

AIKI-Ken & Jo Transmission Scroll

1

AIKI KEN SUBURI

1st Suburi

Do a straight strike to the head in right hanmi.

2nd Suburi

Right foot steps back when sword is above head, right foot steps forward and you do a straight strike to the head.

3rd Suburi

As you step back, the sword pierces the heavens with the feeling of becoming one with the universe, you drop the sword to the right in proper stance. As the right foot steps forward, do a straight strike to the head.

4th Suburi

Alternate right and left stance, advance forward and do a straight strike to the head.

5th Suburi

Turn the ken above the head and strike the side of the head on the right and left. The feet are the same as the 4th suburi.

6th Suburi

Step back as in the 2nd suburi. Do the 5th suburi, following each strike with a thrust.

7th Suburi

Step back as in the 2nd suburi. In right stance strike the side of the head. In left stance, thrust, repeat and advance.

AIKI KEN AWASE METHOD

Right side Awase

Attacker: Advance the right foot forward and do a straight strike to the head.

Defender: Step to the right and do a straight strike to the head.

Left side Awase

Attacker: Advance the right foot forward and do a straight strike to the head.

Defender: Step to the left and do a straight strike to the head in left hanmi.

5th Awase

Attacker: Strike as in 5th suburi.

Defender: Step back, alternating left and right, parry the sword directing it at your partner's chest.

7th Awase

Both start in left hanmi stance .

Attacker: Strike as in the 7th suburi.

Defender: Step back, alternating left and right, parry the sword directing it at your partner's chest.

For the thrust - parry and then knock the sword out of line.