

**European Shintaido College**  
**Kenjutsu for the Shintaido exam curricula**  
**To be used from summer 2011**

**Jun Shidoin : Toitsu kihon with bokuto**

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Rei

Vertically pulling out

- Daijodan kiri komi (musubi-dachi) l/r  
Daijodan kiri oroshi (hanmi-han dachi) l/r
- Jo dan kiri komi (musubi dachi) l/r  
Jodan kiri harai (fudodachi) l/r
- Chudan kiri komi (musubi dachi) l/r  
Chudan kiri harai (fudodachi) l/r
- Gedan kiri komi (musubi dachi) l/r  
Gedan kiri harai (fudodachi) l/r
- Chudan tsuki (musubi/fudo/musubi) l/r

Shoko - Tenso ~ Shoko

Rei

*Note* : Tenso are done swinging up (furi age) and looking up

**Sei Shidoin : Basic Kata 1 to 9 (Kyu kajo)**

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Rei

Horizontally pulling out

- 1-kajo.....(Tenshinken) Daijodan-kirioroshi (hanmihandachi)
- 2-kajo.....(Nikajo) Jodan-kirikomi (musubidachi)
- 3-kajo.....A (Sankajo) - Chudan-kirikomi (musubidachi)  
B (Kusanagi) - Chudan-kirikomi (hanmihandachi)
- 4-kajo.....A (Seichuken) - Chudanzuki (musubidachi)  
B (Jigoken) - Jodanzuki (musubidachi)
- 5-kajo.....A (Boomerang cut I) - Jodan-kiriharai (fudodachi)  
B (Boomerang cut II) - Jodan-kiriharai x 2 (fudodachi > turning N°5 step > fudodachi  
or musubidachi)
- 6-kajo.....(Tsunami) Chudan-kiriharai > Jodan-kiri-komi (musubidachi > turning N°1 step >  
musubidachi)
- 7-kajo.....A (Kokuken I) - Yoki-tai koshi deflecting sword on side > yoko-irimi step doing  
chudan-kiriharai (small) > turning N°1 step > Jodan-kiri-komi ending in musubidachi  
B (Kokuken II) - Yoki-tai koshi deflecting sword on side > yoko-irimi crossing-step  
doing chudan-kiriharai (small) > turning N°5 step > Jodan-kiri-komi ending in  
musubidachi
- 8-kajo.....(Hasso) - Hasso > Jodan-kiriharai (step back > hanmihandachi)
- 9-kajo.....(Mugen) Chudan-kirikomi x 2 (musubidachi > turning N°1 step > musubidachi)

Tenso ~ Shoko

Rei

*Note* : Tenso are done spearing up (tsuki age) and looking front