the beginning of the technique). Uke places the dagger back inside his jacket (blade up), stands up, walks back to about 1.2 m (4 feet) in front of Tori, faces Tori and kneels down to seiza position. Uke pauses a few seconds, then stands up, turns around to the right (toward Shomen) and walks to put the dagger away next to the sword. He kneels and lays the dagger down in its original position next to the sword.

## **Tachiai**

### **1. Ryote dori (Two hand hold)**

As Uke stands up, Tori stands simultaneously. Then Uke turns toward the Shomen walks back to face Tori one step away from Tori (about 40 cm or 15 inches). Tori and Uke stand in shizen-hontai.

Uke steps forward with his right foot, gives a kiai, and grasps both of Tori's wrists with both of his hands, thumbs on the inside.

Tori breaks Uke's balance forward by pulling back and out with his arms. Tori kiais and kicks Uke in the groin with the ball of his right foot. Tori brings his right foot back down immediately. Then, takes hold of Uke's left wrist from underneath with his right hand, thumb on the inside, and raises Uke's left arm. At the same time, Tori pulls his left hand free, turns and steps to his left front diagonal with tsugiashi from his left foot, and pulls Uke's left arm straight in front of himself. Tori puts his left hand on Uke's left wrist traps Uke's left arm in his right armpit, and applies waki-gatame to Uke's elbow.

Uke taps Tori's thigh twice to indicate that he surrenders. Tori and Uke then return to face each other about 3 feet apart.

### **2. Sode tori (Sleeve grab)**

Uke walks around Tori's right side and stands to Tori's left rear corner about one half step behind Tori. Tori and Uke face the same direction and stand in shizen-hontai.

Uke grabs the middle of Tori's left sleeve, just above left elbow area, with his left hand and transfers it to his right hand grabbing a handful of the judogi and twisting so that Uke's knuckles push against Tori's upper elbow. Uke then pushes Tori's left arm to force Tori to walk forward. Both step forward from their right foot, then left, and right again.

Tori follows Uke's push, and on the third step, steps his right foot to his right front corner to break Uke's balance in that direction. Tori kiais and kicks Uke in the right knee with the side of his left foot. Uke still holds onto Tori's sleeve.

Tori immediately places his left foot down near the outside of Uke's right foot, and pivots 180° to his left. At the same time, Tori takes the inside middle of Uke's right sleeve with his left hand and Uke's left lapel with his right hand, and throws Uke with a right osotogari.

Uke stands and walks back to face Tori at a distance of about 1.8 meters (6 feet). (The exact distance depends on the size of Uke and Tori). They stand in shizen-hontai (Tori's left side to the Shomen and Uke's right side to the Shomen).

### **3. Tsukkake (Punch to face)**

Uke steps forward with his left foot, raises his left fist to eye level, and holds his right fist at stomach level ready to punch with his left hand. Uke takes a tsugiashi step from his left and fakes a left punch, and then lunges forward with his right foot and attempts to punch Tori between the eyes with his right hand (palm up) while doing a Kiai.

Tori quickly turns his body to the right 90 degrees to avoid Uke's punch. At the same time, Tori catches Uke's right forearm (punching arm) from the top with his right hand and pulls it forward and down, breaking Uke's balance to the front. Tori releases the pressure on Uke's arm. As Uke tries to regain his balance by straightening his body up, Tori steps around behind him first with the right foot, then the left foot, while moving his right arm around Uke's throat and pulling him backward. Tori clasps his hands over Uke's left shoulder as in hadakajime, and then draws his left foot back into a slight jigo-tai position (defense posture) and applies the choke. (Tori's right foot should point toward Uke and his left footsteps back for the slight jigo-tai position)

Uke tries to escape by pulling Tori's right arm down with both of his hands, but Uke cannot escape, and taps the mat twice with his foot to indicate that he surrenders.

Tori brings his left foot forward and restores Uke's balance while releasing the choke.

Tori and Uke stand apart about 90 cm (40 inches), facing each other in shizen-hontai.

### **4. Tsuki age (Uppercut)**

Uke steps forward with his right foot, gives a kiai, and tries to deliver a right uppercut to Tori's chin.

Tori escapes leaning his upper body backward, grasps Uke's right wrist with both hands (right hand above the left hand), follows Uke's strength and pulls it upward. Immediately, Tori turns his body to the right draws his right foot to his right front diagonal, and traps Uke's right arm in his left armpit. Tori takes tsugiashi from his right foot to his right front diagonal to off balance Uke more. Then Tori applies waki-gatame to Uke's right elbow.

Uke follows Tori's movements and taps Tori's thigh twice to indicate that he surrenders.

Tori and Uke stand apart about 90 cm (40 inches), facing each other in shizen-hontai.

### **5. Suri age (Forehead thrust)**

Uke steps forward slightly with his right foot, gives a kiai, and tries to strike Tori on the forehead with the palm of his right hand, fingers straight and together, in order to break Tori's neck.

Tori escapes by leaning back, using his left forearm on Uke's right forearm to parry Uke's attack, palm upward facing Uke. At the same time, Tori kiais, and punches Uke in the solar plexus with his right fist (palm up). Immediately, Tori places his left foot in front of Uke's left foot, wraps his left arm around Uke, brings his right foot back, grasps Uke's left sleeve with his right hand, and then throws Uke with a left Uki-goshi.

Tori and Uke stand apart about 90 cm (40 inches) facing each other in shizen-hontai.

### **6. Yoko uchi (Side blow)**

Uke steps forward with his right foot, kiais, and strikes at Tori's left temple with the little finger side of his right fist.

Tori escapes by ducking down under Uke's right arm by bending forward and stepping in diagonally forward with his left foot. At the same time, Tori places his right hand on Uke's left chest (Tori's right arm is under Uke's right arm), pushes Uke backward while grasping Uke's left lapel in his right hand (thumb inside of Uke's lapel). Immediately, Tori advances his right foot behind Uke's feet, then his left foot. While stepping, Tori reaches over Uke's left shoulder and around Uke's neck with his left hand and grabs high on Uke's lapel (thumb inside of Uke's gi). Tori places his forehead against the back of Uke's head, and pushes Uke's head forward with his forehead. Tori then pulls Uke backward by stepping back with his left foot and lowers his hips, and applies okuri eri-jime.

Uke attempts to defend himself by pulling down on Tori's left elbow with both hands. Uke unable to escape the choke, gives the signal of submission by tapping the mat twice with his foot.

Tori and Uke stand apart about 90 cm (40 inches) facing each other in shizen-hontai.

### **7. Ke age (Groin kick)**

Uke takes a small step forward with his left foot, kiais, and tries to kick Tori in the groin with the ball of his right foot.

Tori escapes by pivoting 90 degrees to the right on his left foot and drawing his right foot back. Simultaneously, Tori scoops up Uke's right front kick with his left hand and catches Uke's ankle from underneath. Tori places right hand on Uke's ankle, with his palms facing each other, and pulls Uke's right leg to his left. Tori twists hips to the left, kiais, and kicks Uke in the groin with the ball of his right foot.

Tori lets go of Uke's right leg and they face each other in shizen-hontai about 90 cm (40 inches) apart.



## **8. Ushiro dori (Hold from behind)**

Uke walks around Tori's right side and stands directly behind Tori about 90 cm (40 inches) away from Tori. Both Tori and Uke are facing the same direction.

Tori walks forward starting with his left foot and Uke follows Tori in the same manner. After a few steps, Uke takes two steps quickly with his left foot and his right foot forward on the outside of Tori's right side, and holds Tori around his upper arms while turning his face to the left.

Tori escapes, immediately, by raising both arms and elbows outward and grabs Uke's right upper sleeve with both hands. Tori then throws Uke with right seoi nage. At the moment Uke lands on the mat, Tori should Kiai and strike Uke between the eyes with the Togatana (knife-edge) of his right hand while placing his right knee (right toes up) on the mat.

Uke and Tori then get up, return to the center of the performance area about 90 cm (40 inches) apart and face each other in shizen hontai

Uke turns toward the Shomen and goes to get the dagger. He picks up the dagger in the same manner described in the Idori (kneeling) Tsukkomi. Uke stands and walks back to his position about 90 centimeters (40 inches) in front of Tori.

## **9. Tsukkomi (Dagger thrust to stomach)**

Next, Uke uses his left hand on the left side of his belt as if holding the dagger's sheath steady while he reaches inside and grips the dagger with his right hand, palm facing inward. He draws the dagger out, blade upward, and pulls his right elbow back preparing to attack Tori. Uke steps forward with his left foot, kiais and attempts to stab Tori in the solar plexus.

Tori escapes by pivoting on his left foot to the right 90 degrees. Simultaneously, Tori catches Uke's right elbow with his left hand, (four fingers are pointing downward, and left thumb is above Uke's arm) draws Uke forward, kiais, and strikes Uke between the eyes with his right urakken (fist palm up).

Immediately Tori takes Uke's right wrist from above with his right hand, pulls it to his right hip, and holds it against his right thigh while pulling Uke off balance toward Tori's right front corner. Tori reaches around Uke's neck with his left hand and grabs Uke's right lapel, and steps forward with tugiashi from the right foot until Uke is sufficiently off balance. Tori applies a choke and a hara-gatame armlock at the same time.

Uke surrenders by tapping Tori's thigh twice.

Tori and Uke return to face each other in shizen- hontai about 90cm (40 inches) apart, and Uke returns the dagger to inside his judogi, blade pointing upward.

## **10. Kiri komi (Downward slash)**

Uke reaches inside his jacket with his right hand and takes the sheathed dagger out, then transfers it into his left side belt, using it as a shoto (short sword), blade up. Uke returns his hands to his sides. Next, Uke unlocks the "short sword" with his left thumb and draws it out with his right hand. Then Uke takes a step forward with his right foot, kiais, and tries to slash Tori on the top of the head with the blade side of the "short sword."

Tori leans back and catches Uke's right wrist and forearm with his hands, right hand is close to Uke's wrist and the left hand is lower on Uke's forearm. Then, bring your right foot back and turn toward the right back diagonal. Tori takes tsugiashi steps from his right foot, while pulling Uke along. Tori traps Uke's right arm in his left armpit while taking the tsugiashi steps. At the last step when Uke's balance is sufficiently broken, Tori secures Uke's arm in his armpit and applies wakigatame to Uke's right elbow while taking slight jigo-tai posture.

Uke surrenders by tapping Tori's thigh twice.

Both Tori and Uke return to the former standing position. Uke puts the dagger back in its sheath at his left side, and then pulls the dagger out of his belt with his right hand and places it inside his jacket, blade up. Uke turns toward the Shomen and walks to where the sword is laying, kneels down into seiza, and lays the dagger down in its original position, picks up the sword (see «NOTE»), and places the sword in his belt on the left side, cutting edge up. Uke stands and returns to stand in shizen-hontai about 1m (3.1 feet) in front of Tori.

- (NOTE)
1. Uke reaches for the sword with the both hands, crossing his right hand over his left hand and grabs the sword with the both hands. His right hand is just below the guard (tsuba).
  2. He makes the sword stand vertically, and then slides his left hand down to the end of the sheath. This action demonstrates straightening of the string that attaches the sheath to the belt. The string secures the sheathed sword to the belt by wrapping the sheath and the belt together once it is inserted into the left side of the belt.
  3. Uke picks the sword up with both hands, brings it to his left side hip and inserts his left fingers inside his left side belt to make a space to insert the sword and pushes the sword down into the belt, cutting edge up.

## 11. Nuki gake (Sword unsheathing)

Uke puts his left hand on his belt at the left side and his right hand on the sword handle, opens the tsuba with his left thumb, steps forward with his right foot and starts to draw the sword out of the from his belt.

At this moment, Tori steps close to Uke's right foot with his right foot and places his right hand on Uke's right wrist from the top in order to stop Uke from drawing the sword further. Tori immediately steps to Uke's rear with a second step with his right foot. Tori brings his left foot around behind himself and reaches around Uke's neck with his left hand, grabbing high on Uke's right lapel (thumb inside, four fingers outside). Tori inserts his right arm through Uke's right armpit, palm up, and brings his right hand up, making Uke's right elbow bend and come up way high. Tori places his right hand on the back of Uke's neck and steps back with his left foot, breaking Uke's balance to Uke's back left corner, and applies kata ha-jime.

Uke surrenders by tapping mat twice with his foot. Tori restores Uke's balance while releasing the kata ha-jime. Uke pushes the sword back into the belt for the next technique.

Uke takes position away from Tori about 2.4 m (9 feet) and they face each other in shizen hontai.

## 12. Kiri oroshi (Downward cut)

Uke slowly draws the sword while taking a step forward with his right foot, and placing his right hand near the sword guard and his left near the end of the handle, holds the sword tip level with and pointing at Tori's eyes (the *seigan* position). Uke checks Tori by taking a *tsugiashi* step with his right foot forward.

Tori takes a step back from left foot first and then right foot into *shizen hontai*.

Uke then steps his left foot forward while raising the sword high above his head and comes up on his toes (the *jodan* position). Uke waits a short moment in this position and attacks Tori when the timing feels right by taking a big step forward with his right foot and trying to slash Tori on the top of the head as he *kiais*.

Tori dodges the blow by quickly stepping to his left front corner with his left foot then his right foot and turning his body to his right 90 degrees. At the same time, Tori places his right hand on top of Uke's right wrist. Tori pulls Uke's wrist to his right hip and forces him down toward his right front corner. Tori reaches around Uke's neck with his left hand and grabs high on Uke's right lapel to apply a choke. While applying the choke, Tori then steps forward with his right then left foot in front of Uke. Tori takes one more step forward with his right foot and applies *hara-gatame*. As Tori applies *hara-gatame*, Uke releases his left hand from the sword.

To surrender, Uke taps Tori on his left thigh twice with his left hand. After Tori releases the *hara-gatame*, Uke turns the sword point to his right and points it downward and moves backward with *ayumiashi* to his original position, that is, where he took one step forward after the kneeling bow at beginning of the kata. When Uke reaches this position, Uke takes the *seigan* position with sword, his right foot forward. He then returns the sword to its sheath while stepping back with his right foot into *shizen hontai*. While Uke is moving back to his original position, Tori also returns to his original position, that is, where he took one step forward after the kneeling bow at the beginning of the kata.

### Closing movements:

Uke turns around and goes to where the dagger is laying on the mat. Uke sits, removes the sword from his left hip, and returns it to its original position on the mat. Then he picks up the dagger and the sword feeding them into his left hand with his right hand. Uke places the weapons at his right hip as before, stands, and returns to his original position to face Tori. Tori and Uke step back together; right foot first then left foot to a closed stance and kneel down to perform *zarei*. Uke lays the weapons on the mat to his right, as he did at the beginning of the kata, before he bows. They bow. Uke picks up the weapons, as he did at the beginning of the kata. Tori and Uke stand up and turn toward the *Shomen*, and perform a standing bow.