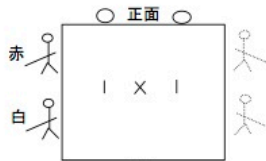
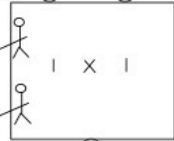


# 基本練成(防具無)の試合手順 Ver.2

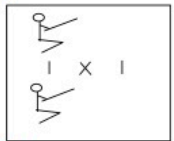


タスキの色は、正面側が赤  
 コートの左右どちらから始めるかは  
 スペースの都合で決める  
 審判は椅子に座って判定してもよい

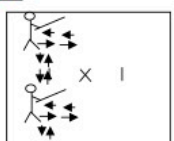
## 1. 挨拶



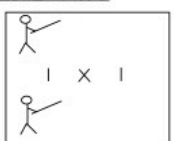
## 2. 蹲踞



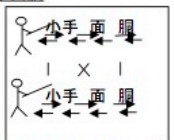
## 3. 送り足



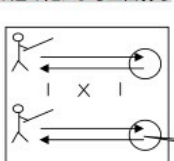
## 4. 前進後退正面打ち



## 5. 小手面胴

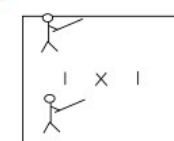


## 6. 踏み込み足による正面打ち

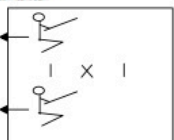


主審 選手 動作	発声	チェックポイント
「礼」(左手で提刀) 礼		着装 提刀(礼と共に剣先が浮かない)
「(「帯刀」) 帯刀		姿勢
「(「構え刀」) 右足から歩み足で3歩 蹲踞 起立(構え)		安定した構え(剣先・竹刀を床につけない) 構え(弦の上下・剣先の高さ・姿勢)
「送り足、2回(セット)、始め」 前、前、後、後、右、右、左、左	「1,2,3,4,5,6,7,8」×2	発声の強さ 送り足(×歩み足、継ぎ足) すり足(×踏み込み) 剣先・腰(頭)の高さ(上下・左右に揺れない)
「前進後退正面打ち、20本、始め」 送り足で前進しながら正面を打つ 送り足で後退しながら正面を打つ 上記を20回繰り返す	「1」 「2」 「3,4...10,1,2...10」	気剣体一致(発声・打突・足さばき) 刃筋(正中線) 両腕を伸ばす(右拳・肩、左拳・鳩尾) 姿勢(前後・上下に揺れない)
「小手、面、胴打ち、4回(セット)、始め」 発声し、気を充実させる 送り足(すり足)で大きく前進しながら小手を打つ 送り足(↑)で大きく前進しながら面を打つ 送り足(↑)で↑相手の右胴を打つ 方向転換して、同様に小手、面、胴打ち。 上記を2往復繰り返す	「やー」 「小手」 「面」 「胴」	発声の強さ 振りかぶり(相手の打突部位が見えるまで)、打突時の竹刀の高さ(水平) “正面打ち”と同様 刃筋は左面と同じく45度(×水平)、打突時の左拳は腰の高さ
「踏み込み面、4回(セット)、始め」 発声し、気を充実させながら、 右足から1歩送り足で攻める 振りかぶりながら、 左足の踏み切りを利用して 右足から踏み込んで正面を打つ	「やー」 「面」	発声の強さ “送り足”と同様 両拳が正中線上 振りかぶりど打ちが一拍子 ×右膝を高く上げる×右膝を曲げすぎ(踵や膝を痛める) 左拳の高さ(鳩尾) 打突部位の高さ(頭～頸) 姿勢(背筋・腰からの始動・腰の水平移動) 気剣体一致(発声・打突・踏み込み) 左足の素早い引き付け ×歩み足 両足のつま先は真っ直ぐに相手に向ける 残心:打突後、油断せず相手の反撃に直に対応できる“気構え”と“身構え”を示すこと
この場で振り返り残心、1歩前に攻める		
踏み込みの余勢を利用して、 送り足で前進し振り返って残心を示しながら、 1歩送り足で前進する 上記を4セット繰り返す		
「判定」 赤か白の旗を挙げる 「勝負あり」		3審の内、2つ以上の旗が挙げた方が勝ち。
「(「蹲踞」) 蹲踞		安定した構え(剣先・竹刀を床につけない)
「(「納め刀」) 納め刀 立って左足から歩み足で小さく5歩下がる 提げ刀		刃筋(弦の上下) 姿勢
「(「礼」) 礼		

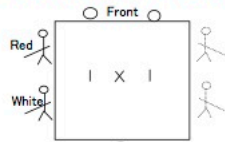
## 7. 判定



## 8. 蹲踞・挨拶



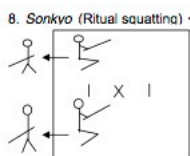
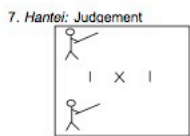
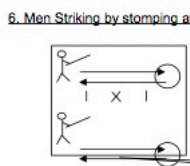
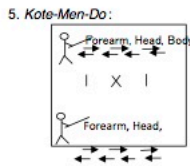
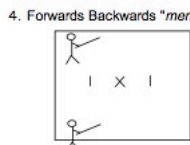
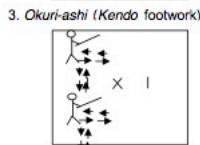
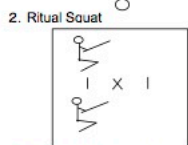
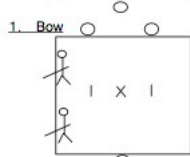
## Competition Procedures for Basic Drills (Non-Boqu)



The color of the sash-->The front to be red.

Which one to start first (right or left) depends on the condition of given space.

The judge can sit down on a chair while judging.



Chief Referee	Competitor's Movement	Student vocalization	Check Points
"Rei" (*Sage-to" or handing sword by left hand) Bow			Formal (appropriate) wear "Tai-to" or sword at body (Make sure not to move the tip of sword as
("Tai-to") "Kamae To")	Tai-to or sword at body 3 steps from the right foot "Sonkyo" or Ritual squat Standing Up (Position)		Posture/Stance Stable position (Make sure not to touch the tip of sword on to the floor) Position (Position of sword string - Height of sword tip - Posture)
"Okuri-ashi 2-kai (sets), Hajime"	Forwards, Forwards, Backwards, Backwards, Right, Right, Left, Left	"ichi, ni, san, shi, oo, roku, shichi, hachi"	Strength of voice / <i>kiai</i> "Okuri-ashi" (Kendo footwork) (no Walking footwork, Thrusting footwork (no Lunging footwork) Height of sword tip - hip (head) (No swaying up/down or right/left)
"Zanshin-kotai shomen-uchi, 20-pon, Hajime"	Go forwards by Okuri-ashi" footwork and strike Men. Go backwards by "Okuri-ashi" footwork and strike Men. Repeat the above 20 times.	"ichi" "ni" "san, shi, ..., juu, ichi, ni, ..., juu"	Ki-ken-tai Icchi (Harmony of the three crucial element: Sprit (Shout) - Sword (Strike) - Body (Footwork) Sword path (Median line) Stretch both arms (Right fist: Shoulder, Left fist: Pit of the stomach) Posture/Stance. (No swaying up/down or right/left)
"Kote, Men, Do 4-kai (set), Hajime"	Shout in order to calm down self and to focus. Practice "Okuri-ashi" by sliding footwork going forwards with big steps, strike Kote With "Okuri-ashi" (↑) footwork, strike Men while making big steps forward Strike the opponent's Do on the right-hand side with Okuri-ashi(↑) footwork. Change directions and strike Kote, Men and Do in the same way. Repeat the above two times.	"Yahhhhhh" "Kote" "Men" "Do"	Strength of shout / <i>kiai</i> Making a proper strike (until you can see the opponent's target areas), Height of the sword when striking (horizontal) Same as "Forward" strike Sword path is the same as the left surface 45 degrees (not horizontal), Left fist while striking should be the height of waist.
"Fumikomi-Men 4-kai (set), Hajime"	Shout and focus, and move with your right foot forward with Okuri-ashi footwork to While striking, use your left-foot lunging, and stomp with your right foot and strike Men. Maintain the "Zan-shin" and follow through right here, and attack one step forward.	"Yahhhhhh" "Men"	Strength of voice / <i>kiai</i> The same as "Okuri-ashi" footwork. Both fists are on the median line. The swing and strike are one a single beat. Don't raise right knee high. Don't bend right knee too much. (Will cause of heel and knee injuries) Height of left fist (the pit of stomach) Height of targeting areas (Head ~ Chin) Stance/Posture (Back muscle - Movement from your waist - Move your waist horizontally) Ki-ken-tai Icchi (Harmony of the three crucial element: Sprit (Shout) - Sword (Strike) - Body (Footwork) Quick attraction of left leg no Walking footwork. Tip of your toes (both feet) should be directing to your opponent. Zanshin: Preparedness to sustain the alertness and not relax your guard after striking, so that one can respond to the opponent's counteroffensive at once.
"Hantei" "Shobu-ari"	Raise either a red or white flag.		The player who gets 2 or more flags is the winner.
("Sonkyo") "Osame-to")	Sonkyo: Ritual squattino, Put down the sword Stand up, and move five steps backwards from left foot with walking footwork Carrying sword		Stable stance (Do not let the tip of sword touch on the floor). Sword path (Situations of sword string) Stance/Posture
("Rei") Bow.			