

Ken no kata (2 Person)

Tori and *uke* stand about twenty feet apart facing each other. They turn and make a standing *rei* to the *sensei*. They then turn back to face each other and make a standing *rei*. They then walk towards each other, taking normal steps but sliding their feet along the mat – *ayumi-ashi*. When they are about four feet away from each other they stop and bring their left feet back, drawing their swords. This is where the *kata* begins.



Starting position (after *rei*). *Tori* stands square. *Uke* is in a right-side stance.



Uke steps his right foot forward striking *tori's* sword aside, ...



then steps his left foot forward raising his sword and delivering a downward diagonal strike toward *tori's* right shoulder.



Tori steps his right leg forward, raising his sword to block *uke's* attack...



... and parries the sword down to the ground.



Both return to start positions.



Starting position. *Tori* stands square. *Uke* is in a right-side stance.



Uke steps his left foot forward striking *tori's* sword up ...



... and then steps his right foot forward delivering a downward diagonal strike toward *tori's* left shoulder.

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Tori steps his left leg forward, raising his sword to block *uke*'s attack...



... and parries the sword down to the ground.



Both return to start positions.



Starting position.



Uke steps his right foot forward striking *tori*'s sword aside,...



... then steps his left foot forward raising his sword and delivering a downward vertical strike toward *tori*'s head.



Tori steps his right foot out, pivots with his left leg following, ...



... raising his sword horizontally to catch *uke*'s attack (as high as possible).



Return to starting position.

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Starting position.



Uke steps his left foot forward striking *tori's* sword up, ...



... contd ...



... then steps his right foot forward attempting a thrust strike to *tori's* stomach. *Tori* pivots aside ...



... and delivers a downward strike to *uke's* sword, driving it into the ground.



Tori then delivers an upward strike to *uke's* throat. Return to starting position.

Both then step back right then left and re-sheath their swords - *uke* first then *tori* (*tori* removes the blood from his sword prior to re-sheathing). Both *rei* to each other, then turn to face the *sensei* and *rei*. This is where the *kata* ends.