

31 UCHIKAESHI (1)



Uchikaeshi is a basic Kihon exercise that should not be neglected by both beginners and advanced practitioners alike. Through practicing Uchikaeshi you will learn to master Te-no-uchi (grip), Ma-ai (interval), and Tai-sabaki (body movement). Your movements will become swift, your legs and hips will become strong, your breathing stamina will increase, and it is good exercise for your body. Uchikaeshi is used as a warming up exercise.



1/ SHIZENTAI

Both people are 4 ■ apart



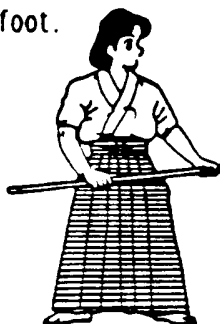
2/ REI (BOW)

15° bow

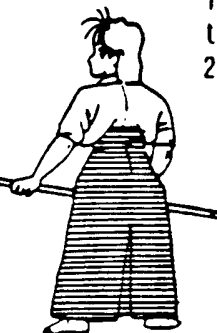


3/ AI-CHUDAN

Step out with your right foot.

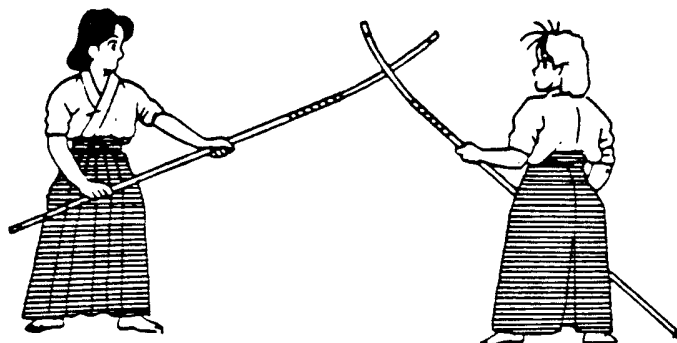


[Note]
The space between the 2 Kissaki is 25cm.



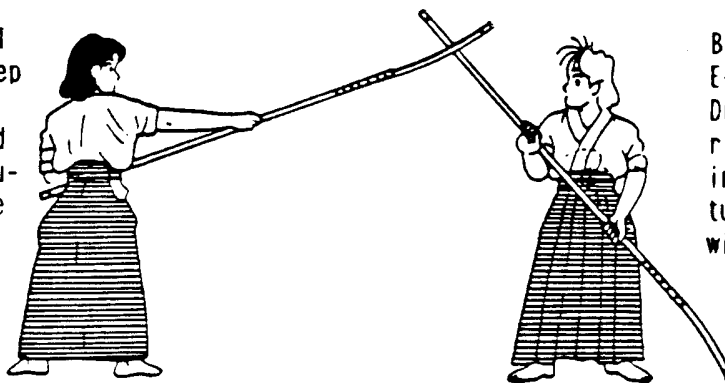


4/ MEN-UCHI
Furiage-men



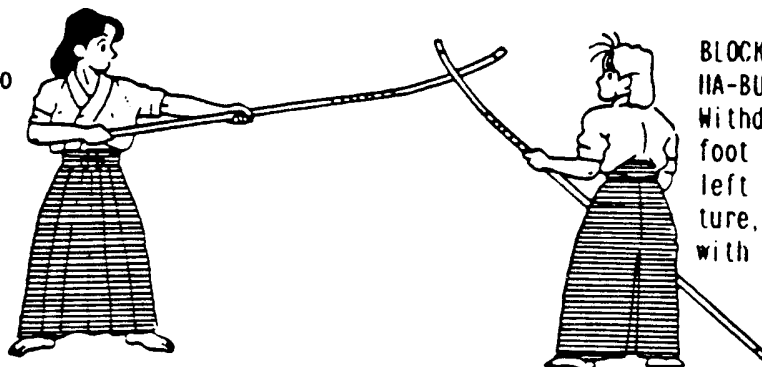
BLOCKING MEN
Pull the Makinata
back and block
with the Ha-bu.
(Okuri-ashi)

5/ SOKU-MEN-UCHI
From Hasso step
out with your
right foot and
strike at Soku-
men. The blade
should be on
an angle.



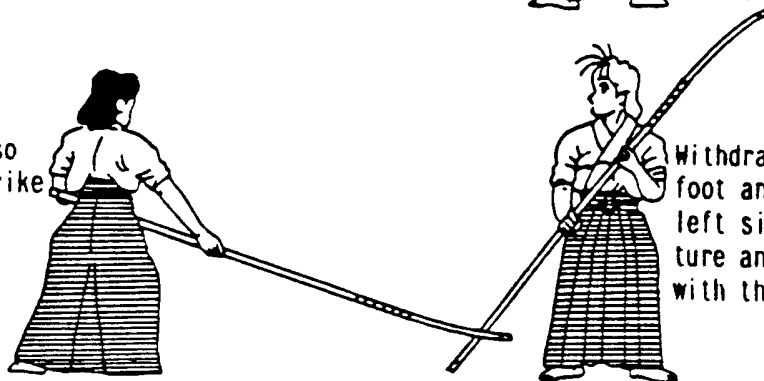
BLOCKING WITH THE
E-BU
Draw back your
right foot and go
into a side on pos-
ture, and block
with the E-bu.

6/ SOKU-MEN-UCHI
From Migi-hasso
step out with
your left foot
and strike at
Soku-men.



BLOCKING WITH THE
HA-BU.
Withdraw the right
foot and assume a
left side on pos-
ture, and block
with the E-bu.

7.
From Hidari-hasso
step out and strike
at Soku.



Withdraw the left
foot and go into a
left side on pos-
ture and block
with the E-bu.

32 UCHIKAESHI (2)



8/ SUNE-UCHI

From Migi-hasso
step out on your
left foot and
strike at Sune.



BLOCKING WITH THE
HA-BU.

Withdraw the right
foot and assume a
right side on pos-
ture, and block
with the Ha-bu.



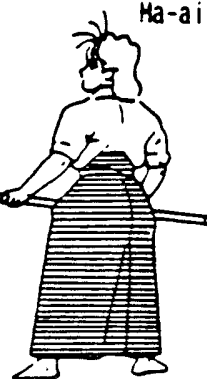
9/ AI-CHUDAN

Return to correct
Ma-ai.



AI-CHUDAN

Return to correct
Ma-ai.



10/ MEN-UCHI

Furiage-men.



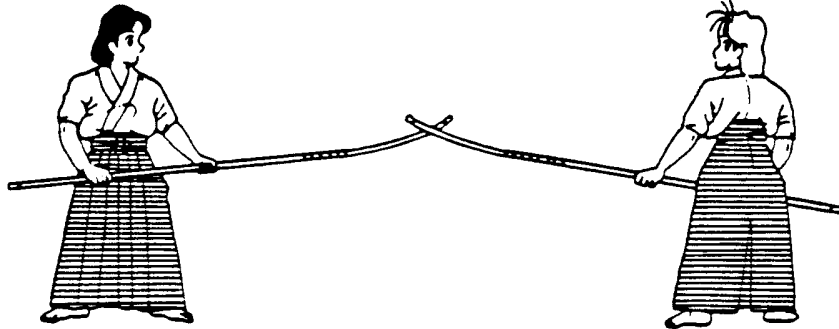
Block with the
center of the E-bu
Move back with
either Okuri-ashi
or just withdraw
the left foot.





11/ AI-CHUDAN
Return to
correct Ma-ai.

AI-CHUDAN
Return to correct
Ma-ai.



12/ SHIZENTAI
Withdraw your front foot back
beside your rear foot and stand
in Shizentai.



13/ 15° BOW