

一之素振り



1. ICHI NO SUBURI

MENUCHI FROM MIGI HANMI



ICHI NO SUBURI FROM HIDARI HANMI

二之素振り



2. NI NO SUBURI

STEP BACK WITH THE RIGHT LEG. STEP FORWARD WITH THE RIGHT LEG AND EXECUTE MENUCHI.

三之素振り



3. SAN NO SUBURI

DRAW BACK THE RIGHT LEG AND POINT THE KEN TO HEAVEN. LOWER THE KEN TO MIGI GEDAN POSITION, STEP FORWARD WITH THE RIGHT LEG AND EXECUTE MENUCHI.

四之素振り



4. YON NO SUBURI

ADVANCE ALTERNATIVELY FROM MIGI HANMI AND HIDARI HANMI, EXECUTING MENUCHI.

五之素振り



5. GO NO SUBURI

TURN THE KEN CIRCULARY ABOVE THE HEAD ON THE LEFT AND RIGHT SIDE, STRIKING YOKOMEN.

六之素振り



6. ROKU NO SUBURI

ADD TSUKI TO GO NO SUBURI

七之素振り



7. SHICHI NO SUBURI

STRIKE YOKOMEN FROM MIGI HANMI AND THRUST FROM HIDARI HANMI

右之合



MIGI NO AWASE

UCHI: MENUCHI
UKE: MOVE TO THE RIGHT AND EXECUTE MENUCHI

左之合



HIDARI NO AWASE

UCHI: MENUCHI
UKE: MOVE TO THE LEFT AND EXECUTE MENUCHI FROM THE LEFT HANMI

五之合



GO NO AWASE

UCHI: STRIKE AS IN GO NO SUBURI
UKE: STEP BACK AND BLOCK

七之合



SHICHI NO AWASE

UCHI: ATTACK AS IN SHICHI NO SUBURI
UKE: BLOCK THE STRIKE AS IN GO NO AWASE. STEP BACK, BLOCK AND CONTROL THE TSUKI.

AIKI KEN AWASE HO

Original kanji by
Morihiro Saito
9 dan Shihan.
The ken awase ho are
described in the
first mokuroku.

SHIHAN ULF EVENÅS, 7 DAN

合氣劍素振り

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合氣劍合