**Basic Sword Exercises**

Exercise #1 Alternate Shomen Cuts:

One partner cuts w/ shomen, the other simultaneously steps back into jodan, then that partner cuts and the other steps back into jodan hasso.

Variation: Paired Rising Deflections:

As one partner cuts the other executes a rising spiral deflection then does his own shomen, the original attacker then does his own rising spiral deflection and cut; this continues without a break as a flow drill.

Exercise #2 Left and Right Continuous Yokomen Cuts:

One partner initiates with a shomen cut but remains in place (does not step forward), the other partner cuts across the incoming shomen cut with right yokomen, the initiating partner swings directly into another shomen by letting his tip drop to the right, the receiving partner then cuts with left yokomen deflecting the shomen cut to the left, the initiator continues into another shomen, this continues with the receiving partner alternating left and right yokomen strikes.

Exercise #3 Continuous Rising Spiral Deflection into Yokomen Cuts:

Same as above but when the initial cut comes the receiving partner does a right side rising spiral deflection into right yokomen (this is two cuts from the initiating partner), then the process is repeated on the left side.

Exercise #4 Alternating Tsuki Attack and Defense:

Initiating partner steps forward with right foot from gedan hasso into a tsuki attack, the receiving partner (who is in seigan) steps back with right foot into a tip up

Exercise #4 (Cont.)

deflection, then steps forward again with the same foot to tsuki, the initiating partner repeats the same process.

Exercise #5 Sticky Blade deflection Practice:

As above but as the initiating partner does first tsuki, the receiving partner does a left to right small tip up deflection with depression, then moves directly into his own tsuki, the initiating partner then repeats the same deflect and tsuki on his side.

Exercise #6 Simultaneous Yokomen / Block Practice

Each partner cuts with right yokomen simultaneously starting at a spacing which allows only the blades to meet when they step forward, both slide the back foot away from the other and block with the tip down rising block, then both step with opposite foot and cut with left yokomen then slide the right foot back and execute a tip down rising block. process repeats ...

Exercise #7 Alternating Shomen / Block Practice:

Initiating partner cuts with shomen, receiving partner moves left, blocks with tip down rising block and cuts with shomen, initiating partner moves right, blocks with tip down rising block and cuts with shomen, receiving partner moves right and repeats the process, initiating partner moves left and repeats the process, exercise continues indefinitely...

Exercise #8 Continuous Circle Movement Practice:

Initiating partner does all continuous shomen strikes as in previous exercises; receiving partner does rising spiral deflection followed by two continuous right

Exercise #8 (Cont.)

yokomen strikes, then he does a rising spiral deflection from the left and follows with two continuous left yokomen strikes, exercise continues indefinitely