



Tachi-Kata

Greeting: **Bow**

Shizentai (natural straight stand with legs slightly open), the sword hangs loosely in your left hand

Announcement: **Tachi-Kata**

1. Right foot forward in CHUDAN-NO-KAMAE (= Seigan, middle position).
2. SHOMEN-UCHI (straight strike from above) with a lunge.
3. Turn left 180° with SHOMEN-UCHI (move your right foot forward).
4. SABAKI (right turn 180°) with NUKI-DO (a straight strike to your right).
5. KOTE-UCHI-AGE (move your sword in a slight curve to your left rear, turn (point your cutting edge forward), then angle your strike upwards to your left, placing your right foot forward).
6. NUKI-DO (move your sword to your left (your sword tip faces slightly upwards), SABAKI (turn to the right 180°) with a horizontal strike).
7. Tilt your sword to the right, turn 45° to the right with SHOMEN-UCHI (reach far back, leaving your right foot to the rear).
8. Step with your right foot 45° to your left front, while holding your sword in a protective manner over your head (the tip of the sword is lowered).
9. Turn left 180° (place your right foot forward), KESA-GAKE (oblique blow from your upper right to your bottom left).
10. Lunge to your right with a forward thrust.
11. Turn to your left, 180° (place your right foot forward), KESA-GAKE.
12. Let your sword tilt to your right, moving your right foot to the rear. Execute a large sweeping strike over your head to the right and downwards.
13. Straight rearward thrust, with your hip rotating to your right.
14. SABAKI (turn 180° to your right) with a horizontal strike. At the end, kneel on your right knee and hold your sword with only your right hand to your right.
15. Stand up and execute a SABAKI (turn to your left 180°), raise your sword over your head and execute KESA-GAKE.

TACHI-KATA-SHINKI



16. Step back with a small step, while holding your sword over your head in a protective stance (point your sword downward).
17. Step back, again, with a small step, turn your sword and execute a CHUDAN-NO-KAMAE stance.
18. Take a large step forward with your right foot and execute SHOMEN-UCHI.
19. JODAN-KASUMI: Move your foot behind you to the rear, holding your sword horizontally by your head (sword tip pointing forward with the cutting edge upwards).
20. Place your sword above your head, right to left YOKOMEN-UCHI (towards your opponent's neck), placing your right foot forward (using your hip movement).
21. SABAKI (turn to the right 180°), strike your sword horizontally with your right hand.
22. SABAKI (turn left 180°), while striking with KESA-GAKE with both hands.
23. Position your sword to the rear on your left side.
24. Lunge with your sword to the rear, with only your left hand (rotate your hips and extend by stepping with your left foot).
25. SABAKI (turn right 360°), guide your sword with your left hand to HASSO-NO-KAMAE (hold your right upper arm parallel to the ground, pointing the tip of your sword upwards).
26. Drop your sword and extend it forwards while stepping forward with your right foot.
27. SABAKI (turn to the right 180°), while letting your sword swing freely to JODAN-NO-KAMAE (hold your sword over your head in the upper position).
28. SHOMEN-UCHI (right foot forward).
29. Bring your sword to the rear to your left side (as in number 23).
30. Extend your sword straight back with both hands, turning your hips and placing your right foot forward.
31. Turn left 180° (place your right foot forward), execute SHOMEN-UCHI, lowering your sword to your left in SHIZENTAI.

Bow

Shizentai