

Aiki No Ken (the sword of Aiki) - KEN SYLLABUS

Ken No Kamae (standing position with sword):

Migi (right)

Hidari (left)

Ken Suburi Nanahon (7 movements with sword)

Ichi no Suburi (1st movement)

Ni no Suburi (2nd movement)

San no Suburi (3rd movement)

Yon no Suburi (4th movement)

Go no Suburi (5th movement)

Roku no Suburi (6th movement)

Shichi no Suburi (7th movement)

Happo no Giri (cutting on 8 directions)

Aiki Ken No Awase Ho (two people blending exercises):

Migi No Awase

Hidari No Awase

Go No Awase

Shichi No Awase

Ki Musubi No Tachi (sword of the union of ki)

Kumi Tachi Gohon (5 sword forms against an attacker)

Ken no riai

Bokken tori

Ken Tai Jo No Awase (sword-body-staff blending exercises against an attacker):

Choku Barai

Kaeshi Barai

Kaiten Barai

Ken Tai jo yon

Ken Tai jo go

Ken Tai jo roku

Ken Tai jo shichi

Ken tai jo