

Dō Strike – Shikake Waza -

Tip 1 The illustrated Waza 1-9 is called Tobikomi-Dō (飛び込み胴). You pass thru right side of opponent after striking Migi-Dō (右胴). See 8, 9, 9++.

Tip 2 Normal Dō Strike which you pass thru left side of opponent after Migi-Dō (右胴) is called Nuki-Dō (抜き胴), not to be confused with Nuki-Waza (抜き技).

Tip 3 It is important that you show a big motion Men Uchi (strike) to raise opponent's arms for both Tobikomi-Dō and Nuki-Dō (pass thru your right side).

Tip 4 For an illustration of Nuki-Dō (抜き胴), refer to Ōji-Waza against opponent's Men-Uchi on page 4.

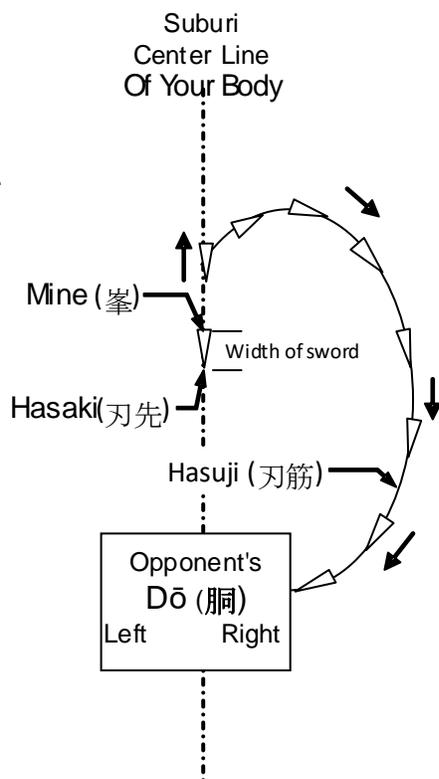
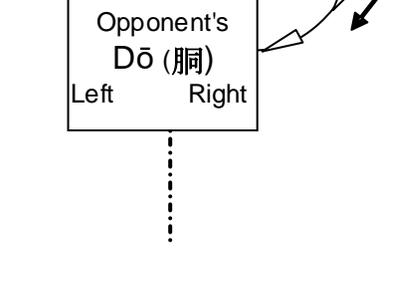
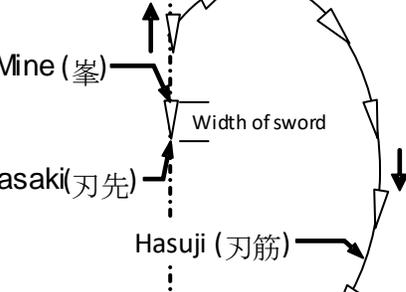
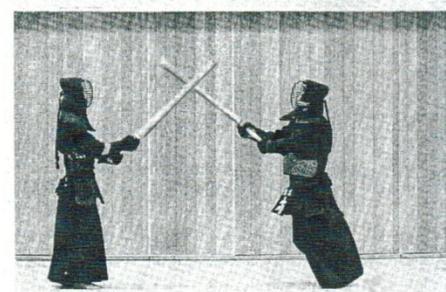
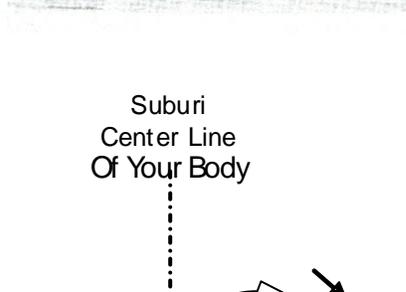
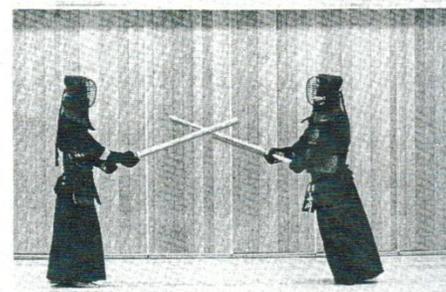
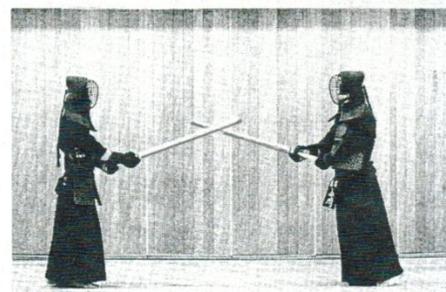
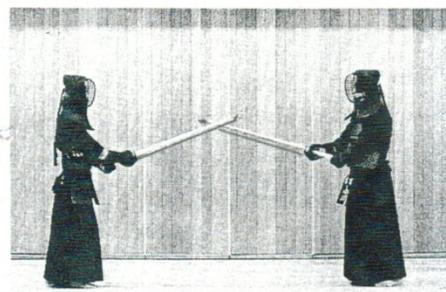
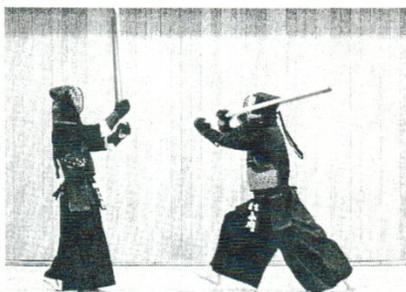
Remember the difference between Oji-Waza and Shikake Waza: In Oji Waza, you must consider opponent's move in your Waza, and he initiates Waza, whereas in Shikake Waza opponent is defensive or looking for a chance, so you initiate Waza.

Tip 5 Tobikomi-Dō (飛び込み胴) may have occasion to strike Dō with the left foot rather than right foot which is usually stepped straight forward, not the side.

Tip 6 Most difficult move for Dō strike is to swing Shinai quickly from up position to Dō cut position with good posture without bending your body forward or side and to show correct Hasuji (刃筋).

Note when you swing up (Furikaburi) Shinai the cutting edge (opposite side of string) is facing your opponent and when you strike Dō the blade is on opponent's Dō (胴) with an angle somewhat 45° to 90°, no upper swing motion.

This Suburi (素振り) is best illustrated if you use actual laito (sword) or Bokuto (木刀) as shown in the Figure on the right. The blade to Mune (棟) or Mine (峯- opposite side of the blade) is the width of the sword. Note the blade leads, and the Mine follow the path of the blade so that wind resistance is minimum. That is correct Hasuji (刃筋).



7

1

8

2

9

3

4

4

5

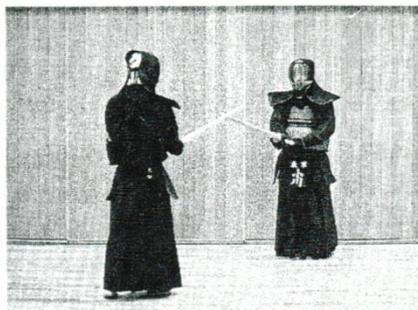
5

6

6



7



1



8



2



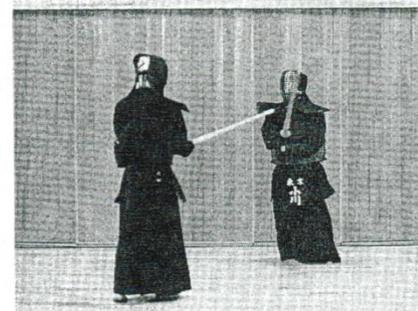
9



3



10



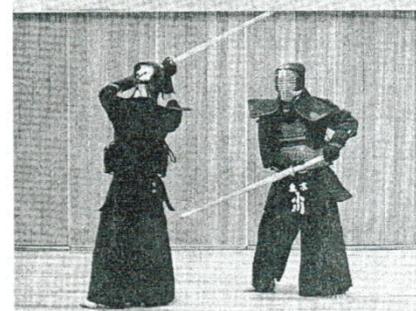
4



11



5



12



6

## Gyakudo (逆胴) – Shikake Waza

- Tip 1 To strike Gyakudo (逆胴), opponent's left Dō (左胴) you must make opponent's left elbow up.
- Tip 2 Go for Kote (小手) then Men (面) to make your opponent completely defensive and then execute Gyakudo (逆胴).
- Tip 3 The Kote (小手) attack is to make opponent's Kensen (剣先) open to your left so that he will bring up arms with open Kensen (剣先) when you attack Men.
- Tip 4 This technique creates an opening for Gyakudo (逆胴) and also make it difficult for the opponent to counter act for Gyakudo.
- Tip 5 You must have a feeling of Sutemi (捨て身) to execute Gyakudo (逆胴) because you are standing in front of the enemy (opponent) with your Men wide open. See below for the meaning of "Sutemi."
- Tip 6 After striking Gyakudo (逆胴), good or bad, you should be mentally and physically ready for Zanshin and use Suriage Men if opponent reacts with a counter attack.
- Tip 7 The Gyakudo (逆胴) strike is pulled to cut as in the most of the Hiki Waza (引き技) or laido (居合い道); therefore, the foot work becomes wide open Hiraki-Assi (開き足).
- Tip 8 Strike Gyakudo (逆胴) with your right foot stepped forward. The distance between right and left foot should be wide enough like laigoshi (居合腰) and then immediately move diagonally back to your left as you pull to cut with Kensen (剣先). The move should be left foot first and then right foot.
- Tip 9 Right hand should be the center of your body, and left hand is in front of your left waist after the Gyakudo (逆胴) strike, pull to cut.
- Tip 10 Do not restrict your mind that you have to keep your left hand in the middle because you cannot strike Gyakudo (逆胴) satisfactory with the left hand in the center of your body.

**Sutemi** = Giving all you have regardless the outcome, win or lose, life or death.

See next page for more pictures detailing the proper movements for Gyakudo (逆胴)

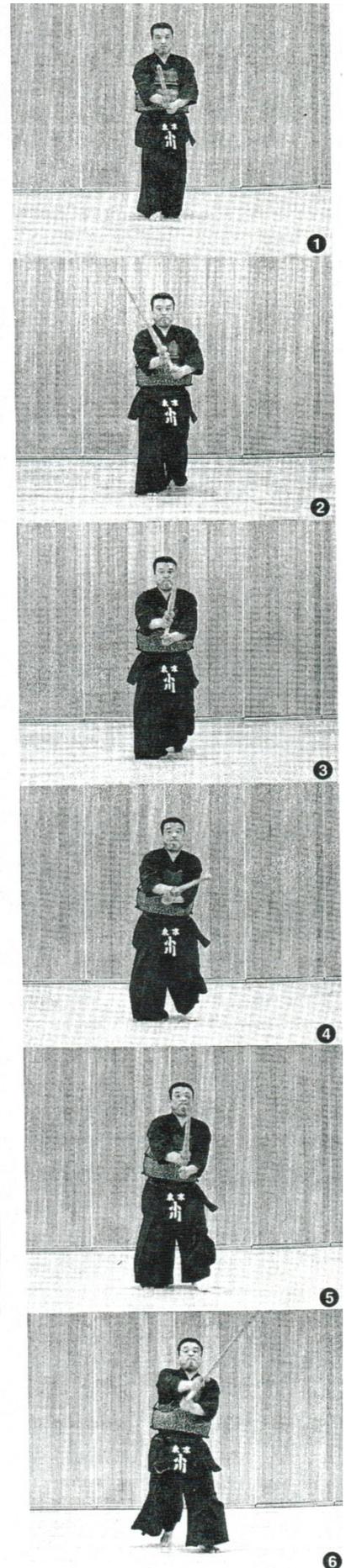
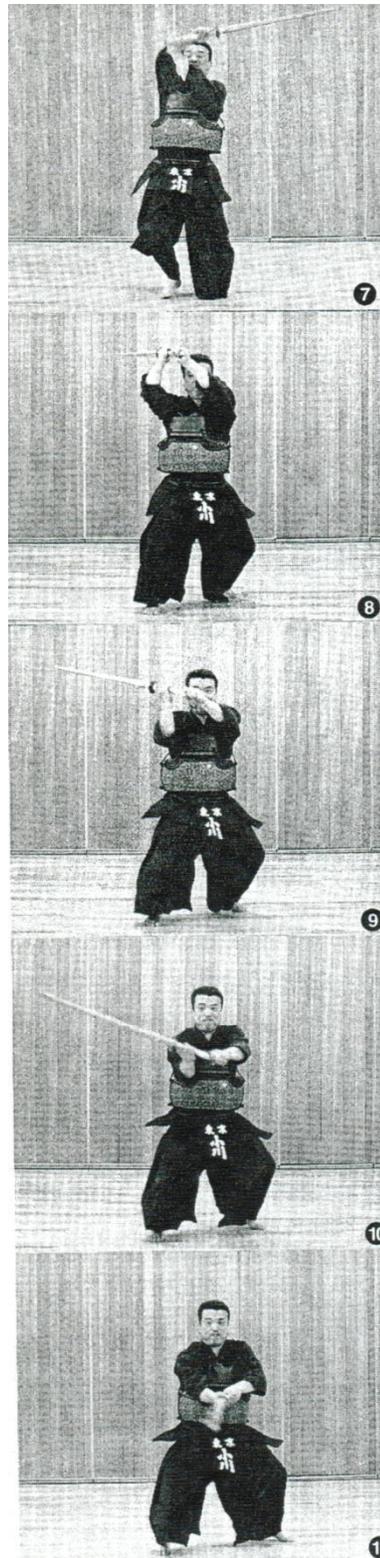
Gyakudō (逆胴) – Shikake Waza

- Continued -

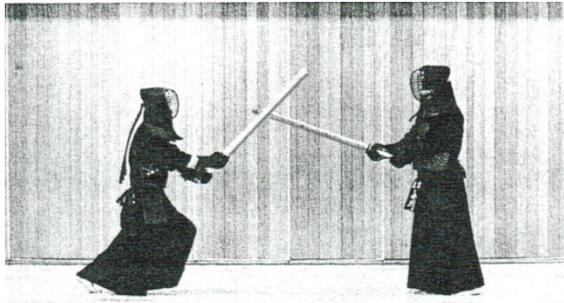
Tip 11 The pictures 2-4 on the right show as if you are attacking opponent's Kote, then suddenly changing the attack toward Men-Uchi, 6-7 and then Gyakudō (逆胴), picture 8-11.

Tip 12 Note your Chudan (中段) posture in picture 1 shows that the Kensen (剣先) is toward opponent's left eye and the first joint of your right thumb is in front of your belly button.

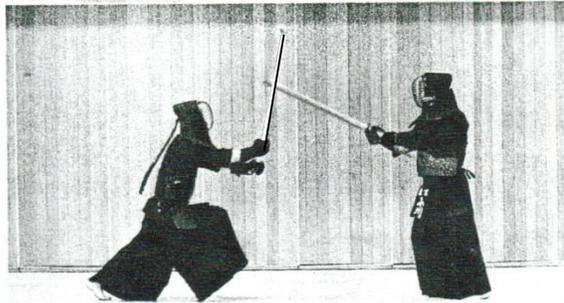
Tip 13 Also, note that the posture of your body and foot work is unique in that your hip is lowered with wide open Hiraki-Ashi (開き足) and with right foot forward.



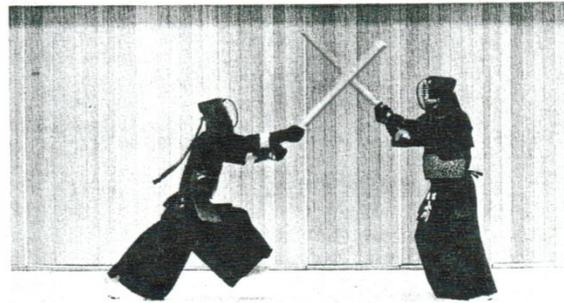
Kaeshi-Dō (返し胴)



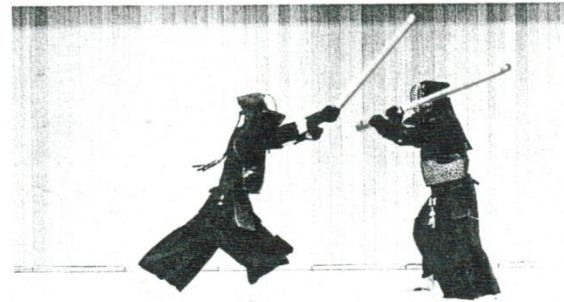
3



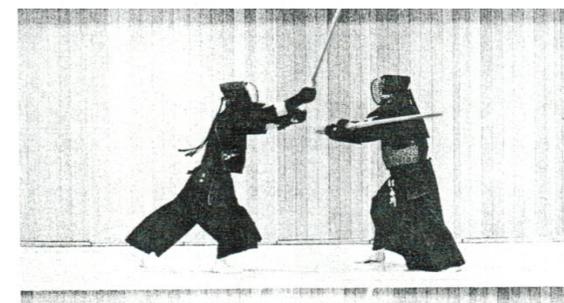
4



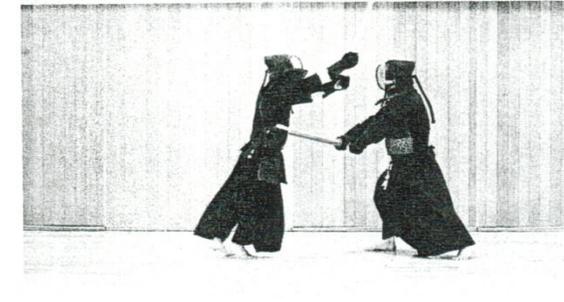
5



6



7



8

Kaeshi-Dō (返し胴) - Ōji Waza against Men-Uchi  
Nuki-Dō (抜き胴) - See pictures on next page

Tip 1 Steps 1-2 of pictures on page 1 (Dō strike) may be placed in front of this step 3 with reversal of the roll; that is, the opponent initiates Waza and not you.

Tip 2 Consider that the way to strike Kaeshi Dō (返し胴) is same as Nuki-Dō (抜き胴), normal Dō (Shikake Waza).

In Kaeshi Dō you parry opponent Shinai from Omote (表) side, you do Kaeshi in Tenouchi, strike Migi-Dō (右胴) and then cut through (Nuku 抜く) by passing thru opponent's left side.

You must learn to do this **parrying unconsciously** and let your opponent's move determine your Waza, Kaeshi-Dō or Nuki-Dō.

It is Nuki-Dō if your Shinai did not touch opponent's Shinai as you strike Dō, and it is Kaeshi Dō if you do parry opponent's Shinai.

Tip 3 The parrying should be done on your front (not over your head) like you do Omote Suriage, then Tekubi (手首)Wo Kaeshite (返して) and then strike Migi Dō (右胴) in one count motion. Tekubi Wo Kaeshite means to turn over Kensen (剣先) of your Shinai to opponent's right side by using your wrist (the manipulation is called "Tenouchi").

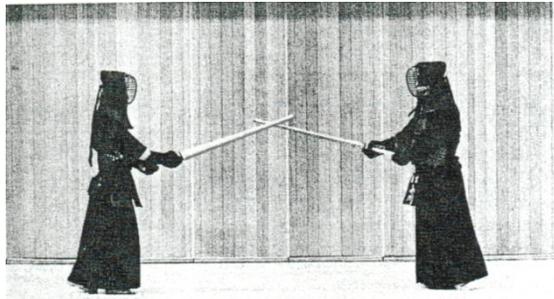
Tip 4 When you strike Dō and cut through to your opponent's left side step your right foot diagonally forward to your right and strike Migi Dō (右胴) with your left hand next to your right hand to make one fulcrum at near Tsubamoto (鐙元) for better speed and accuracy.

See pictures on next page for this technique.

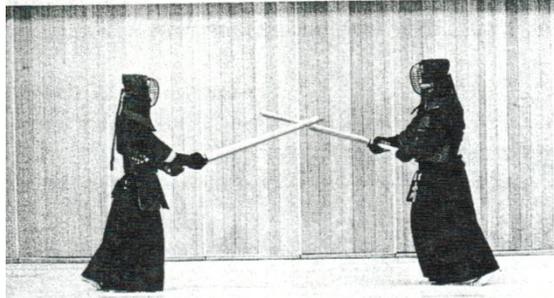
Tip 5 Left hand must be flexible to move quickly next to right hand as you make parrying motion. The parrying motion should be done unconsciously.

Tip 6 Note that you are also parrying with your body to avoid opponent's Men strike by moving diagonally forward to your right. Do this parrying by your foot work, not by your body

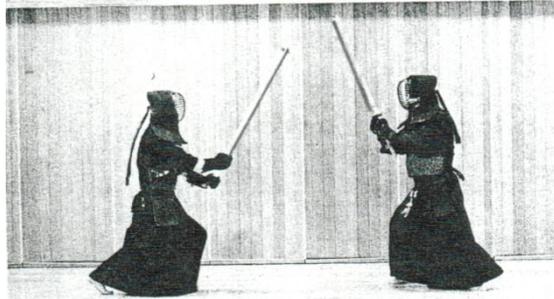
Nuki-Dō (抜き胴)



1



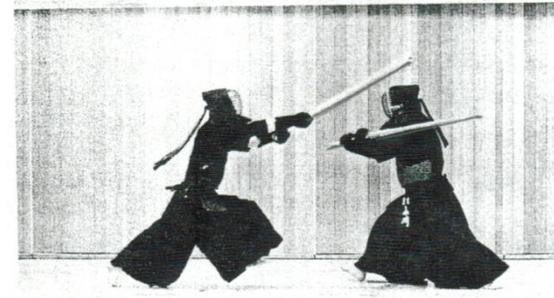
2



3



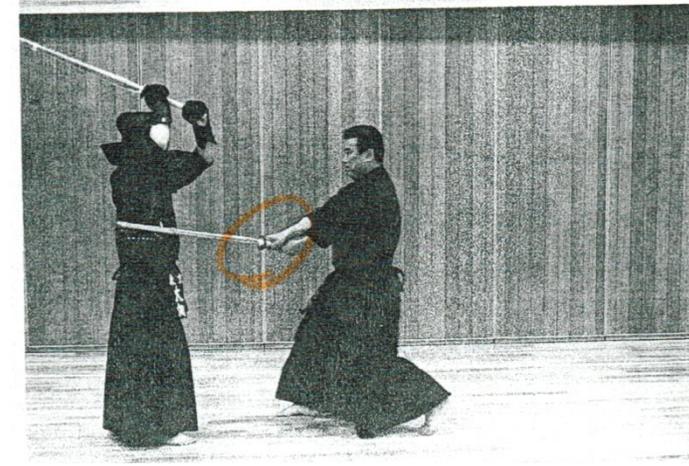
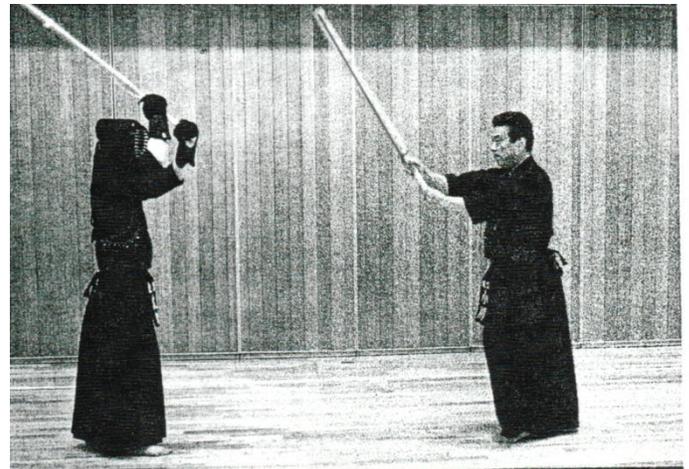
4



5



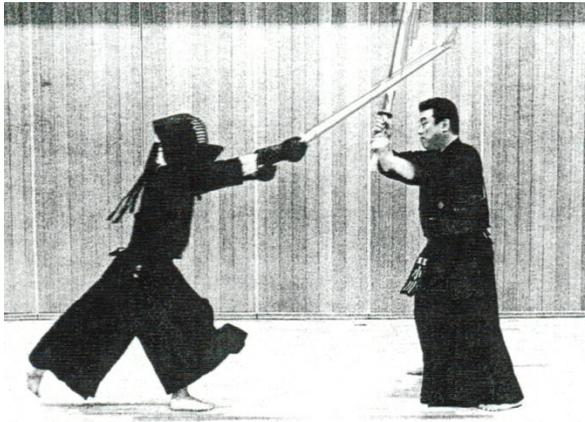
6



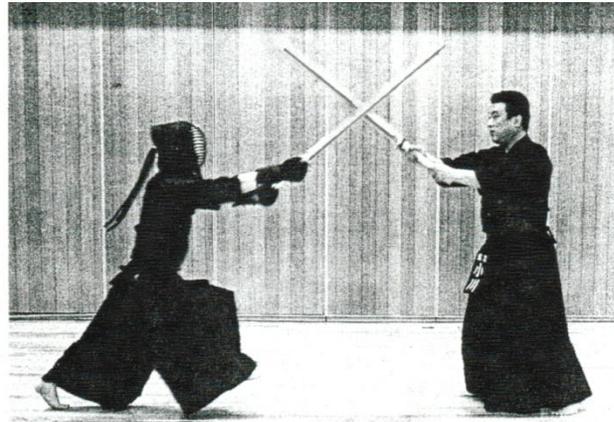


Timing of Parrying to Cut Migi-Dō (右胴) in Kaeshi-Dō (返し胴)

(B) Advanced Technique



(A) Standard Technique



(A) Standard Technique: You parry your opponent's Shinai slightly earlier so that there is enough distance to do Kaeshi Waza (返し技) and strike Migi-Dō (右胴) with the foot work as shown. Step your right foot diagonally forward to your right as you parry and strike Migi-Dō (右胴).

(B) Advanced Technique: You parry your opponent's Shinai closer to you so that your opponent can not change the direction of his Men-Uchi. The parrying, Kaeshi (返し) and Migi-Dō (右胴) strike must be done on one count - Ikkyodō (一挙動) with the foot work, Hiraki-Ashi (開き足), as shown.

Note the distance from your Tsuba-Moto (鍔元) to the point of parrying (crossing of Shinai) is more in (A) as compared to (B).