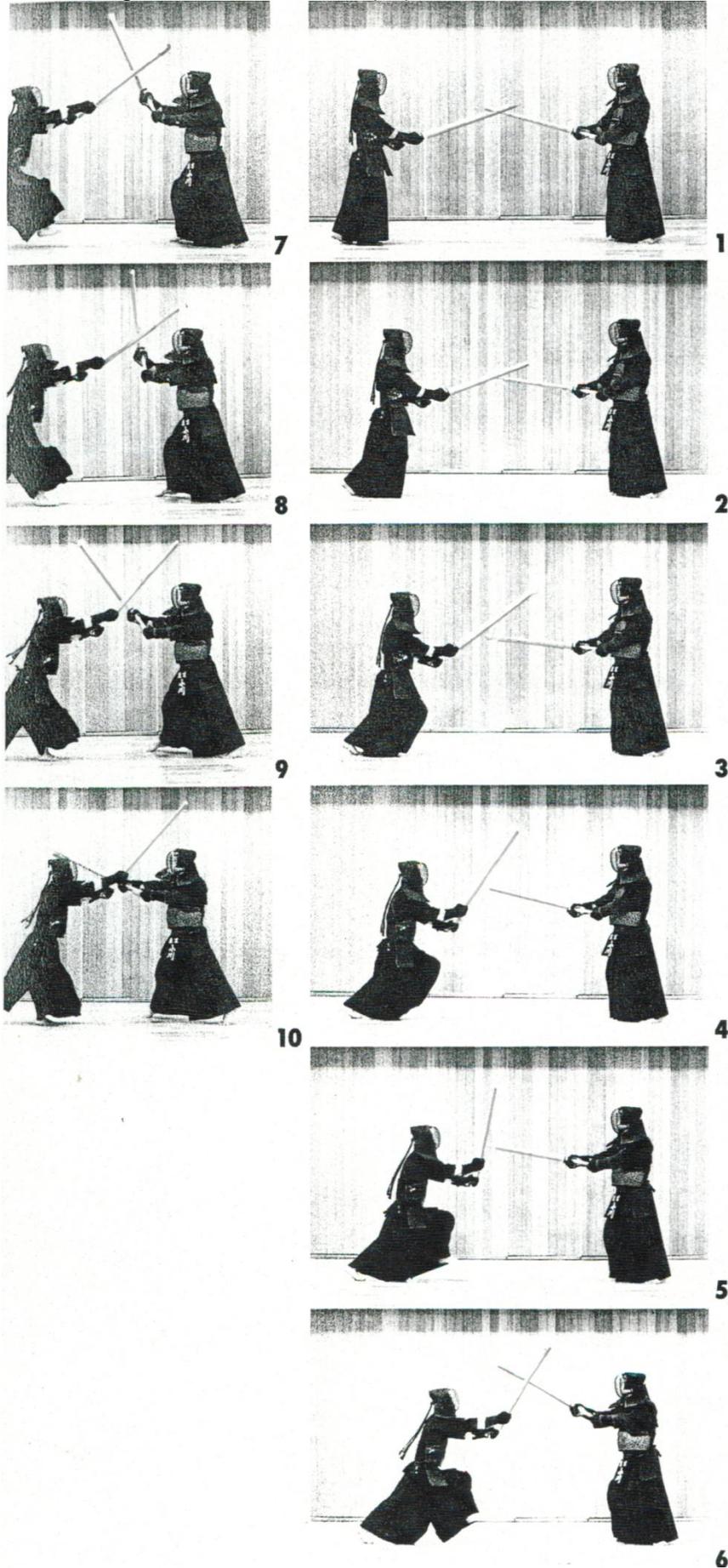
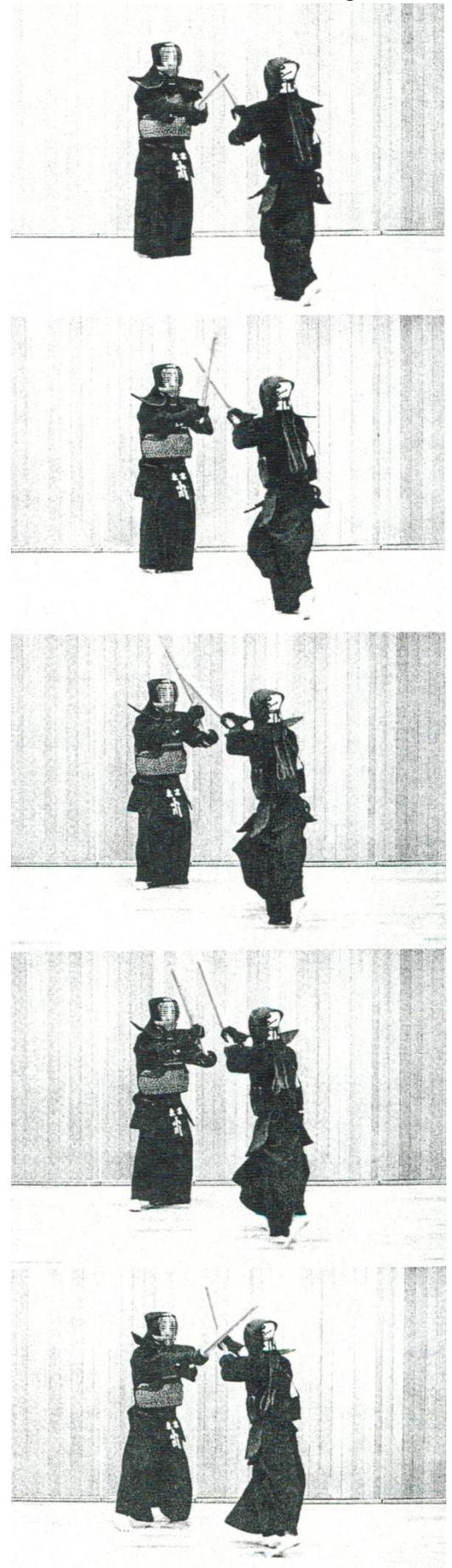


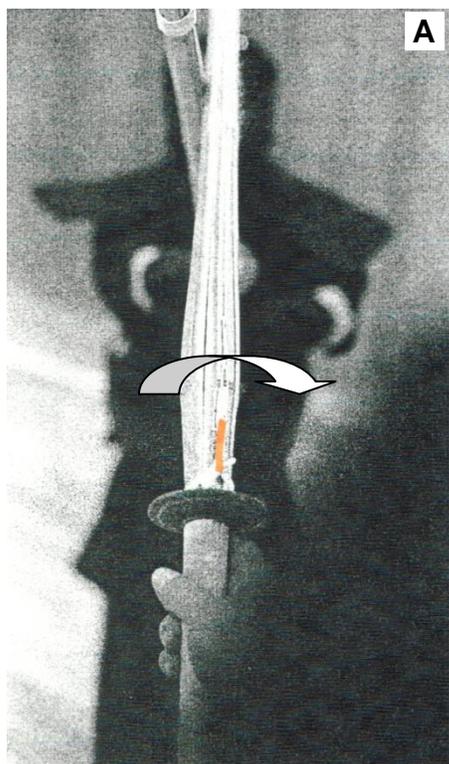
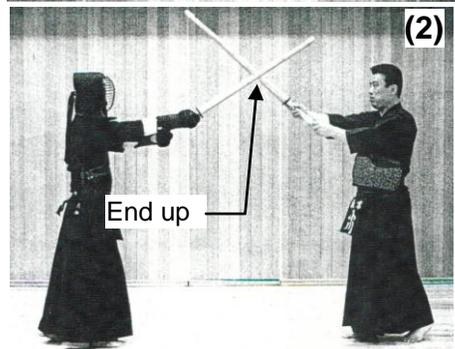
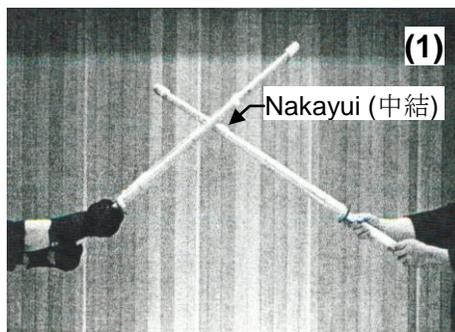
Men-Suriage Men from Omote (表) Side: Viewed from Side



Viewed from Different Angle



Men-Suriage Men (面-すり上げ面) from Omote (表) Side



Men-Suriage Men from Omote (表) Side

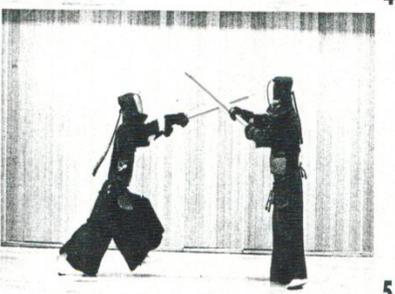
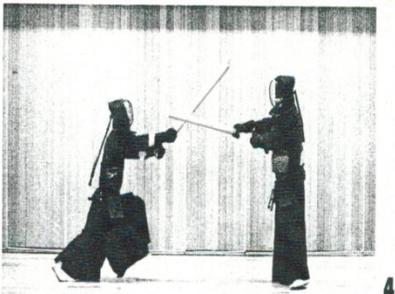
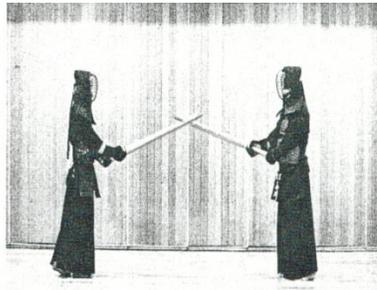
Ōji Waza (応じ技)

The pictures 1-10 on previous page show Suriage Men from Omote (表) side when opponent started small Men strike. Let's examine this Waza in detail.

- Tip 1 The ideal time to execute Suriage motion against an opponent's incoming small Men strike is when he raises his Shinai up, just before he swings down for a strike.
- Tip 2 You execute it in front of you at the portion of Shinai slightly away from Nakayui (中結). See the picture (1) on the left. You will end up as shown in the picture (2), because of the opponent's Shinai motion.
- Tip 3 You must make your initial Seme (攻め) move your opponent to start his Men as his reaction so that you can catch this timing for Suriage motion.
- Tip 4 You must use your wrists, elbow, but not shoulder, to parry opponent's Shinai with Suriage motion and strike Men. There is no time for Furikaburi (振りかぶり) because it requires speed. The Suriage to Men strike must be done in one count, Ikkyodō (一挙動).
- Tip 5 You must use two hands, and left hand should be raised up to the level of your solar plexus (鳩尾).
- Tip 6 Your Shinai must win the center, so that opponent's Shinai is deflected side slightly (See picture A on the left).
- Tip 7 A quick movement of your wrist in a clockwise rotation as shown in picture 2 makes to deflect opponent's Shinai. Of course, you return the wrist as shown in picture 3 when you strike Men immediately after the Suriage.
- Tip 8 Footwork for this Omote Suriage Men is straightforward with Fumikomi Ashi (踏み込み足) or slightly move to opponent's left side. The Suriage motion to Men strike should be executed with this one step in one count motion (Ikkyodō, 一挙動).
- Tip 9 Keep right hand near the center of your body, and left hand slightly left side so that the Shinai is slightly diagonal to your right as you make the Suriage motion. You can make a move straight up and quicker in this way rather than making clockwise half moon shaped rotation with your arms and wrists.

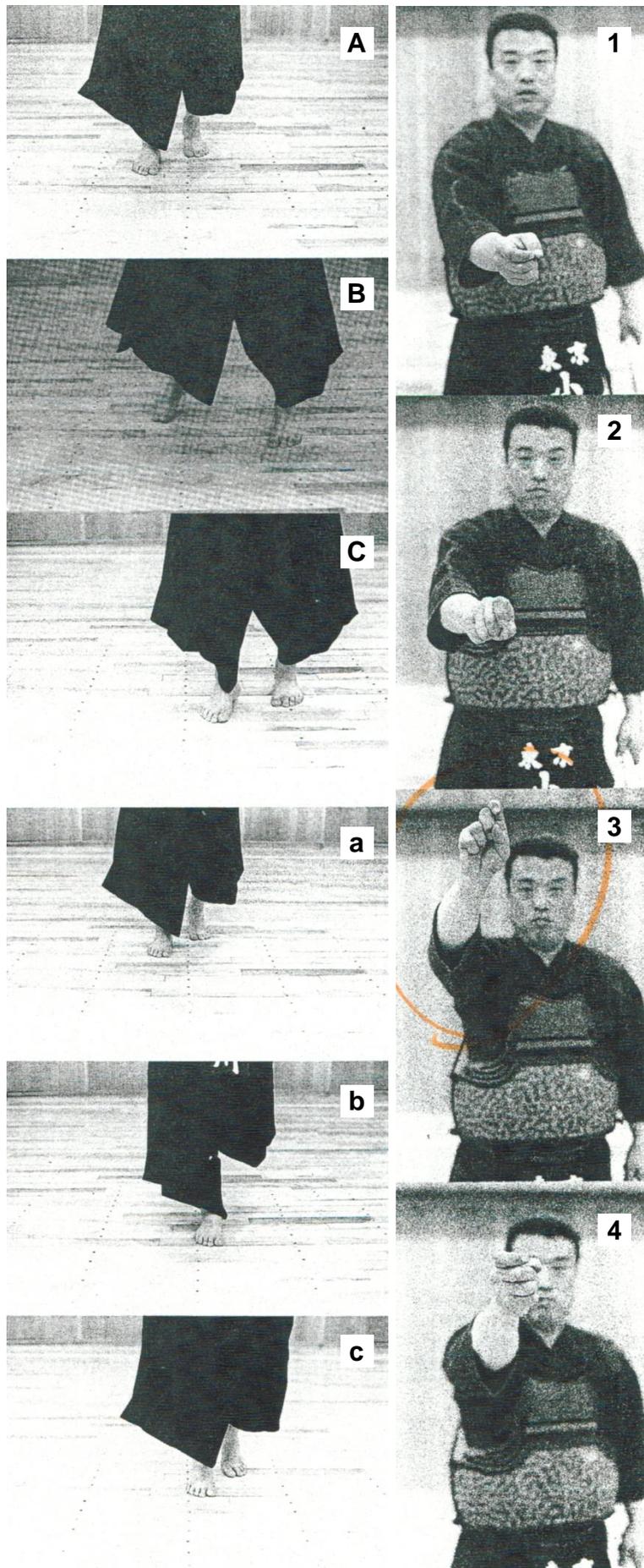
Men-Suriage Men from Ura (裏) Side Viewed from Side

Viewed from Different Angle



Men-Suriage Men from Ura (裏) Side

Ōji Waza (応じ技)



The pictures 1-8 on previous page show Suriage Men from Ura (裏) side when opponent started small Men stike. Let's examine this Waza in detail

Tip 1 The Tip1 through Tip5 described on page 2 for Suriage Men from Omoto (表) side also apply for this Suriage Men from Ura (裏) side.

Tip 2 The characteristic differences between the Suriage-Men Waza from Omote (表) side and Ura (裏) side are the foot works, the strength of the Suriage by hands (wrists) and the wrist orientation.

Tip 3 The pictures A, B, C and a, b, c on the left illustrate two different foot works for this Ura Suriage Men; namely, Hiraki Ashi (開き足) and Okuri Ashi (送り足) respectively.

Tip 4 The pictures 1-8 on page 3 use Hiraki-Ashi (開き足), moving your left foot further left as shown in the picture B. The Suriage must be executed during this transition time and strike Men as you step your right foot forward as shown in C. The footwork (left→right) must be on one count (Ikkyodō, 一挙動).

Tip 5 The footwork a,b,c introduces another way similar to the footwork introduced for Dehana-Kote. You step your right foot in front of your left foot (See b) as you do Suriage and strike Men as you pull your left foot behind your right foot as shown in picture c. It is called Okuri-Ashi Men (送り足面). This method is quicker as compared to the footwork A, B, C.

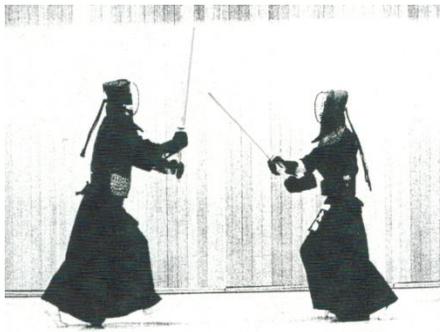
Tip 6 It is important to parry hard to deflect the opponent's Shinai toward your right (opponent's left) so that you can strike Men and go through opponent's right side without a head to head collision if you want to pass. If you have good Zanshin (残心), you need not go through in Ōji waza (応じ技).

Tip 7 The pictures 1,2,3,4 on the left show your right-hand orientation and the wrist work. You return the wrist as shown in picture 4 when you strike Men immediately after the Suriage.

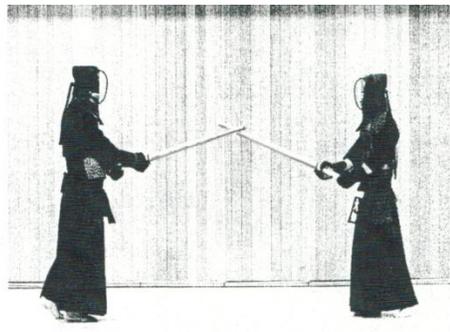
Note1 The right hand is at right shoulder position (See 3) for Suriage-Men from Ura (裏) side; whereas, the right hand is near center of your body for Suriage-Men from Omote (表) side. See picture 2 on page 2

Note2 The hand is twisted counterclockwise rotation with more strength (more wrist work).

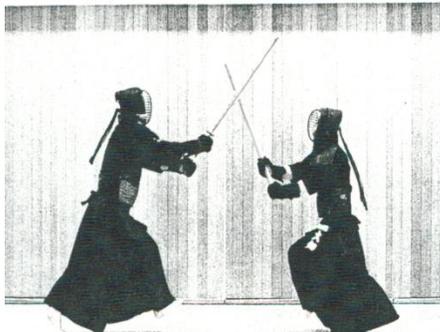
Men-Debana Men (Debana Men against Men)



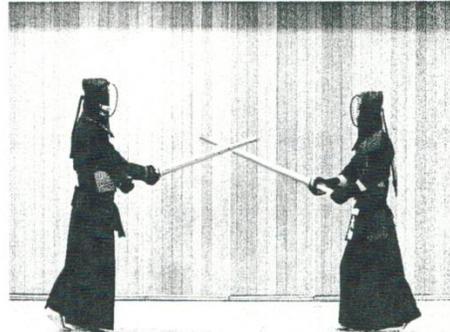
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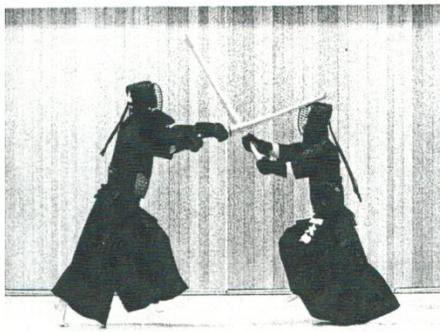
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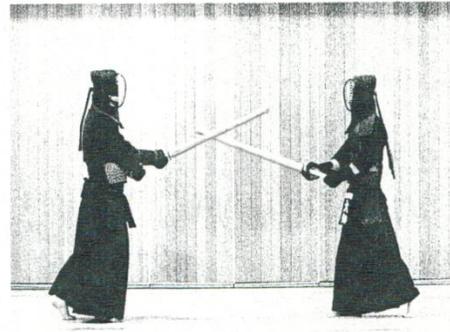
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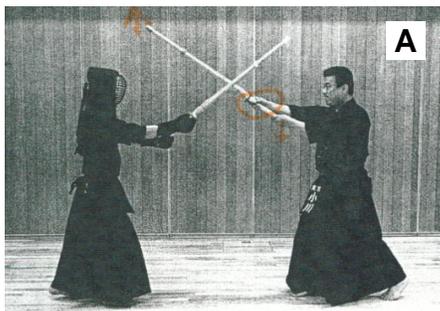
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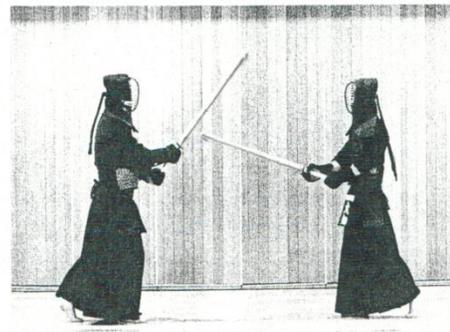
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3



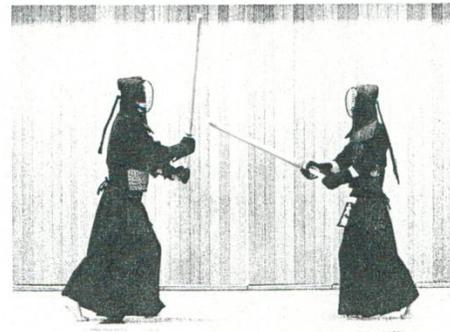
A



4



B



5

Men-Debana Men (面-出ばな面)

Ōji Waza (応じ技)

Tip 1 After perceiving the opponent's Men attack you strike Men before he strikes you. Catching this moment called "Okori (起こり)," he is just about to come, is very important.

Tip 2 Often the result of this Debana Men Waza becomes Ai Uchi Men (相打面).

Tip 3 How to win Ai Uchi Men (相打面):

A Your Migi Kobushi (右拳, right fist) must be higher than your opponent's right fist when going to Men.

B Your left hand must be kept at the center of your chest and hold firmly.

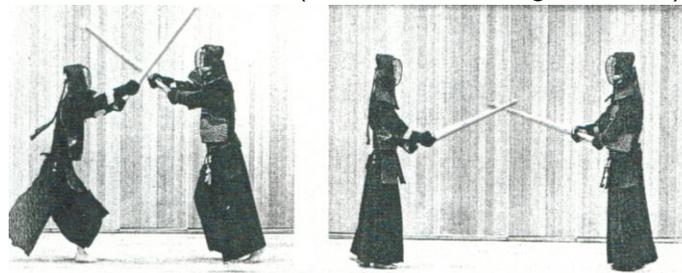
C Strike opponent from the top as if you do Suri Otoshi (すり落とし) Waza, killing your opponent's Shinai at the same time.

Tip 4 Picture A shows the position of your Migi Kobushi (右拳, right fist) and left hand. Your right-fist level is higher than your opponent's right fist.

Tip 5 Picture B shows Suri Otoshi (すり落とし) Men. Opponent's Shinai must be deflected to your left. See picture C on next page under Kiri Otoshi Men (切り落とし) Waza.

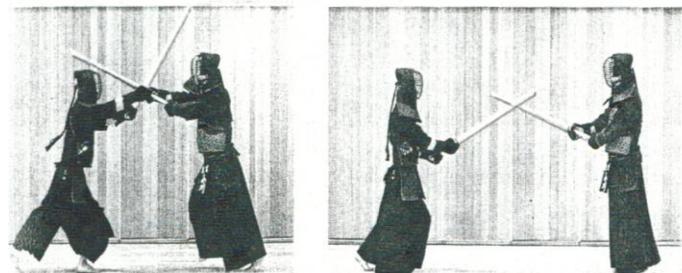
Men-Kiri Otoshi Men (Kiri Otoshi Men against Men)

Men-Kiri Otoshi Men (面-切り落とし面)
Ōji Waza (応じ技)



7

1

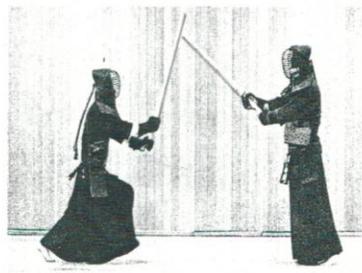


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2



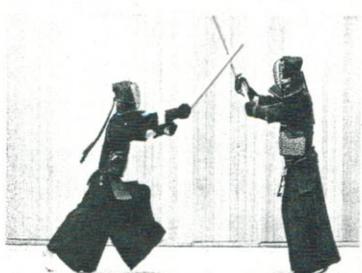
A



3



4



5



6

Kiri Otoshi or often called Suri Otoshi compared with Suri Age is a Waza from "Isshin Itto," "one heart, one sword" concept which is understood by saying one beat (of the heart), one technique. It is based on the principles of Ono Ha Ittō Ryu (style). Kiri Otoshi Men cuts down along the same line as enemy's cut displacing his sword.

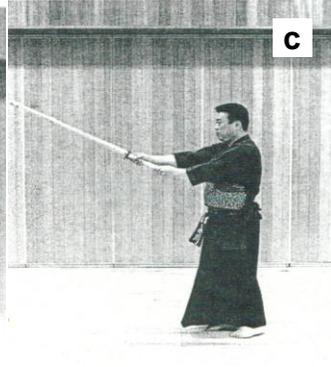
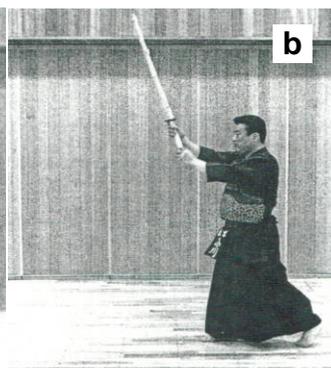
Tip1 This is very difficult technique against a young opponent's quick Men strike and impossible to succeed against opponent's Sashi Men (刺し面).

Tip2 This Waza is not to strike faster than opponent, but to deflect opponent's Shinai just before opponent's Shinai strikes you. Another word, your opponent is already in action to strike you; therefore, you will lose if you fail. This Waza is dangerous and takes courage and skill.

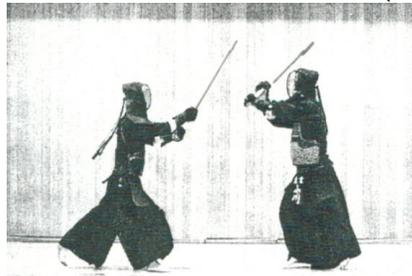
Tip3 Pictures 3-5 show that your hand position must be raised higher than opponent's as he initiates his Men Uchi and your Kensaki (剣先) is slightly tilted toward the right as shown in the picture A. Note your right hand is in the center and your left hand is slightly off the center.

Tip4 Push into the opponent with your right hand at the instant when you execute the Kiri Otoshi, at the same time restore left hand to center at your chest level and cut using your wrists.

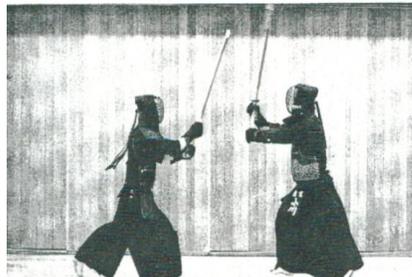
Tip5 The pictures below B-b and C-c show the detail of Kiri Otoshi (切り落とし) Waza. Note you step forward with your right foot as you raise your Shinai (B-b) and the opponent's Shinai is deflected onto your left shoulder when you strike Men with left foot pulled in at the same time (Okuri-Ashi Men). See C-c



Kote-Kaeshi Men (Kaeshi Men against Kote)



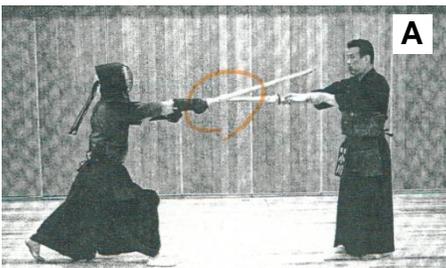
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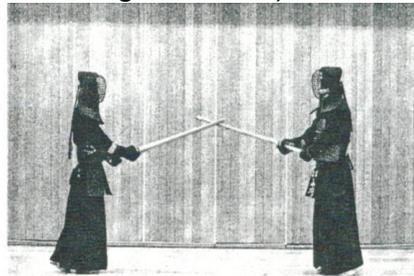
A



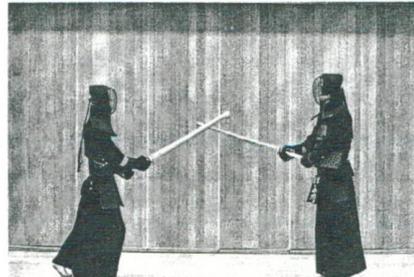
B



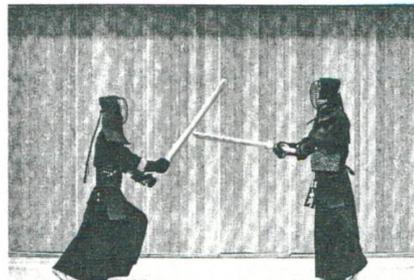
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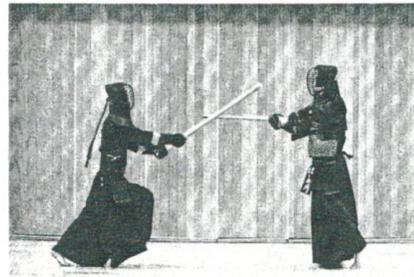
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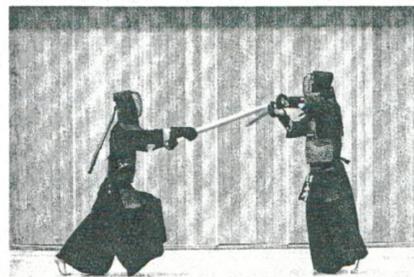
2



3



4



5



6

Kote-Kaeshi Men (小手-返し面)

Ōji Waza (応じ技)

Tip 1 You must parry opponent's Shinai at the Omote Shinogi (表鑓) of your Shinai by extending your arms rather than pulling your arms. See the pictures 4, A and D below.

Tip 2 When you do Kaeshi (返し), you keep your right hand at middle holding Shinai by your thumb and index fingers with other fingers practically opened. See B, C, and D.

Tip 3 Kote-Kaeshi Men Waza is theoretically Ikkyodo (一挙動), one count move. You must loosen your wrist to do this Kaeshi.

Tip 4 Footwork is also one step Ikkyodo (一挙動), one count move.

Tip 5 Adjust Maai (間合い) using small step forward, Fumikomi Ashi (踏み込み足) and strike Men without full extension of your arms for the Zanshin.

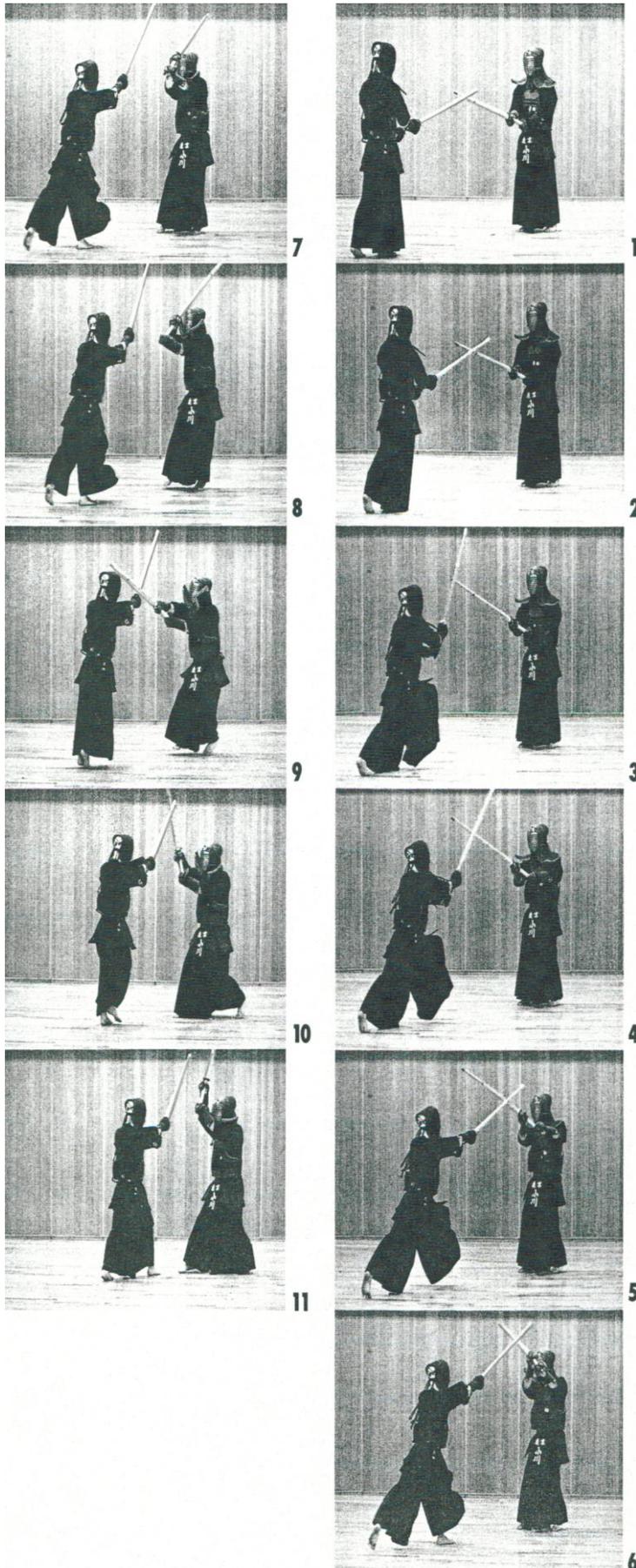


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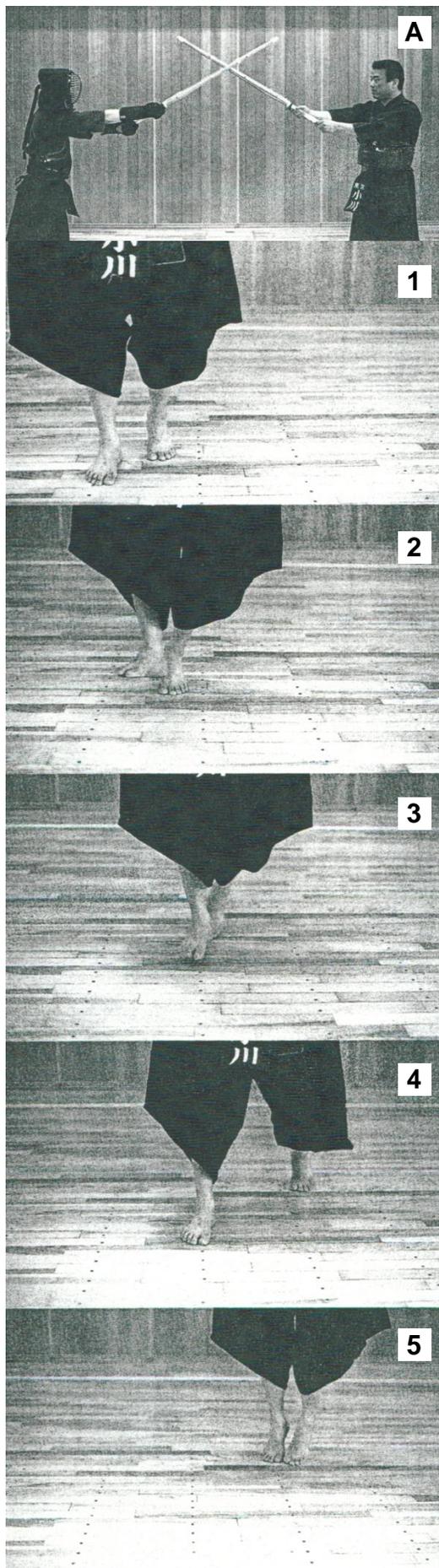
E

Men-Kaeshi Men (Kaeshi Men against Men)



Men-Kaeshi Men using Hiraki-Ashi (開き足)





Men-Kaeshi Men (面-返し面)

Ōji Waza (応じ技)

- Tip1 The pictures on page 8 show Kaeshi Men against opponent's Men. There are two ways of doing Men-Kaeshi Men (面-返し面). Left side is recommended footwork for Kaeshi Men against speedy incoming Men. Right side uses Hiraki-Ashi (開き足) whose move is somewhat difficult and gets slower because we do not use Hiraki-Ashi (開き足) very often; therefore, we are not trained to do.
- Tip2 You must parry opponent's Shinai at the Omote Shinogi (表鎧) of your Shinai at far distance (Tōma, 遠間) with your arms extended. See picture A on the left.
- Tip3 Actual distance, Maai (間合), when you parry becomes closer than the picture A (See the pictures 4s on page 8), but you must parry consciously with this Tōma (遠間) to succeed in this Waza, Men-Kaeshi Men.
- Tip4 The point of the Shinai contact is same as Men Suriage Men Waza introduce on page 2. Note the actual contact you see will be lower as in the pictures (2) on page 2
- Tip5 You must use your wrist to elbow, not arms, to parry opponent's Shinai using this Kaeshi technique, because it requires speed. The Kaeshi move to Men strike must be done in one count (Ikkyodo (一挙動)).
- It is ideal to use your wrist only for the Kaeshi move (表→裏) if your wrists are strong enough.
- Tip6 The pictures on the left show footwork for Kaeshi Men against speedy incoming Men by manipulating your body to left rear position:
- A The footwork picture 1 is a starting point.
 - B The pictures 2-3 are a transition that you are going to move your right foot to your original left foot position by hopping. Parry opponent's Shinai the moment you hop.
 - C The picture 4 shows the instant that your right foot hits the floor and your left foot is stepped back diagonally left at the same time. Strike Kaeshi Men, the moment your left foot hits the floor.
 - D The picture 5 shows pulling your right foot back to your left foot for Zanshin (残心) with proper Maai (間合).
- Tip7 Parry opponent's Shinai at the initial moment of this hopping and strike Men from Ura (裏) side at the same time as your right foot hits the floor and your left foot steps back diagonally left.

Kote-Suriage Men (小手-すり上げ面)

Ōji Waza (応じ技)

The pictures on next page show Suriage Men Waza against opponent's Kote strike. The pictures on the left side execute this Waza from Ura (裏) side, and the pictures on the right side execute this Waza from Omote (表) side. Execute Suriage from Omote (表) side for an opponent who moves to his right as shown in picture A1 on page 11 and execute Suriage from Ura (裏) side for an opponent who moves to his left as shown on picture B1 on page 11.

Kote-Suriage Men (すり上げ面) from Ura (裏) Side

Kote-Suriage Men (すり上げ面) from Omote(表) Side



6



1



6



1



7



2



7



2



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3



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3



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4



9



4



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5

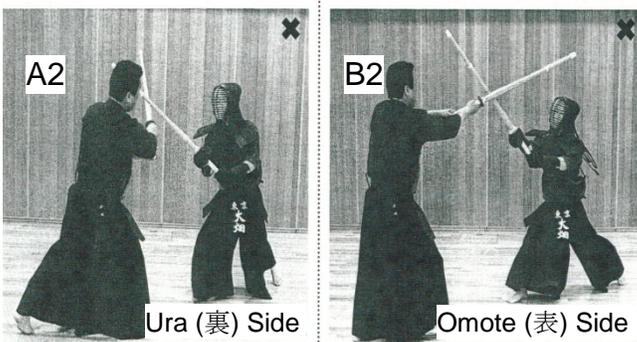
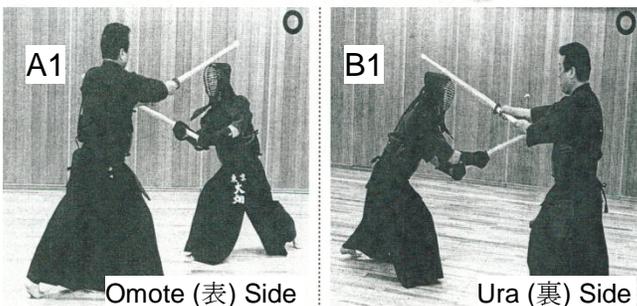
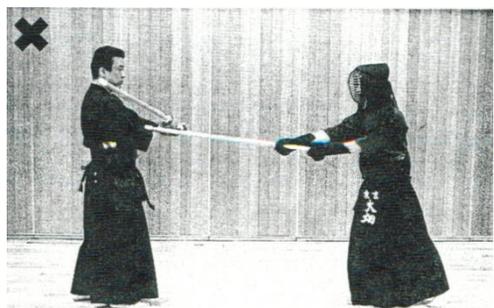
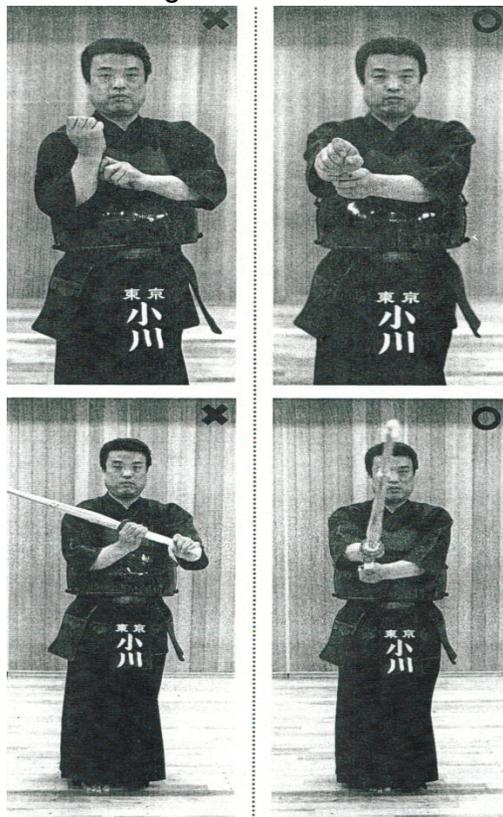


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5

Kote-Suriage Men from Ura Side



Kote-Suriage Men (小手-すり上げ面)

-Continued-

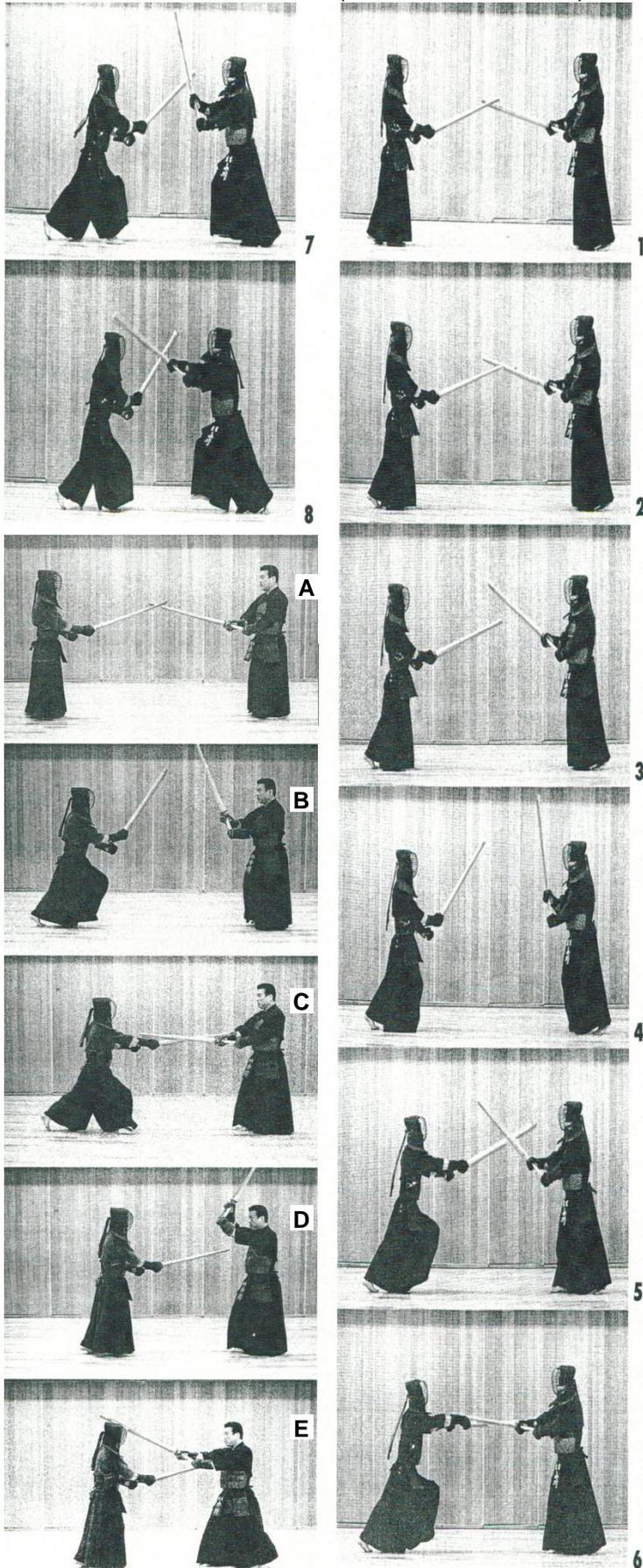
- Tip1 **For Ura Suriage** (裏すり上げ) you should not pull back your right hand like the left picture marked “ X ” but move your right hand forward diagonally to your upper right shoulder position together with your left hand as shown in the picture marked “ O ” when you make Ura Suriage motion.
- Tip2 Refer to Ura Suriage Men on page 3-4 for the detail of this Suriage motion.
- Tip3 **For Omote Suriage** (表すり上げ) you should not open Kensaki (剣先) to your right, but move your body slightly right as you strike Men with Fumikomi-Ashi (踏み込み足), right foot.
- Tip4 Refer to Omote (表) Suriage Men on page 1-2 for the detail of this Suriage motion.
- Tip5 You do not need to make Suriage motion strong from Omote (表) side because it becomes Kote-Nuki Men (抜き面) when you miss the parrying.
- Tip6 The pictures on the left A and B show when to execute Omote (表) Suriage Men or Ura (裏) Suriage Men. This depends on opponent's footwork. Generally, Ura (裏) Suriage Men is used most of the times.

Kote-Uchiotoshi Men (小手-打ち落とし面)

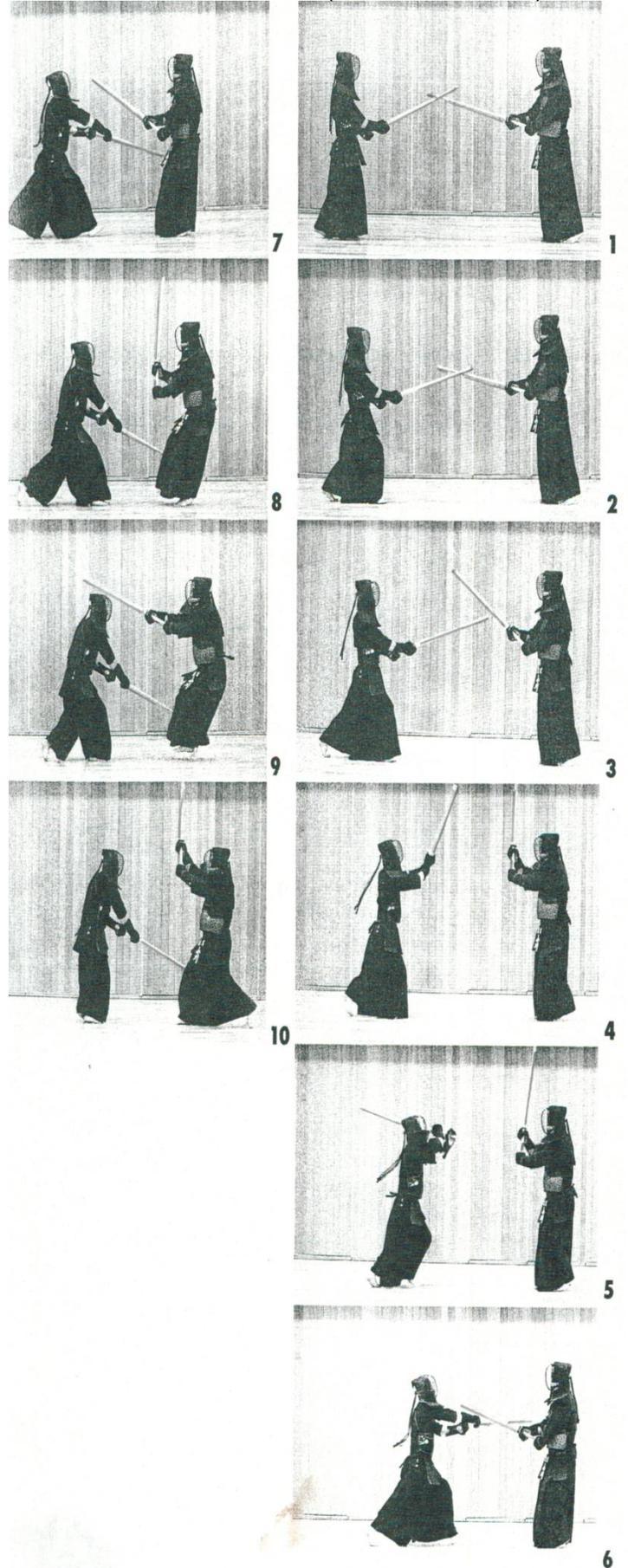
Ōji Waza (応じ技)

- Tip1 You should not strike down hard, but press straight down your Kensak(剣先) on top of opponent's Kote or Tsubamoto (鍔元) for this Uchiotoshi motion and then immediately strike Men. Do not defend for opponent's Kote attack. See pictures 1-8 and A-E on next page 12.
- Tip2 Concept of erasing opponent's Kote by parrying with Uchiotoshi; namely, think of Ai-Kote Men (相小手面). See C on page 12.
- Tip3 Use small motion without raising your Shinai higher than necessary for the Uchiotoshi. The pictures shown are a bit too high.
- Tip4 Adjust Maai (間合い) using small Fumikomi Ashi (踏み込み足) step forward and strike Men without full extension of your arms for the Zanshin.

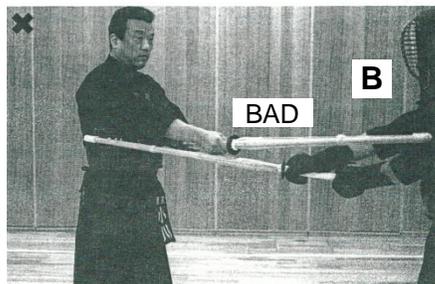
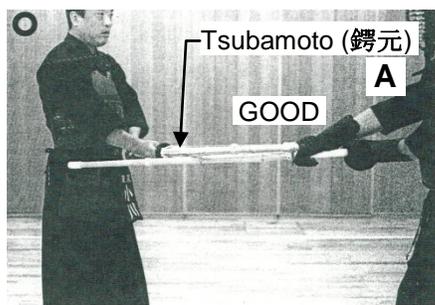
Kote-Uchiotoshi Men (小手-打ち落とし面)



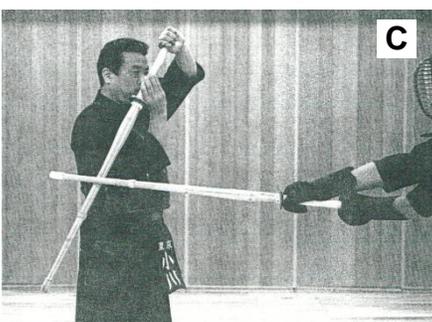
Dō- Uchiotoshi Men (胴-打ち落とし面)



Dō-Uchiotoshi Men (胴-打ち落とし面)



Dō-Kaeshi Men (胴-返し面)



Tsuki-Uchiotoshi Men (突き-打ち落とし面)



Tsuki- Kaeshi Men (突き-返し面)



Tsuki-Uchiotoshi Men (突き-打ち落とし面)

Ōji Waza (応じ技)

- Tip1 Do not parry to side, but lightly drop the tip of your Shinai, Kensaki (剣先), down to parry and immediately strike Men, because there is no time to parry strong and big on Tsuki-Uchiotoshi Men Waza. See pictures on page 15.
- Tip2 This Waza applies for both Tsuki, one from Omote side and one from Ura side as shown in the pictures D and E above.
- Tip3 The Men strike is the same way as Kote-Uchiotoshi Men on page 11 and 12.
- Tip4 Adjust Maai (間合い) using small Fumikomi Ashi (踏み込み足), step forward and strike Men without full extension of your arms.

**Dō- Uchiotoshi Men (胴-打ち落とし面)
Ōji Waza (応じ技)**

- Tip1 Since opponent is close to you by the time you strike Men for Dō-Uchiotoshi Men you do Hiki Men (引き面) with Fumikomi-Ashi (踏み込み足) as shown on the pictures 1-10 on page 12.
- Tip2 Kihon Waza No.9 using Bokutō teaches Dō-Uchiotoshi Men differently. In Kihon Waza, you move your left foot back diagonally to your left when you do Uchiotoshi and then strike Men with one step forward using Fumikomi Ashi, the right foot.
- Tip2 Also see Dō-Kaeshi Men (胴-返し面) on page 14 for Hiki Men (引き面) after you parry for opponent's Dō.
- Tip3 Parrying opponent's Dō for Uchiotoshi Men is done as shown in picture A on the left. Note your hand is not extended like the picture B, but closer to your body and you strike down near at Tsubamoto (鑿元) of your Shinai.
- Tip4 Note that the tip of your Shinai is up as you do Dō-Uchiotoshi as in the picture A. This angle is important to deflect opponent's Shinai downward rather than toward your body.

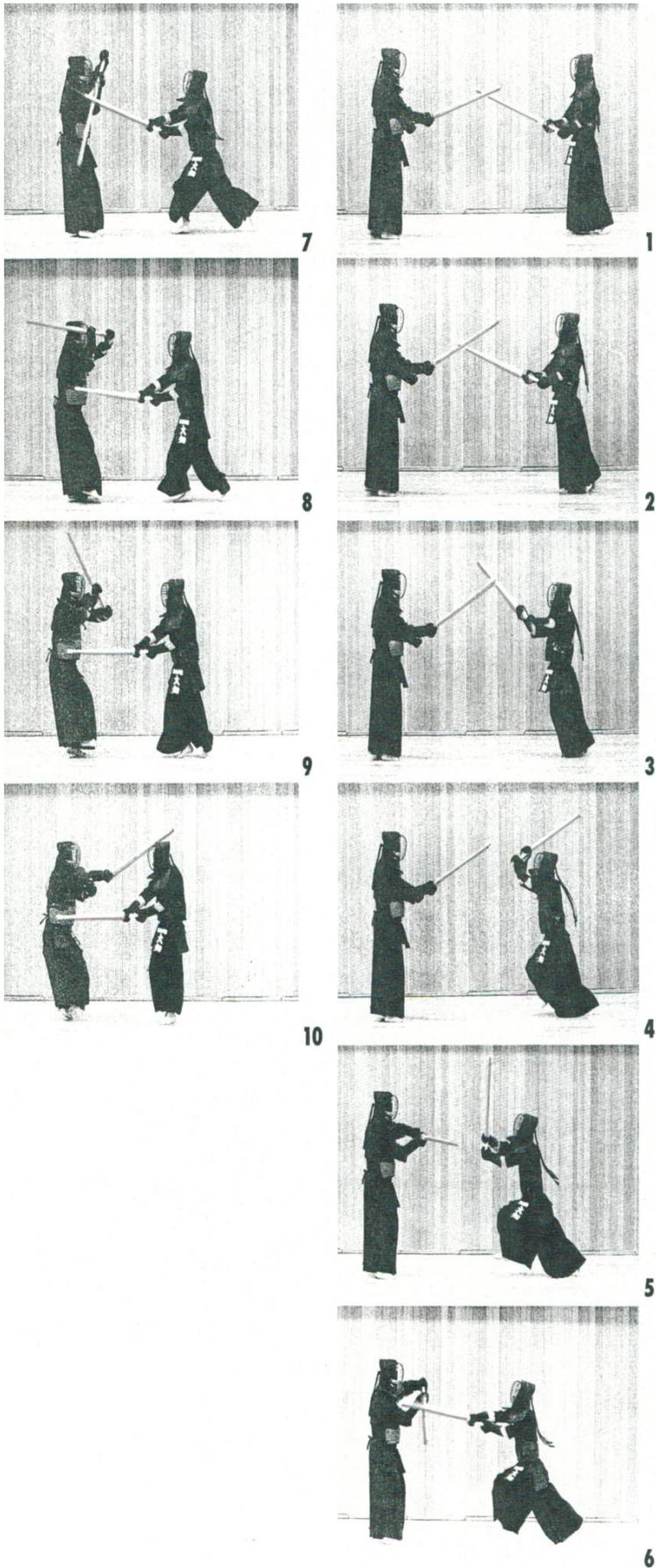
**Dō-Kaeshi Men (胴-返し面)
Ōji Waza (応じ技)**

- Tip1 You do not move your hand forward when you parry with Kaeshi Waza against opponent's Dō strike, but parry at near your Dō area using wrists (right-hand grip is loosened, and left hand is up near your head level) similar to Japan Kendo Kata No. 4. See picture C.
- Tip2 Immediately after this parrying, turn your wrists (do Kaeshi) and strike Hiki-Men (引き面) with Fumikomi-Ashi (踏み込み足).

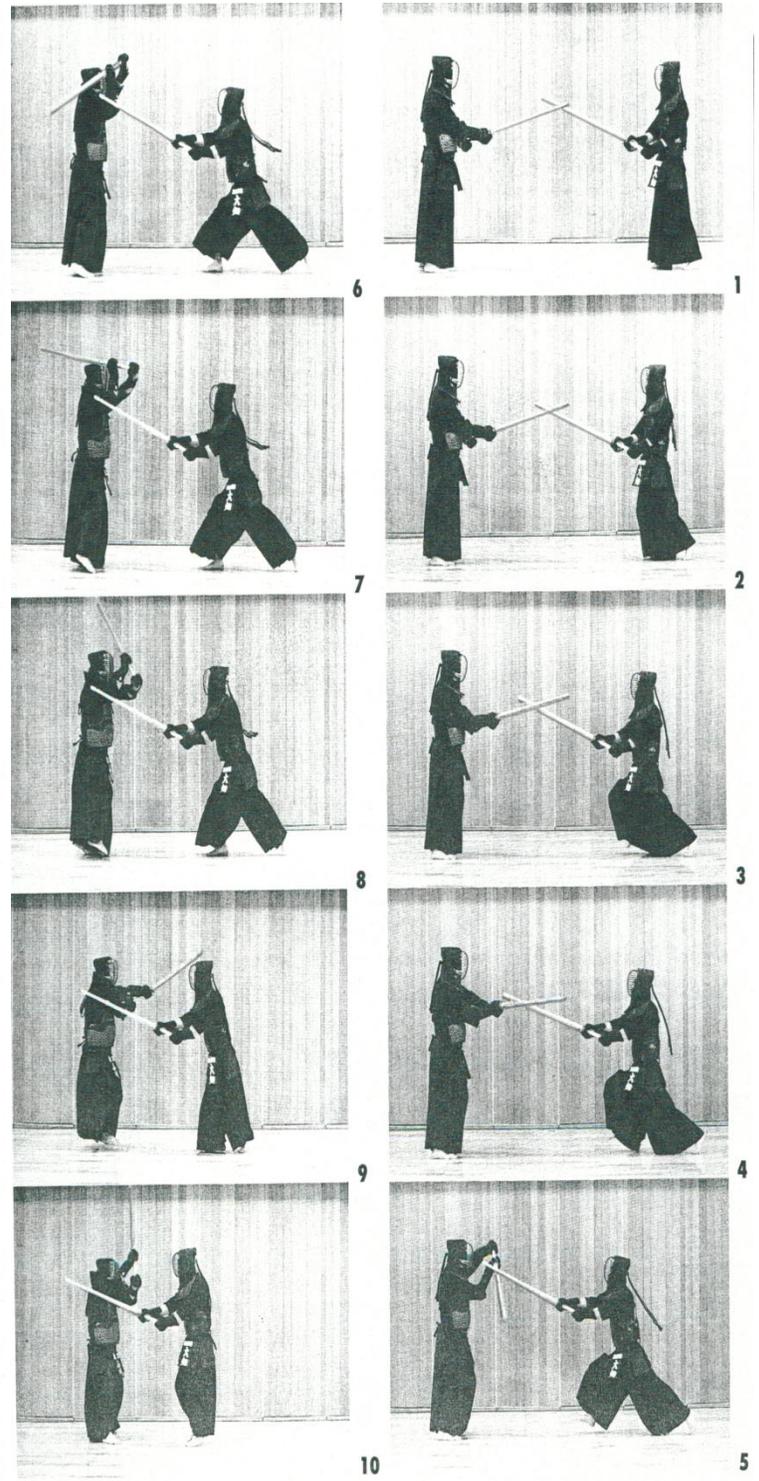
**Tsuki- Kaeshi Men (突き-返し面)
Ōji Waza (応じ技)**

- Tip1 This Waza does not succeed if Maai (間合い) is close. A chance to apply this Waza is when your opponent is forcibly trying Tsuki from a far distance as shown in picture C on the left. See pictures on page 14.

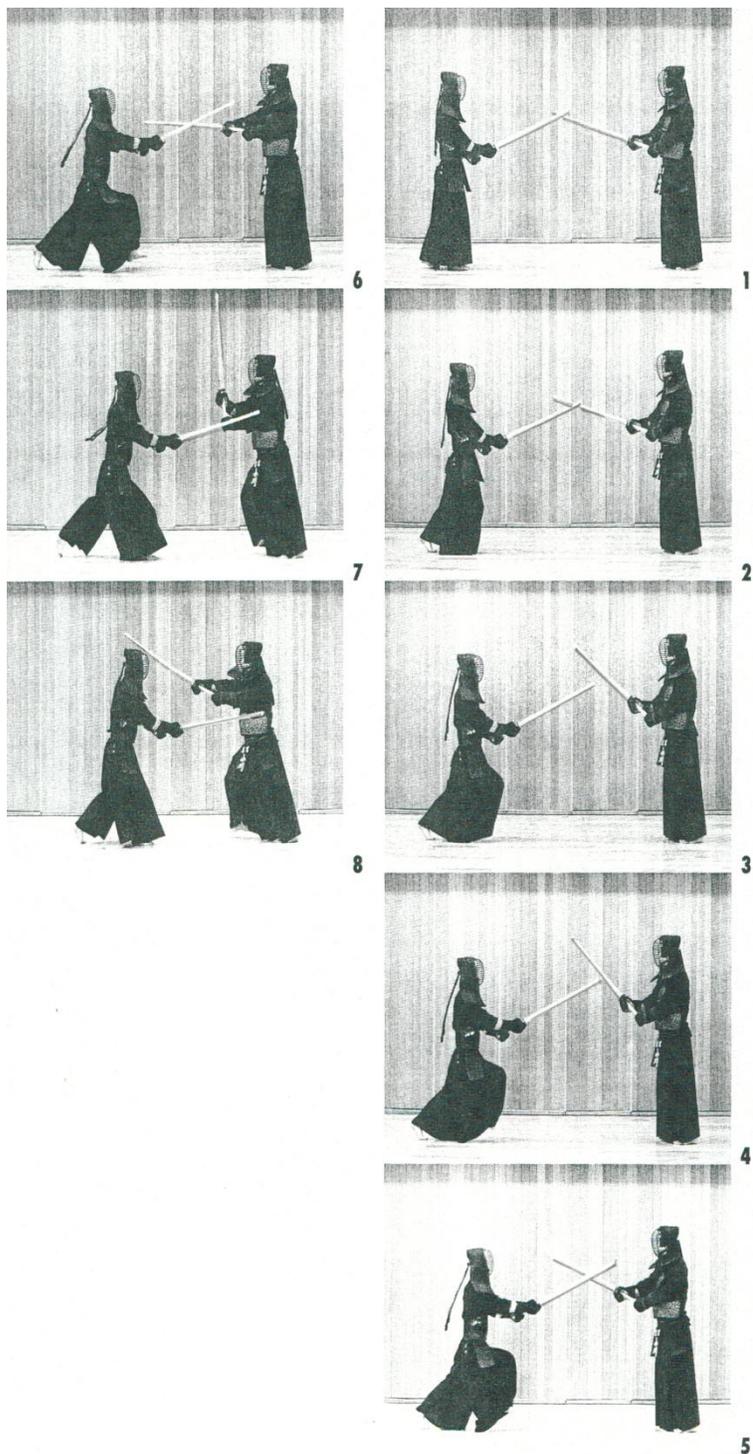
Dō-Kaeshi Men (胴-返し面)



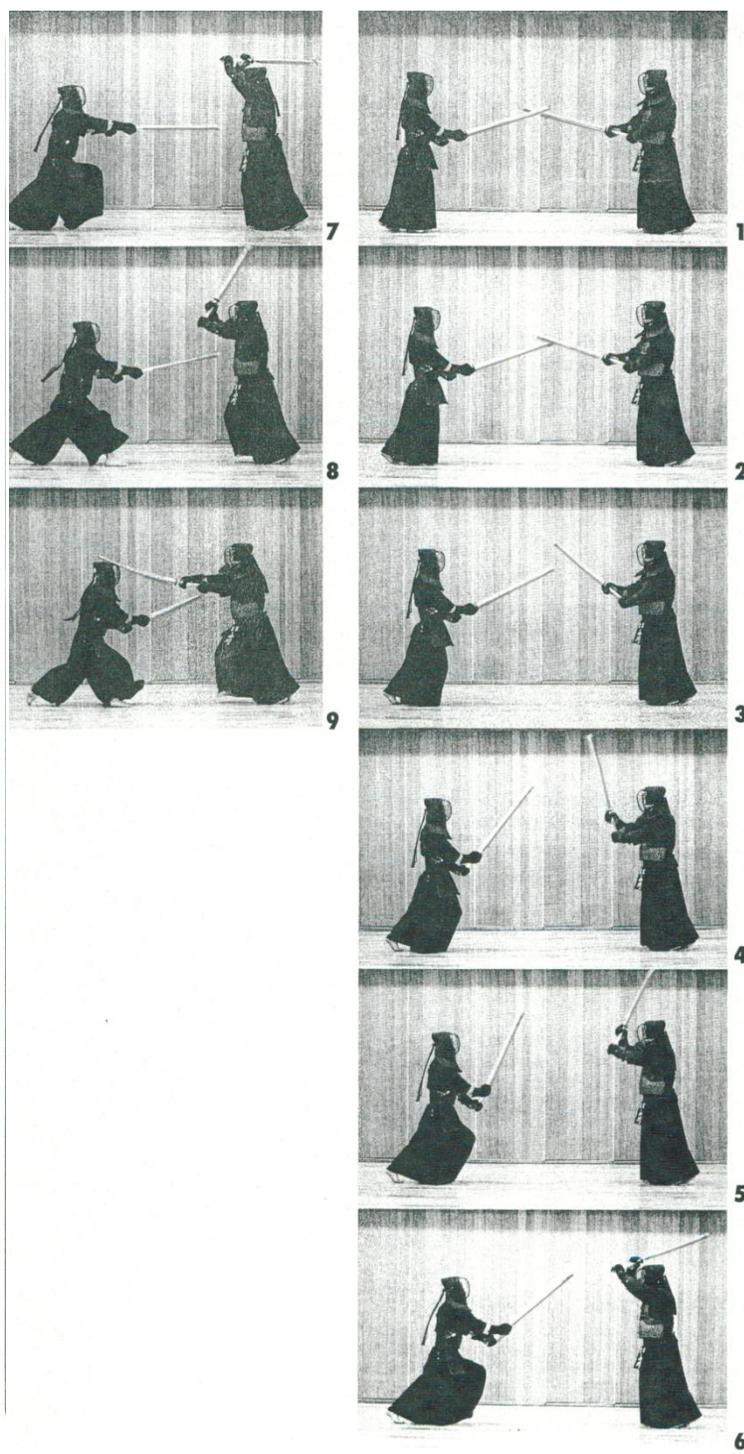
Tsuki-Kaeshi Men (突き-返し面)



Tsuki-Uchiotoshi Men (突き-打ち落とし面)



Kote-Nuki Men (小手-抜き面)



Kote-Nuki Men (小手-抜き面)
Ōji Waza (応じ技)

Tip 1 You must swing your Shinai up above your head (Furikaburi, 振りかぶり) and down quickly to strike Men in Ikkyodō (一挙動), one count move with such timing that you can avoid opponent's Kote attack when you do this Furikaburi (振りかぶり).

Tip 2 You need to dodge opponent's Kote attack first using a big Furikaburi with or without a step back. Normally, Ikkyodō Shinai swing is practiced with your body moving forward as you have seen in Shikake (仕掛け) Waza. Therefore, the Shinai swing with the standstill body posture takes special training to increase the speed of the swing.