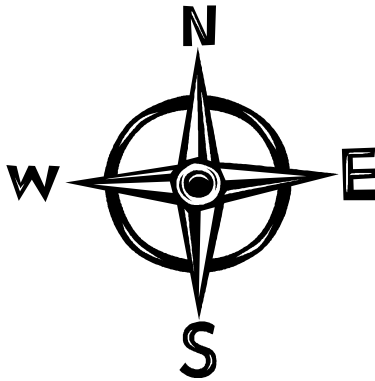




Mountain Path Aikido

Bokken Kata 1 (Happo Giri)



#	Explanation
	Face N. Chudan no kamae. (RH)
1	Shomenuchi, no step. (RH)
2	Turn hips and blade of bokken to R. Step forward with L foot and tsuki. (LH)
3	Pivot in place to face S. Shomenuchi. (RH)
4	Turn blade to L. Slide forward and tsuki. (RH)
5	Step to E with L foot. Shomenuchi. (LH)
6	Turn blade to R. Slide forward and tsuki. (LH)
7	Pivot in place to face W. Shomenuchi. (RH)
8	Turn blade to L. Slide forward and tsuki. (RH)
9	Step to SW with L foot. Shomenuchi. (LH)
10	Pivot in place to face NE. Shomenuchi. (RH)
11	Step to NW with L foot. Shomenuchi. (LH)
12*	Pivot in place to face SE. Shomenuchi. (RH)
13	Point blade to L and sweep horizontally to R. Simultaneously, release L hand and step across to R with L foot. Pivot to R completely, keeping both arms horizontal. Step S with L foot and continue turning to face N. At that time, cut bokken downward in an arc that rises up to jodan. Grasp bokken with both hands in jodan no kamae. End by lowering bokken to chudan no kamae, drawing R foot back slightly. (RH)

Notes:

N E S W indicates directions North East South West

Shomenuchi stops at jodan (tip of bokken is head high).

L indicates Left. R indicates Right.

All tsuki are parallel to ground, heart high.

Chudan no kamae: bokken is pointed at opponent's eyes.

(LH) Left hanmi (RH) Right hanmi

* Kiai

Bokken Kata 2

#	Explanation
	Chudan no kamae. (RH)
1	Slide L off line starting with L foot, drawing R foot, cutting under opponent's arm. End in guard position, bokken overhead and pointing towards opponent. (RH)
2	Step forward with L foot and gyaku yokomenuchi, drawing R foot behind. (LH)
3	Step to R with R foot and yokomenuchi, drawing L foot behind. (RH)
4	Step to L, L foot and gyaku yokomenuchi, drawing R foot behind. (LH)
5	Pivot in place 180 degrees to R and shomenuchi. (RH)
6	Turn blade to L. Slide forward R foot and tsuki. (RH)
7	Pivot in place 180 degrees to L and shomenuchi. (LH)
8	Turn blade to R. Slide forward L foot and tsuki. (LH)
9	Raise bokken overhead to L into jodan. Step forward with R foot cutting diagonally (R to L) continuing the cut into a pivot, 180 degrees to gedan, stepping back L foot. (RH)
10	Raise bokken overhead to R into jodan. Step forward with L foot cutting diagonally (L to R) continuing the cut into a pivot, 180 degrees to gedan, stepping back R foot. (LH)
11	Turn blade to R. Slide forward L foot and tsuki. (LH)
12*	Step forward with R foot and yokomenuchi, drawing L foot behind. (RH)
13	Point blade to L and sweep horizontally to R. Simultaneously, release L hand and step across to R with L foot. Pivot to R completely, keeping both arms horizontal. Step S with L foot and continue turning to face N. At that time, cut bokken downward in an arc that rises up to jodan. Grasp bokken with both hands in jodan no kamae. End by lowering bokken to chudan no kamae, drawing R foot back slightly. (RH)

Notes:

All strikes are to jodan (tip of bokken is head high) except 9 and 10 to gedan (tip of bokken is knee high).

L indicates Left. R indicates Right.

All tsuki are parallel to ground, heart high.

Chudan no kamae: bokken is pointed at opponent's eyes.

(LH) Left hanmi (RH) Right hanmi

* Kiai

Jo Kata I

#	Action	Target	Explanation
	Starting position		(LH) Jo upright in front of L foot, held with L hand chest high.
1	Tsuki and guard	Chest	Slide L forward off the line and tsuki. Slide to R rear in guard position. (LH)
2	Tsuki and guard	Chest	Slide L forward off the line and tsuki. Slide to R rear in guard position. (LH)
3	Yokomenuchi	Head	Step forward with R foot and yokomenuchi. (RH)
4	Gyaku yokomenuchi	Head	Step L with L foot, gyaku yokomenuchi while drawing R foot behind. (LH)
5	Rear thrust	Knee	Move L hand to top of jo, look behind, and thrust to rear, knee high while rotating hips 180 degrees and facing to rear. (RH)
6*	Tsuki and guard	Chest	Step forward off the line with L foot, tsuki and kiai. Slide to R rear in guard position. (LH)
7	Yokomenuchi	Head	Step forward with R foot and yokomenuchi. (RH)
8	Gyaku yokomenuchi	Head	Step across with L foot, jo in guard position, gyaku yokomenuchi while swinging R foot behind. (LH)
9	Turn to rear and block down	Opponent's weapon	Shift R foot to R, turn to R drawing L foot off the line, then block downward, with jo tip to R slightly above horizontal. (RH)
10	Tsuki	Chest	Slide forward and tsuki. (RH)
11	Shomenuchi	Head	Step forward with L foot and shomenuchi. (LH)
12	Tsuki and guard	Chest	Switch hands, slide L forward off the line and tsuki. Slide to R rear in guard position. (LH)
13*	Diagonal block and hide jo	Opponent's weapon	Step back L foot, striking diagonally (yokomenuchi), and kiai. R hand to end of jo and thrust to L rear, knee high. (RH)
14	Uppercut	Chin	Step forward L foot, sweep jo upwards, turning hips to R. (LH)
15	Thrust	Chest	Keep same hand grip, slide forward with L foot and thrust. (LH)
16	Tsuki and guard	Chest	Flip jo, slide L forward off the line, and tsuki. Withdraw to R rear in guard position. (LH)
17*	Diagonal block and thrust to L rear while kneeling	Opponent's weapon and knee	Step back L foot striking diagonally (yokomenuchi), then skip back to kneeling (L knee down, R knee up). R hand to end of jo, thrust to L rear and kiai while looking behind at 2nd attacker.
18	Sweep	Knee	Step forward with L foot and sweep jo knee high. (LH)
19	Thrust	Knee	Keep same hand grip, slide forward with L foot, and thrust to knee. (LH)
20	Tsuki	Chest	Flip jo, slide L forward off the line, and tsuki. (LH)
21	Diagonal uppercut	Opponent's weapon	Step to R with R foot, then step back L foot diagonal uppercut (R to L) with rear of jo (RH)
22*	Tsuki	Chest	Flip jo, slide R forward off the line, tsuki and kiai. (RH)

Notes:

All tsuki are parallel to ground, chest high.

All strikes are to jodan (tip of jo is head high)

L indicates Left. R indicates Right

(LH) Left hanmi (RH) Right hanmi

* Kiai

Jo Kata II

#	Action	Target	Explanation
	Starting position		(LH) Jo upright in front of L foot, held with L hand chest high.
1	Tsuki and guard	Chest	Move bottom of jo into R hand. Slide L forward off the line and tsuki. Slide to R rear in guard position. (LH)
2	Tsuki and guard	Chest	Slide L forward off the line and tsuki. Slide to R rear in guard position. (LH)
3	Shomenuchi	Head	Step forward with R foot and shomenuchi. (RH)
4	Block down	Opponent's weapon	Slide L with L foot, draw R foot in front. Jo tip clockwise arc and block downward ending with jo tip to R, slightly above horizontal. (RH)
5	Shomenuchi	Head	Step forward with L foot and shomenuchi. (LH)
6	Tsuki	Chest	Switch hands, slide L forward off the line, and tsuki.
7*	Pivot and shomenuchi	Head	Pivot to R 180 degrees, switch hands and raise jo to jodan no kamae, shomenuchi and kiai. (RH)
8	Block down	Opponent's weapon	Slide L with L foot, draw R foot in front. Jo tip clockwise arc and block downward ending with jo tip to R, slightly above horizontal. (RH)
9	Shomenuchi	Head	Step forward with L foot and shomenuchi. (LH)
10	Tsuki	Chest	Switch hands, slide L forward off the line, and tsuki.
11	Pivot and shomenuchi	Head	Pivot to R 180 degrees, switch hands and raise jo to jodan no kamae, shomenuchi and kiai. (RH)
12	Thrust to L rear	Knee	Thrust behind to L side, knee high, without looking behind.(RH)
13	Thrust to R rear	Knee	Bring jo forward and to R side while switching hands (L hand end of jo), look behind, rotate hips 180 degrees and thrust to rear, knee high, facing to rear. (RH)
14	Tsuki	Chest	Step forward off the line with L foot and tsuki.
15*	Pivot, 2 steps and shomenuchi	Head	Pivot to R 180 degrees, switch hands and raise jo to jodan no kamae, step forward L, R (2 steps), shomenuchi and kiai. (RH)
16	Turn and sweep	Clear space	Point jo to L, then pivot 360 degrees to the right stepping L foot then R foot. Swing jo parallel to ground, dipping at end before raising to hasso no kamae. (LH)
17	Uppercut	Chin	Step forward with R foot and uppercut. (RH)
18	Tsuki	Chest	Slide R foot forward slightly and tsuki. (RH)
19	Shomenuchi	Head	Step forward with L foot and shomenuchi. (LH)
20	Tsuki	Chest	Switch hands, slide L forward off the line and tsuki. (LH)
21	Diagonal uppercut	Opponent's weapon	Step to R with R foot, then step back L foot diagonal uppercut (R to L) with rear of jo (RH)
22*	Tsuki	Chest	Flip jo, slide R forward off the line, tsuki and kiai. (RH)

Notes:

All tsuki are parallel to ground, chest high.

All strikes are to jodan (tip of jo is head high)

L indicates Left. R indicates Right

(LH) Left hanmi (RH) Right hanmi

* Kiai