**Tachi Uchi no Kurai**

***Uchidachi*** — Striking/Attacking Sword (initiates action)

***Shidachi*** — Doing/Receiving Sword (responds to Uchidachi)

**Keito Shisei** — sheathed sword held on left hip

***Taito Shisei*** — Sheathed sword worn in *obi*

***Seigan no Kame*** — Stance similar to *Chudan no Kamae*, but *kissaki* is aimed ............at opponent’s eyes (normally right leg forward)

***Kiriageru*** — Upward cut into groin or armpit

**Etiquette**

**Uchidachi** and **Shidachi** face each other in ***Keito Shisei***;both take three steps forward and kneel down in *seiza.* Both perform *To Rei (koryu),* stand up and take five large steps backwards.

***Deai*** “First Meeting”

Both **Uchidachi** and **Shidachi** begin in ***Taito Shisei.***

* Both take hold of *tsuka,* drop into *iai goshi*
* ***Uchidachi***begins to walk forward*, Shidachi* responds; both take 5 steps forward beginning with the right leg.
* ***Uchidachi*** performs *nukitsuke* towards *Shidachi’s* knee ***Kiai (Yah Ei!)***
* ***Shidachi***blocks with *sune gakoi/gedan barai*  ***Kiai (Yah Ei!)***
* ***Uchidachi*** takes *Seigan no Kamae*
* ***Shidachi***cuts *Jodan men* ***Kiai (Toh!)***
* ***Uchidachi***blocks *ukenagashi*
* ***Uchidachi***steps backwards to attacking position, both take *Seigan no Kamae* at the same time
* Both move towards centre
* Both walk backwards 5 steps maintaining *kamae*
* *Yoko chiburi*
* *Noto*

***Tsuke Komi*** “Take Advantage”

Both **Uchidachi** and **Shidachi** begin in ***Taito Shisei.***

* Both take hold of *tsuka,* drop into *iai goshi*
* ***Uchidachi***begins to walk forward, *Shidachi* responds; both take 5 steps forward beginning with the right leg.
* ***Uchidach****i* performs *nukitsuke* towards *Shidachi’s* knee ***Kiai (Yah Ei!)***
* ***Shidachi***blocks with *sune gakoi/gedan barai*  ***Kiai (Yah Ei!)***
* ***Shidachi***reaches over and grabs Uchidachi’s right hand with their left
* ***Shidachi***steps forward with their left leg and places their knee behind *Uchidach’s* right knee, *Shidachi’s* left elbow presses into the crook of Uchidachi’s right arm unbalancing them.
* ***Shidachi***performs *Tsuki* ***Kiai (Toh!)***
* ***Shidachi***takes *Seigan no Kamae*
* ***Uchidachi***takes *Seigan no Kamae* and moves back to attacking position
* Both move towards centre (about 5 steps)
* Both walk backwards 5 steps maintaining *kamae*
* *Yoko chiburi*
* *Noto*

***Ukenagashi*** “Flowing Block”

Both **Uchidachi** and **Shidachi** begin in ***Taito Shisei.***

* Both draw swords and assume *Seigan no Kame*
* ***Uchidachi*** steps **forward** into ***Hasso no Kamae***
* ***Shidachi***steps **back** into ***Hasso no Kamae***
* Both walk forward 3 steps (left, right, left)
* ***Shidachi***steps forward with right leg and cuts towards *Uchidachi’s* temple ***Kiai (Ei!)***
* ***Uchidachi***steps back with left leg and blocks *Shidachi* ***Kiai (Ei!)***
* ***Shidachi***steps forward with right leg and cuts towards *Uchidachi’s* temple**Kiai (Ei!)**
* ***Uchidachi*** steps back with right leg and blocks *Shidachi* ***Kiai (Ei!)***
* ***Uchidachi*** steps back with left leg into *Jodan no Kamae*
* ***Shidachi***steps forward with right leg threatening with *Seigan no Kamae*
* ***Uchidachi***cuts *kirioroshi*
* ***Shidachi***steps to the left with left leg, blocks ukenagshii, swings right leg back and twists body using *nagashi*
* ***Shidachi*** cuts *Jodan Men* ***Kiai (Toh!)***
* ***Uchidachi***takes *Seigan no Kamae* and backs up to attacking position, ***Shidach*i** also takes *Seigan no Kamae*
* Both move to centre position
* Both walk backwards 5 steps maintaining *kamae*
* *Yoko chiburi*
* *Noto*

***Uke Komi*** “Block and Move In”

Both **Uchidachi** and **Shidachi** begin in ***Taito Shisei.***

* Both draw swords and assume *Seigan no Kame*
* ***Uchidachi***steps **forward** into ***Hasso no Kamae***
* ***Shidachi*** steps **back** into ***Hasso no Kamae***
* Both walk forward 3 steps (left, right, left)
* ***Shidachi*** steps forward with right leg and cuts towards *Uchidachi’s* temple ***Kiai (Ei!)***
* ***Uchidachi***steps back with left leg and blocks *Shidachi* ***Kiai (Ei!)***
* ***Shidachi*** steps forward with right leg and cuts towards *Uchidachi’s* temple***Kiai (Ei!)***
* ***Uchidachi*** steps back with right leg and blocks *Shidachi* ***Kiai (Ei!)***
* ***Uchidachi***steps back with left leg into *Jodan no Kamae*
* ***Shidachi***takes *Jodan no Kamae*
* ***Uchidachi*** begins to cut *kirioroshi*
* ***Shidachi***drops their sword into *waki kamae,* steps around with their right leg with *tai sabaki* avoiding *Uchidachi,* and performing *kiriageru* under *Uchidachi’s* left armpit; the stance looks similar to *Shiko Dachi* in *Karate* ***Kiai (Toh!)***
* ***Uchidachi***steps back into attacking position, both in *Seikan no Kamae*
* Both move to the centre
* Both walk backwards 5 steps maintaining *kamae*
* *Yoko chiburi*
* *Noto*

***Tsuki Kage*** “Moon Shadow”

Both **Uchidachi** and **Shidachi** begin in ***Taito Shisei.***

* Both draw swords and assume *Seigan no Kame*
* ***Uchidachi***steps **forward** into ***Hasso no Kamae***
* ***Shidachi***drops sword into ***Gedan no Kamae*** (*Kissaki* should be slightly angled to the right)
* ***Uchidachi*** takes 3 steps forward (left, right, left)
* ***Shidachi***takes 3 steps forward (right, left, right)
* ***Uchidachi***steps forward with right leg and cuts towards *Shidachi’s* temple ***Kiai (Ei!)***
* ***Shidachi***raises sword straight up high and blocks *Uchidachi* ***Kiai (Ei!)***
* Both push down and forward locking swords ***Kiai (Yah!) Kiai (Yah!)***
* Both spring apart pivoting on their left legs and take *Waki no Kamae*
* ***Uchidachi***steps forward with their right leg and makes a lateral cut towards *Shidachi’s* abdomen ***Kiai (Ei!)***
* ***Shidachi*** withdraws left leg even with the right, and sucks their abdomen in as they raise the sword in *furukaburi*; they then step forward with the right leg and cut *kirioroshi* ***Kiai (Toh!)***
* ***Uchidachi***steps back into attacking position, with *Seikan no Kamae*
* Both move to centre
* Both walk backwards 5 steps
* *Yoko chiburi*
* *Noto*

***Suigetsu*** “Solar Plexus Thrust”

Both **Uchidachi** and **Shidachi** begin in ***Taito Shisei.***

* Both draw swords and assume *Seigan no Kame*
* ***Uchidachi*** steps **forward** into ***Hasso no Kamae***
* ***Shidachi***maintains *kamae*
* ***Uchidach*** takes 3 steps forward (left, right, left)
* ***Shidachi***takes 3 steps forward (right, left, right)
* ***Shidachi*** takes a half step forward with their right leg pressing *Uchidachi*
* ***Uchidachi***steps forward with their right leg and cuts towards *Shidachi’s Kote* ***Kiai (Ei!)***
* ***Shidachi***drops the sword straight down into a low *Gedan no Kamae,* and steps back at an angle with their left leg using *tai sabaki* to avoid *Uchidachi’s* attack
* ***Shidachi***steps forward with right leg and cuts *kirioroshi* towards *Uchidachi’s* head***Kiai (Toh!)***
* ***Uchidachi*** steps back into attacking position, with *Seikan no Kamae*
* Both move to centre
* Both walk backwards 5 steps
* *Yoko chiburi*
* *Noto*

***Zetsu Myo Ken*** “Unbeatable Sword”

Both **Uchidachi** and **Shidachi** begin in ***Taito Shisei.***

* Both draw swords and assume *Seigan no Kame*
* ***Uchidachi*** steps **forward** into ***Hasso no Kamae***
* ***Shidachi***drops sword into ***Gedan no Kamae*** (*Kissaki* should be slightly angled to the right)
* ***Uchidachi*** takes 3 steps forward (left, right, left)
* ***Shidachi***takes 3 steps forward (right, left, right)
* ***Uchidachi*** steps forward with right leg and cuts towards *Shidachi’s* temple ***Kiai (Ei!)***
* ***Shidachi* steps forward** with right leg, raises sword straight up high and blocks *Uchidachi* ***Kiai (Ei!)***
* Both push down and forward locking swords getting very close ***Kiai (Yah!) Kiai (Yah!)***
* ***Shidachi***steps forward with left leg and uses *tsuka* as a fulcrum, their *kissaki* swings back and the *tsuka* swings upward pushing *Uchidachi’s* hands up with it ***Kiai (Yah!)***
* ***Uchidachi***steps back with right leg as their hands are forced upwards by *Shidachi* ***Kiai (Yah!)***
* ***Shidachi***executes *Tsuka ate* to *Uchidachi’s* face ***Kiai (Toh!)***
* ***Uchidachi***steps back into attacking position, with *Seikan no Kamae*
* Both move to centre
* Both walk backwards 5 steps
* *Yoko chiburi*
* *Noto*

***Doku Myo Ken*** “Miraculous Sword”

Both **Uchidachi** and **Shidachi** begin in ***Taito Shisei.***

* Both draw swords and assume *Seigan no Kame*
* ***Uchidachi***steps **forward** into ***Hasso no Kamae***
* ***Shidachi***steps **back** into ***Hasso no Kamae***
* Both walk forward 3 steps (left, right, left)
* ***Uchidachi***steps forward with right leg and cuts towards *Shidachi’s* temple ***Kiai (Ei!)***
* ***Shidachi***steps back with left leg and blocks ***Kiai (Ei!)***
* *Uchidachi* steps forward with left leg and cuts towards *Shidachi’s* temple ***Kiai (Ei!)***
* ***Shidachi***steps back with right leg and blocks ***Kiai (Ei!)***
* ***Uchidachi*** steps forward with right leg and cuts towards *Shidachi’s* temple ***Kiai (Ei!)***
* ***Shidachi***steps back with left leg and blocks *Uchidachi* with a **reinforced block** (left hand takes hold of *mune* and blocks attack with *ha* facing upwards) ***Kiai (Ei!)***
* ***Shidachi***rolls sword around (keeping supporting hand in place), steps forward with left leg and thrusts towards *Uchidachi* ***Kiai (Toh!)***
* ***Uchidachi***steps back into attacking position, with *Seikan no Kamae*
* Both move to centre
* Both walk backwards 5 steps
* *Yoko chiburi*
* *Noto*

***Shin Myo Ken*** “Clear Mind Sword”

Both **Uchidachi** and **Shidachi** begin in ***Taito Shisei.***

* ***Uchidachi*** draws sword and takes *Seigan no Kamae*
* ***Shidachi***remains still
* ***Uchidachi***steps forward with left leg and takes *Jodan no Kamae*
* ***Shidachi***grasps their *tsuka* and enters *iai gosh*
* ***Uchidachi***steps forward with left leg
* ***Shidachi***remains still
* ***Uchidachi***takes 3 steps forward (right, left, right) and cuts *kirioroshi* ***Kiai (Ei!)***
* ***Shidachi***takes 3 steps forward (right, left, right), draws and blocks *Uchidachi’s* kirioroshi ***Kiai (Ei!)***
* ***Shidachi***steps forward with their left leg at an angle, turns their sword over and knocks *Uchidachi’s* sword down to the right
* ***Shidachi***goes through *furukaburi* and cuts *kirioroshi* to *Uchidachi’s* head ***Kiai (Toh!)***
* ***Uchidachi***steps back into attacking position, with *Seikan no Kamae*
* Both move to centre
* Both walk backwards 5 steps
* *Yoko chiburi*
* *Noto*

***Uchi Komi*** “Clash Together”

Both **Uchidachi** and **Shidachi** begin in ***Taito Shisei.***

* Both draw swords and assume *Seigan no Kame*
* ***Uchidachi*** steps forward with right leg
* ***Shidachi*** remains still
* ***Uchidachi*** walks forwards 2 steps (left, right)
* ***Shidachi*** walks forwards 3 steps (right, left, right)
* ***Uchidachi*** halfsteps forward*,* raises sword through *furukaburi* and cuts *kirioroshi* ***Kiai (Ei!)***
* ***Shidachi***half steps forward, raises sword through *furukaburi* and cuts *kirioroshi* ***Kiai (Ei!)***
* Swords come together
* Both ***Uchidachi***and ***Shidachi***move backwards keeping swords interlocked until both are in *Seigan no Kamae* and swords remained crossed at the kissaki
* Both walk backwards 5 steps
* *Yoko chiburi*
* *Noto*

**Etiquette**

**Uchidachi** and **Shidachi** face each other in ***Taito Shisei***;both take three steps forward and kneel down in *seiza.* Both perform *To Rei (koryu),* stand up and take five large steps backwards.