

Itto Ryu Kata (classic) Notes

Teacher – T; Student – S					
	Tap	Slap	Otoshi (cut on top)	Maki (roll)	Nuke (out-and-back)
Tsuki (poke)	T slides in with tsuki; S taps sword away while stepping off line to RIGHT and follows with tsuki to T's throat.	T slides in with tsuki; S slaps sword away while stepping off line to RIGHT and follows with tsuki to T's throat.	T slides in with tsuki; S cuts down on T's sword while stepping off line to RIGHT and follows with tsuki to T's throat.	T slides in with tsuki; S presses T's sword down with edge of sword while stepping off line to RIGHT and follows with tsuki to T's throat.	T slides in with tsuki; S slides back slightly off line and to RIGHT while extending sword forward; S slides forward and delivers tsuki to T's throat.
Kote (wrist cut)	T lifts sword then slides in to cut S's wrist; S taps sword away while stepping off line to LEFT and follows with cut to T's wrist.	T lifts sword then slides in to cut S's wrist; S slaps sword away while stepping off line to LEFT and follows with cut to T's wrist.	T lifts sword then slides in to cut S's wrist; S cuts down on T's sword while stepping off line to LEFT and follows with cut to T's wrist.	T lifts sword then slides in to cut S's wrist; S performs maki while stepping off line to LEFT and follows with cut to T's wrist.	T lifts sword then slides in to cut S's wrist; S waits until T's sword is coming down then steps off line to LEFT and back then quickly steps forward and cuts T's wrist.
Men (head cut)	T lifts sword then steps in to cut S's head; S taps sword away while stepping off line to RIGHT and follows with cut to T's head.	T steps back and lifts sword then steps in to cut S's head; S slaps sword away while stepping off line to RIGHT and follows with cut to T's head.	T steps back and lifts sword then steps in to cut S's head; S steps back and lifts sword along with T, then steps in along with T and cuts down on T's sword while stepping off line to RIGHT and follows with cut to T's head.	T lifts sword then steps in to cut S's head; S performs maki while stepping off line to LEFT and follows with cut to T's head.	T steps back and lifts sword then steps in to cut S's head; S waits until T's sword is coming down then steps off line to RIGHT and back then quickly steps forward and cuts T's head.
Do (belly cut)	T steps back and lifts sword then steps in to cut S's head; S taps sword away while stepping off line to right and follows with cut to T's belly and takes three steps toward T and off to RIGHT ; S ends in waki gamae facing T.	T lifts sword and steps in to cut S's head; S slaps sword away while stepping off line to left and follows with cut to T's belly and takes three steps toward T and off to LEFT ; S ends in hasso no kamae facing T.	T steps back and lifts sword then steps in to cut S's head; S steps back and lifts sword along with T, then steps in along with T and cuts down on T's sword while stepping off line to right; S thrusts sword at T's throat, causing T to lift sword and step back; S makes cut to T's belly and takes three steps toward T and off to RIGHT ; S ends in waki gamae facing T.	T lifts sword and steps in to cut S's head; S slides to right while crossing wrists to lift sword and block; S follows with cut to T's belly and takes three steps toward T and off to LEFT ; S ends in hasso no kamae facing T.	T steps back and lifts sword then steps in to cut S's head; S waits until T's sword is about to come down then steps off line to right and then quickly makes a cut to T's belly and takes three steps toward T and off to RIGHT ; S ends in waki gamae facing T.

	<p>Waki gamae:</p> <ul style="list-style-type: none"> o hold the sword on the right side (like third ken subori) o turn the body to the right o the left hand is in front of the center of the body 	<p>Hasso no kamae:</p> <ul style="list-style-type: none"> o the body turns to face the right front but the head faces directly forward o hold the sword in front of right shoulder with the sword guard at eye level o the sword is held vertically o the edge of the sword faces forward o relax the shoulders and hold the elbows naturally 	
	<p>From waki gamae, S steps in with right foot and meets T's sword; S and T circle clockwise five steps each back to start.</p>	<p>From hasso no kamae, S brings sword to front and meets T's sword; S and T circle counter-clockwise five steps each back to start.</p>	