

BEGINNERS COURSE (For first 2 months/repeat for those struggling with basics)

• **Reiho (Etiquette)**

- Respect for Dojo, Sensei and Senpai, Entering & Leaving dojo
- Dress code, Posture and Appearance
- Standing Bow (Ritsu-Rei)
- Seiritsu, Chakuza, Seiza, Mokuso, Za-Rei
- *Japanese Commands and Kiai Explanation

*Japanese Commands and Kiai

- Counting: Ichi (1), Ni (2), San (3), Shi (4), Go (5), Roku (6), Shichi (7), Hachi (8), Kyuu (9), Jyuu (10)
- Responding to commands with "Hai Sensei/Senpai"
- Sensei Commands: Hajime (Start), Yame (Stop), Yasume (Rest)
- Mae (Forward), Ato (Backward), Migi (Right), Hidari (Left)
- Yoroshiku Onegaishimasu (Lesson Start) & Domo Arigatou Gozaimasu/shita (Lesson End)
- Sumimasen (Excuse me) & Otsukaresama-deshita (Good work)
- Seiritsu / Chakuza / Mokuso / Shomen-ni-Rei / Sensei-ni-Rei / Sensei-gata-ni-Rei / Otagai-ni Rei / Men-tsuke / Men-tore
- Roles for Waza: Motodachi (Teacher) & Kakarite (Student)
- Roles for Kata: Uchidachi (Teacher) & Shidachi (Student)

• **Ashi-Sabaki (Basic Footwork)**

1. Feet pointing forward
 2. Right foot in front, Toe to Heel
 3. Left heel off the ground
 4. Straighten left leg
- Ayumi-ashi – Mae, Ato
 - Okuri-ashi – Mae, Ato, Migi, Hidari (Game)
 - Hiraki-ashi
 - Tsugi-ashi
 - Fumi-komi-ashi – lunges, right foot hovering, push from left & glide with right (Ki-Ken-Tai no Ichi)

• **Shinai Etiquette**

- Holding Shinai, Sage-to, Tai-to, Kneeling to place shinai on floor, Moving behind/in front of other Kendoka
- Seiritsu sequence /w shinai: Seiritsu, Chakuza, Tai-to, Seiza /w Shinai, Mokuso, Rei

• **Kamae (Stances)**

- Chudan no Kamae
 1. Holding the shinai with bottom left 3 fingers and relaxed with right.
 2. Grip from above, Trigger grip, "V" in centre; not hammer grip
 3. Relaxed shoulders and elbows not stiffened out.
 4. Chudan just below belly button, point Kensen to opponent's throat.
- Migi Jodan no Kamae & Hidari Jodan no Kamae,
- Gedan no Kamae,
- Hasso no Kamae,
- Waki Gamae
- Reiho sequence /w shinai: Sage-to, Rei, Tai-to, 3-Steps, Kamae-to, Sonkyou, Chudan | Chudan, Sonkyou, Osame-to, Tai-to, 5-Steps, Sage-to, Rei
- Maai (Distances) /w partner: Toma, Yokote, Issoku-ito-no-maai, Chikama, Strike, Tsubazeriai

• **Basic Shinai Exercises**

- Joge suburi (Jogeburi)
- Naname suburi (Diagonal suburi)
- Wrist rotations
- Shinkokyu (Breathing to sonkyou / standing)

• **Cutting Men**

1. Winding up in centre using shoulders with left hand past forehead to migi-jodan
2. Using the left arm to strike and right arm to keep centre
3. Cut should stop at own Men height and not higher or lower
4. Arms should extend forward on the cut, same time with body/legs and Kiai: "MEN!" (Ki-Ken-Tai-Ichi)

• **Suburi (Practice Strikes) & Kihon Dosa (Basic Exercises)**

- **Men-uchi sankyodo** – 3 Count suburi
- **Sho-men-uchi** – 1 Count suburi
- **Men Suburi** – Continuous suburi "*Zenshin kotai sho-men uchi*"
- **Sayu-men Suburi** – Men cut at angle towards opponent's temples
- **Choyaku/Haya Suburi** – Start with feet first, winding to Migi-Jodan and correct Men cut
- **Big/Basic Men with Target** – Start@Toma -> Kiai -> Motodachi Kiai Responds -> Seme to Issoku-Ito -> Cut -> Kiai and Zanshin until reset@Toma
- **Kirikaeshi** – 1 sho-men, 4 sayu-men forward, 5 sayu-men backward and repeat. Kakarite and Motodachi roles with cutting and receiving.

INTERMEDIATE COURSE (For 3rd month onward)

KATA WEEK (1st Tuesday of every Month)

| Bokuto ni yoru Kendo Kihon-waza Keiko-ho | Other Kihon-Waza Examples: |
|---|--|
| Kihon ichi: Ippon-uchi no waza - Men, Kote, Dou, Tsuki | Ippon-uchi no waza: Sayu-Men / Gyaku-Dou |
| Kihon ni: Renzoku waza - Kote-Men | Renzoku waza: Kote-Dou / Kote-Men-Dou |
| Kihon san: Harai waza - harai-Men | Harai waza: harai-Kote |
| Kihon yon: Hiki waza - Men-tsubazeriai-hiki-Dou | Hiki waza: hiki-Men / hiki-Kote |
| Kihon go: Nuki waza - Men-nuki-Dou | Nuki waza: Kote-nuki-Men |
| Kihon roku: Suriage waza - Kote-suriage-Men | Suriage waza: Men-suriage-Men |
| Kihon nana: Debana waza - debana-Kote | Debana waza: debana-Men |
| Kihon hachi: Kaeshi waza - Men-kaeshi-Dou | Kaeshi waza: Kote-kaeshi-Men |
| Kihon kyuu: Uchiotoshi waza - Dou-uchiotoshi-Men | Uchiotoshi waza: Kote-uchiotoshi-Men |
| Nihon Kendo Kata – (U) “Uchidachi” (S) “Shidachi” | |
| Tachi Kata | Kodachi Kata |
| Ippon-me: (U) hidari-jodan (S) migi-jodan | Ippon-me: (U) hidari-jodan (S) chudan (high) |
| Nihon-me: (U) chudan (S) chudan | Nihon-me: (U) gedan (S) chudan |
| Sanbon-me: (U) gedan (S) gedan | Sanbon-me: (U) chudan (S) gedan |
| Yonhon-me: (U) hasso (S) waki | |
| Gohon-me: (U) hidari-jodan (S) chudan (high) | |
| Roppon-me: (U) chudan (S) gedan | |
| Nanahon-me: (U) chudan (S) chudan | |

| Advanced Footwork (Ashi Sabaki) | | | | | | | | |
|--|--------|--------|----------------------|-------------------|---------|----------------------------|-----------|--|
| Solo | | | Across Dojo | | | Footwork Games | | |
| Okuri-ashi Mae, Ato | | | Fumikomi – no strike | | | Okuri-ashi Directions Game | | |
| Okuri-ashi Mae, Ato, Migi, Hidari | | | Men | | | One-Breath Kiai Game | | |
| Fumikomi Lunge | | | Kote-Men | | | Tenegui Drop | | |
| Fumikomi - ashi | | | Kote-Men-Men | | | Reverse Sumo – Push/Pull | | |
| Men Turnaround | | | Kote-Men-Kote-Men | | | Kote Game | | |
| Kote-Men Turnaround | | | Jump/One Leg only | | | Maai Game | | |
| Kote-Men-Men Turnaround | | | Squat Jumps | | | Suicides on whistle/lines | | |
| Circle | 1-Step | 2-Step | 3-Step 2sml, 1big | 4-Step 3sml, 1big | L-Shape | Box-Shape | Rectangle | |
| With Partners | 1-Step | 2-Step | 3-Step 2sml,1big | 4-Step 3sml,1big | | | Half-Step | |

| Motodachi & Tenouchi | |
|--|------------------------------------|
| Blocking /w Shinai | Tenouchi Tapping |
| Men (tsuka only) | Centre tapping |
| Kote (tsuka only) | Alternating tapping |
| Dou (centre of shinai) | 1, 1-2, 1-2-3 tapping |
| Tsuki (tsuka only) | Kote – Men – Migi Dou – Hidari Dou |
| Men (centre of shinai) | Men-Kaeshi-Men |
| Kote-Men (centre of shinai) | Men-Kaeshi-Dou |
| Kote-Dou (centre of shinai) | Men Kaeshi-Dou-Kaeshi-Gyaku Dou |
| Harai-Men (centre of shinai) | Men suburi |
| Uchikomi Sequence B (centre of shinai) | Haya-suburi |
| Kirikaeshi | Rock-Paper-Scissors Game |
| Renzoku-Men /w 2 Shinai | Striking Tsuka Game |

INTERMEDIATE COURSE (For 3rd month onward)

| Exercise | Count |
|---|--|
| Running, sideways, backwards | Ichi, Ni - San, Shi |
| | |
| Take Shinai, form circle for Taiso, Rei, Nuke-to | |
| | |
| TAISO | |
| Touch toes and bend knees | Ichi, Ni, San, Shi - Go, Roku, Shichi, Hachi |
| Bend forward and backward | Ichi, Ni, San, Shi - Go, Roku, Shichi, Hachi |
| Bend around | Ichi, Ni, San, Shi - Go, Roku, Shichi, Hachi |
| Sideways stretch with toes down/up | Ichi, Ni, San, Shi - Go, Roku, Shichi, Hachi |
| Feet and wrists | No count |
| Knees | No count |
| Quads | No count |
| Hips | No count |
| Over right/left shoulder | No count |
| Arm rotations | Ichi, Ni, San, Shi - Go, Roku, Shichi, Hachi |
| Head back and forth, side to side | Ichi, Ni, San, Shi - Go, Roku, Shichi, Hachi |
| Head left and right, around | Ichi, Ni, San, Shi - Go, Roku, Shichi, Hachi |
| Lunge stretch with arms cross/behind | No count |
| | |
| Take shinai for suburi, one knee down | |
| | |
| SUBURI | |
| Jogeburi | 30 - San-Jyuu-pon |
| Men Suburi | 30 - San-Jyuu-pon |
| Sayu-Men Suburi | 30 - San-Jyuu-pon |
| Sayu-Dou Suburi | 30 - San-Jyuu-pon |
| Katate-Men Suburi | 20 - Ni-Jyuu-pon |
| Kote-Men Suburi | 20 - Ni-Jyuu-pon |
| Koshiwari | 20 - Ni-Jyuu-pon |
| Hayasuburi | 30 - San-Jyuu-pon |
| Shinkokyu | 10 - Jyuu-pon |
| | |
| Form Lines on dojo side, remember hikitsuke | |
| | |
| ASHI-SABAKI | |
| Okuri-ashi Mae, Ato | Ichi, Ni |
| Fumikomi-ashi Mae, Ato | Ichi, Ni |
| Okuri-ashi L Shape | Ichi, Ni, San, Shi - Go, Roku, Shichi, Hachi |
| Okuri-ashi Box Shape | Ichi, Ni, San, Shi - Go, Roku, Shichi, Hachi |
| Okuri-ashi Rectangle | Ichi, Ni, San, Shi - Go, Roku, Shichi, Hachi |
| With Partners Okuri-ashi Mae, Ato | No count |
| With Partners Okuri-ashi Continuous | No count |
| With Partners 2sml, 1big | No count |
| With Partners half step | No count |
| | |
| 3 min break, seiritsu, take men | Month 1 & 2 Beginners Separate at 19:00 |

INTERMEDIATE COURSE (For 3rd month onward)

| | |
|--|---|
| KIHON - SHIKAKE WAZA | |
| Men-Uchi from Toma, Issoku-Ito, Yokote | 3 times each |
| Kirikaeshi | 1. No Blocking, 2. Normal, 3. One Breath |
| Men-Uchi from Toma | 3 times each |
| Kote-Uchi from Toma | 3 times each |
| Dou-Uchi from Toma | 3 times each |
| Tsuki from Toma | 3 times each |
| Kihon Waza Keiko-ho (choose from 2-9) | 3 times each |
| Renzoku-Men X10 | 2 times each |
| | |
| 3 min break, take men | Beginners Finish at 19:30 |
| | |
| OJI WAZA | |
| Men-Debana-Men | 3 times each |
| Men-Debana-Kote | 3 times each |
| Men-Kaeshi-Dou | 3 times each |
| Kote-Kaeshi-Men | 3 times each |
| KAKARI-GEIKO | UCHIKOMI-GEIKO non bogu |
| Kote-Men, Hiki-Men X3, Men | Men, Kote-Men, Kote-Dou, Harai-Men, Men |
| Kote-Men, Hiki-Kote X3, Men | OR |
| Kote-Men, Hiki-Dou X3, Men | Kirikaeshi, Kote-Men, Kote-Dou, Men |
| | |
| Class ends at 20:00 | Extended class continues until 20:30 |
| | |
| JI-GEIKO | All 3 Dan and up - Line Up |
| Hayasuburi | 30 times |