



## Kata / Kumi-tachi

### Ken-jutsu

Kirikomi

Ikajo, Nikajo, Sankajo, Yonkajo

Uke

Ikajo, Nikajo, Sankajo, Yonkajo.

### Tachi iai

Yukiai gyaku nuki no tachi

Zengo chidori no tachi

Yukiai migi chidori no tachi

Gyaku nuki no tachi

Nuki uchi no tachi

### Iai

Kusanagi no ken

Nuki tsuki no ken

Nuki uchi no ken

u ken

Sa ken

Happo ken

**I KYU**

**YO IN KAN**  
**TENSHIN SHODEN KATORI SHINTO RYU**  
**SUGINO RYU HA GRADUERINGS KRAV**



**Bo-jutsu**

Uchi komi

Ikajo, Nikajo, Sankajo. Yonkajo, Gokajo, Rukajo.

**Naginata**

Kihon