



## Tachi-Suburi

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| Tachi-Suburi 1 | For 4th Kyu: | • 3x – from the standing position                         |
| Tachi-Suburi 2 | For 2nd Kyu: | • 2x – turning to the left<br>• 2x – turning to the right |

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| <i>Framework</i> | <i>Greeting: Bow</i><br><i>Announcement: Tachi-Suburi ichi/ni</i> | <i>Shizentai</i><br><i>(Natural standing position with legs slightly spread apart), the sword hangs loosely in your left hand</i> |
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|                         |  | <u>Left Rotation</u> | <u>Right Rotation</u> |
|-------------------------|--|----------------------|-----------------------|
| 1. <b>Shomen-uchi</b>   | Straight cut from high to low  | Tenkai-irimi         | Irimi-tenkai          |
| 2. <b>Nuki-do</b>       | Horizontal cut from left to right, leaving the line of attack while simultaneously executing a sliding step to the right   | Tenkan               | Irimi-tenkai          |
| 3. <b>Kesa-gake</b>     | First cut diagonally from the upper right to the lower left, then turn the sword over your head (“Jodan gaeshi”) and cut for the upper left to the lower right; simultaneously moving your right leg behind you. | Tenkai-irimi         | Irimi-tenkai          |
| 4. <b>Kote-uchi-age</b> | Move your right leg to the rear and lower your sword downwards (“Waki-no-kamae”) – step forward and cut diagonally up to your upper left – leaving your line of attack to your right                             | Tenkai               | Irimi-tenkan          |
| 5. <b>Tsuki</b>         | Direct your sword straight forward (towards your opponent’s neck) – turning the cutting edge to the left and right   | Tenkai-irimi         | Irimi-tenkai          |

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| <i>Framework</i> | <b>Bow</b> | <i>Shizentai</i> |
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- Comment:
- Assume the basic position before each movement (Chudan = Seigan-no-kamae)
  - Tenkai: Change direction (180°), keeping the feet in place. Migi-hanmi becomes Hidari-hanmi and vice versa.  
When you place your front foot to the rear after *Tenkai*, your movement becomes *Tenkan*
  - Tenkan: Rotate the front foot in 180° leave the foot in place.
  - Irimi: one step forward.