Kumitachi

As taught by Sensei's K. Maruyama, Sept 2003, Sept 2004, M. Williams, Dec 2003, Daniel James (Sept. '03, Rev. Dec 03, Sept '04)

Traditional partner exercises, with shitachi and uchitachi. Shitachi is doing the technique, uchitachi is the 'uke' or teacher(though there is no throw).

- Begin each exercise(kata) from 6-8 mats apart (10m).
- Focus ki on partner and close distance by stepping.
- Close slowly at start and more rapidly at end
 - like real conflict?
- Use moon shadow foot to break maai and defeat uchitachi

Retreat after each exercise with weapons in gedan position

Weapons positions are

- dai jodan weapon above head
- jodan at chest height
- chudan normal ready position
- gedan about knee height
- sha-no gedan but behind body

Weapons attacks

- Shomen vertical overhead cut
- Yokomen between head and shoulder cut
- Barai between shoulder and hip
- Shanoh from below hip height up

Rising Moon (Ken/Ken Tachi) – Shitachi's movements reflect those of uchitachi's like the moon)

1		2	,	3		54		65Yokomen	
Wrist		Douichi		Pierce		Shomen			
shi	uchi	shi	uchi	shi	uchi	shi	uchi	shi	uchi
chudan	chudan	chudan	chudan	jodan	jodan	jodan	daijodan	jodan	daijodan
	Drop under blade cut front wrist		L douchi		pierce		shomen		R yokomen
cut front wrist		cut front wrist		ai- hanmi, cut front wrist		Pierce, cut front wrist/neck		step back and defend	
		shi	uchi						L yokomen
		chudan	chudan					step back and defend, pierce	
			R douchi						retreat
		cut wrist							

Lightning (Ken/ Jo tachi) – Shitachi's movements strike like lightning to finish quickly.

1		2	3			4		5	
Shomen.		Huchimenuchi		Sha-noh		Shomen-	tsuki	Uchikomi	
shi(ken)	uchi(jo)	shi(ken)	uchi(jo)	shi(ken)	uchi(jo)	shi(ken)	uchi(jo)	shi(ken)	uchi(jo)
Daijodan	daijodan	gedan	Chudan	jodan	shanoh	Daijodan	daijodan	gedan	jodan
(hasso)						(hasso)			
	shomen		L hanmi,		cut up		shomen		munetsuki
					across				
					weapon				
R shomen		cut Jo	munetsuki	extend &		R	(jo is cut	R	
to wrist				receive		shomen	off)	shomen	
						to jo			
	raise Jo	barai throat		pierce			retract Jo	R tsuki	raise jo to
							for L		daijodan
							tsuki		
L			R hanmi	L		L		L	shomen
yokomen			retreat	yokomen		shomen		uchikomi	
R									
yokomern									
to R									