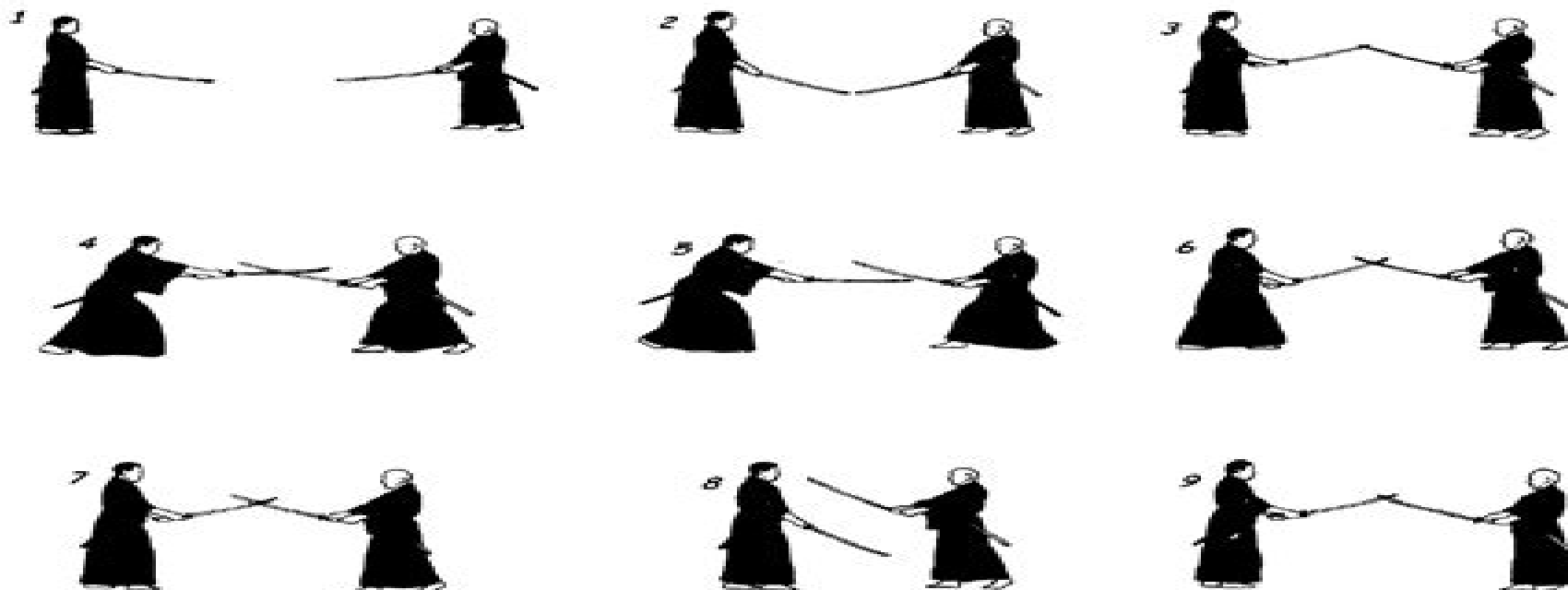




1. BOTH PERSONS ASSUME THE AISEKAN POSITION (AISEKAN).
2. BEGINNING ON THE RIGHT FOOT, BOTH TAKE THREE BIG STEPS FORWARD.
3. IN A SPIRIT OF MUTUAL COMBAT (KIRIARASHI), BOTH MOVE NATURALLY FROM THE AISEKAN TO THE AICHUDAN POSITION.
4. WHEN HE SEES A CHANCE TO ACT, DIRECTING THE TIP OF HIS SWORD SLIGHTLY TO THE LEFT OF THAT OF THE SHIDACHI (ON THE RIGHT), THE UCHIDACHI (ON THE LEFT) . STEPS FORWARD ON HIS RIGHT FOOT AS HE DELIVERS A TWO-HAND HORIZONTAL THRUST (TSUKI) TO THE SOLAR PLEXUS OF THE SHIDACHI. IN MAKING THIS THRUST, THE UCHIDACHI SLIDES THE SIDE-BACK (SHINOGE) OF HIS SWORD BLADE ALONG THE SHINOGE OF THE BLADE OF THE SHIDACHI'S SWORD.
5. THE SHIDACHI (ON THE RIGHT), TAKING ONE BIG STEP TO THE REAR ON HIS LEFT FOOT, LIGHTLY STOPS THE UCHIDACHI'S THRUST WITH THE SHINOGE OF THE MONOUCHI PART OF HIS BLADE.
- TURNING THE BLADE SO THAT ITS CUTTING EDGE CAN DO NO HARM, THE SHIDACHI PARRIES THE THRUST AS HE TAKES ONE STEP BACK ON HIS RIGHT FOOT. THE UCHIDACHI, BRINGS THE TIP OF HIS SWORD UNDER AND AROUND THE TIP OF THE SWORD OF THE SHIDACHI.
- POINTING THE TIP OF HIS SWORD AT THE UCHIDACHI'S THROAT, HE CONTROLS THE SWORD WITH THE SHINOGE OF THE MONOUCHI PART OF HIS BLADE.
6. ACTING WITH THE FORCE OF A THRUST, THE SHIDACHI STEPS FORWARD ON HIS LEFT FOOT TO PUT HIMSELF CLOSER TO HIS PARTNER. STEPPING BACK ON HIS LEFT FOOT, THE UCHIDACHI SWINGS HIS SWORD TO THE RIGHT OF AND BENEATH THE TIP OF THE SWORD OF THE SHIDACHI AND DIRECTS ITS POINT TO THE SHIDACHI'S THROAT.
7. TAKING THREE STEPS FORWARD-RIGHT FOOT, LEFT FOOT, THEN RIGHT FOOT, THE SHIDACHI SLOWLY RAISES THE TIP OF HIS SWORD FROM THE THROAT OF THE UCHIDACHI TO HIS FACE. IN DOING THIS, HE MUST NOT RELAX HIS MENTAL DRIVE (ZANSHIN) AS HE TAKES THREE SMALL STEPS BACKWARD, BEGINNING ON HIS LEFT FOOT, THE UCHIDACHI ASSUMES THE AISEKAN POSITION.
9. BOTH THE UCHIDACHI AND THE SHIDACHI ASSUME THE ISSOKU-ITTO INTERVAL AND THE CHUDAN POSITION.

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