

# Two new laido kata

**Autorisation de distribution de document reçu de**

Responsable du site Web

[www.truefork.org/KampaiBudokai](http://www.truefork.org/KampaiBudokai)



**Kampai Budokai**  
***Ternat Hombu***

# Two new ZNKR iaido kata

as explained on Nakakura Cup 2000 Iaido seminar

## 11 - Juipponme Sougiri



## 12 - Junihonme Nukiuchi



## 11 - Juipponme Sougiri

Take a step forward with your right foot. As you take a left step reach the sword with both hands (right hand to Tsuka and left hand to Koiguchi). As you take another step with your right foot draw your sword forward. Take the sword above in Ukenagashi fashion as you bring your right foot back almost to the left foot. At the same time take your left hand to the Tsuka and immediately cut the opponents left Men down to the level of jaw as you step forward again with your right foot.



*Furuichi sensei demonstrates Sougiri*



Take the sword back in the reverse direction in Furikaburi and cut the opponent's right shoulder down to Suigetsu as you step forward again with your right foot (of course, your left foot always follows as in Okuri Ashi).

Take the sword back in the reverse direction in Furikaburi and cut opponent's left side, down to the navel as you step forward with your right foot. End with the sword horizontal.



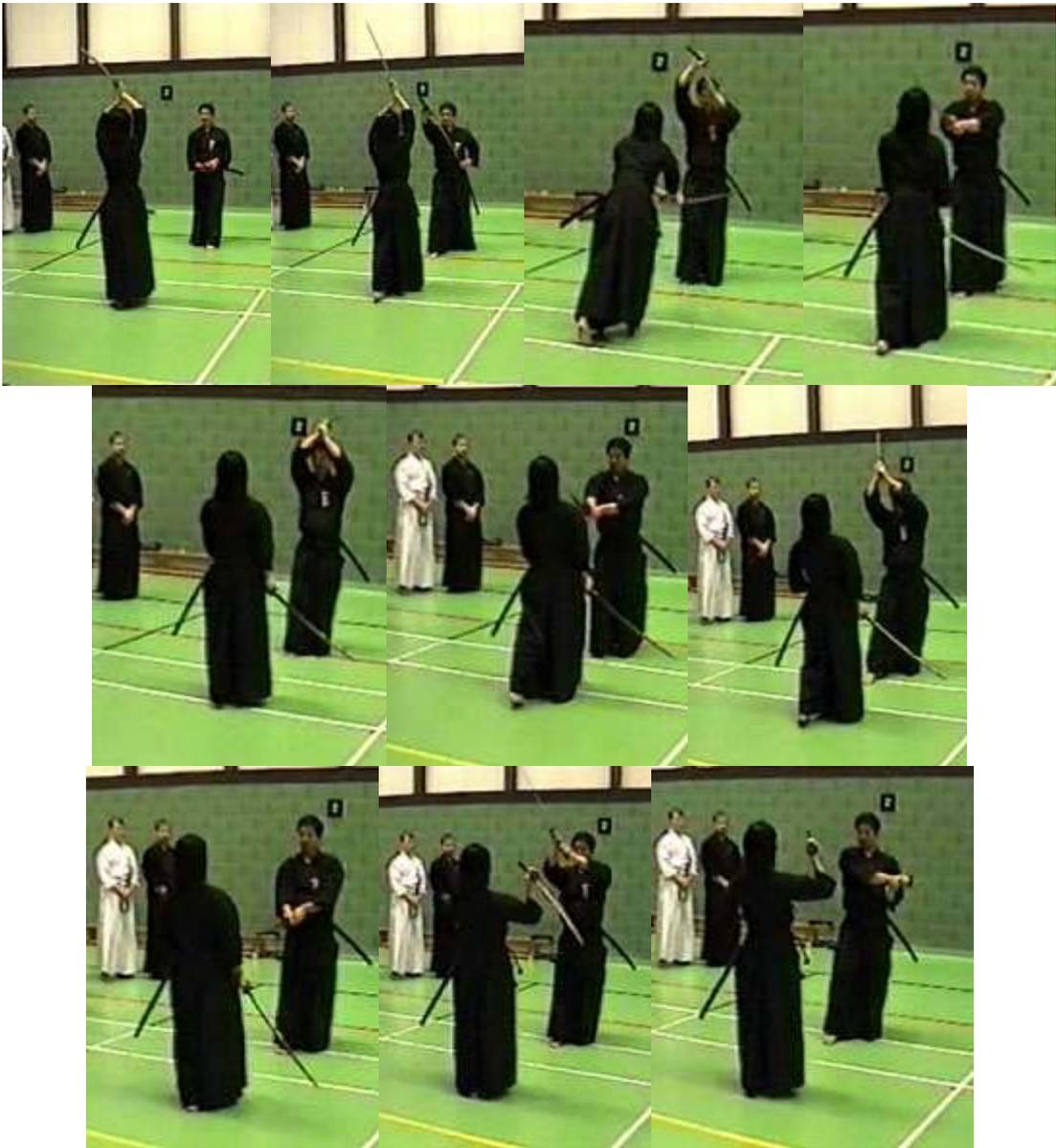
Take the sword back in the reverse direction in Furikaburi and bring the sword horizontally just above your left hip, pointing backwards. Step forward with your right foot to cut your opponent above the hip from (his) right to left.

Without stopping the motion take the sword in Furikaburi and step forward with your right foot to cut straight down to the navel.



Yoko Chiburi and Noto as usual. I reckon you need at least five steps back, probably seven.

**Sougiri again, this time with opponent:**





### **Important points for Sougiri:**

1. On the draw, the tsuka should not be drawn to the right, but must stay within the width of your head. Also, the direction of the draw is up rather than forward (as the opponent is so close you have to draw back).
2. There should be a clean stop after each of the first three cuts, and the level of the sword tip after each cut should be correct.
3. The sword is brought back up following the same lines as the cuts.
4. The level for the horizontal cut is just above the hipbone.
5. There is a slight stop just before the horizontal cut, after bringing the sword back and horizontal, to clearly show this position.
6. The horizontal cut does not stop, but continues smoothly into the final cut.





Sougiri demonstrated by Oda sensei







Oda sensei again demonstrates the correct targets for the cuts

## 12 - Junihonme Nukiuchi

From standing position take both hands to the sword (right hand to Tsuka and left hand to Koiguchi). Take your left foot back and draw your sword in Uke Nagashi, then bring it above your head as you take your right foot back as well. Take your left hand to Tsuka and immediately step forward with your right foot to cut down your opponent.



Nukiuchi by Furuichi sensei

Take the right foot back behind the left foot, and perform Yoko Chiburi at the end of this movement. Perform Noto as usual.



Take one step forward to return to the original position.



**Nukiuchi with opponent:**



### Important points for Nukiuchi:

1. On the draw, the tsuka moves up as in Sougiri.
2. The movement is similar to the first Kendo long sword kata.
3. When drawing the right foot backwards during the evasion, it should remain slightly before the left foot.



Nukiuchi by Oda sensei

