**Saotome Sensei's Two Sword Forms**

**Exercise #1:**

A) Seigan; executes Shomen cut

B) Tip-in ready position; executes high crossed-sword block

A) Draws sword back and executes tsuki attack (no hanmi change)

B) Block low with crossed-sword block (step back)

**Exercise #2:**

A) Shomenuchi

B) High crossed-sword block

A) Right yokomen

B) Spreading mid-level block on left

A) Shomenuchi

B) High crossed-sword block

A) Left Yokomen

B) Spreading mid-level block on right

 Keep repeating exercise

***Variation #1: Shomen, Do, Ashi strikes ... respond with High, mid-level, and low blocks***

**Form #1:**

A) Seigan; Executes Shomen strike

B) Low Tip-in ready position; High Crossed -sword block; step off line to the right w/ right foot, deflect sword down with short sword, leave long sword in high position, long sword executes right yokomenuchi and

**Form #1: (Cont.)**

continues through to tip back position, ends with short sword forward and long sword back in right hanmi

Formal End:

A) steps up with left foot into feet together position with sword tips both pointed at B)'s center; pause and then slowly lower swords back into low tip-in ready position

B) As A) brings sword tips together, slide back out of range with full extension of sword, as A) lowers swords, relax extension of sword

**Form #2:**

A) Seigan; Executes Shomen strike

B) Low Tip-in ready position; High Crossed -sword block; step off line to the left w/ left foot, deflect sword down with long sword, leave short sword in high position, short sword cuts A)'s wrist thereby trapping it, long sword raises and cuts left yokomen then is pulled back for a slicing movement; end with short sword pointed straight at A) in extended position, long sword is held at waist level position ready to tsuki

Formal End:

A) steps up with left foot into feet together position with sword tips both pointed at B)'s center; pause and then slowly lower swords back into low tip-in ready position

B) as A) brings sword tips together, slide back out of range with full extension of sword, as A) lowers swords, relax extension of sword

**Form #3:**

A) Shomenuchi

B) High crossed-sword block

A) Jumps back into Jodan as if to escape

B) sticks with them and move in as they move back, push crossed swords up under arms; finish by cutting with both swords under their arms

**Form #4:**

# A) Seigan; Executes Shomen strike

B) Tip-out ready position; executes falling angle cut to strike sword down; short sword swings directly up and over to point at A); long sword swings back into long sword back position (right hanmi); finish with long sword cutting horizontally from left to right while bringing left foot up to right, ending in tips forward position

Formal End

**Form #5:** (longer variation of #4)

A) Seigan; Executes Shomen strike

B) High crossed-sword block

A) draws sword back to execute tsuki attack

B) executes low crossed-sword block, begins to raise both swords as if to cut A)'s neck

A) steps back into jodan while strongly raising sword thereby separating B)'s sword tips, immediately strikes with shomenuchi

B) executes Form #4 movement

Formal End

**Form #6:**

A) Seigan; Executes Shomen strike

B) Tip-out ready position; enter on the left side; long sword does tip-down rising block on right side, short sword deflects attack from left to right, when blade is deflected long sword does shomen strike and short sword remains forward, end with short sword pointed straight at A) in extended position, long sword is held at waist level position ready to tsuki

Formal End

**Form #7:**

A) Seigan; executes Shomen cut

B) Tip-in ready position; executes high crossed-sword block

A) Draws sword back and executes tsuki attack (no hanmi change)

B) Block low with crossed-sword block (step back), extend block to the left of the center line, end by cutting horizontally with long sword

Formal End

**Form #8:**

A) Seigan; executes Shomen cut

B) Tip-in ready position; executes high crossed-sword block (w/ short sword behind long sword)

A) Draws sword back and executes tsuki attack (no hanmi change)

B) Block low with crossed-sword block (step back), extend block to the right of the center line, short sword cuts A)'s wrist

**Form #8 (Cont.):**

thereby trapping it, long sword raises and cuts left yokomen then is pulled back for a slicing movement; end with short sword pointed straight at A) in extended position, long sword is held at waist level position ready to tsuki

Formal End

**Form #9:**

A) Seigan; executes Shomen cut

B) Tip-in ready position; executes high crossed-sword block

A) Slipping sword tip inside and under the high block, cuts B)'s right wrist w/ upward cut

B) Withdraw right wrist, drop short sword down to cut A)'s wrist; long sword raises and cuts left yokomen then is pulled back for a slicing movement; end with short sword pointed straight at A) in extended position, long sword is held at waist level position ready to tsuki

Formal End

**Form #10:** (two sword initiates)

A) Seigan

B) Short sword forward, long sword held high, left hanmi; step forward with right foot and cut with long sword to A)'s wrist

## A) executes right to left spiral deflection intending to tsuki

B) just before A)'s deflection connects, pull long sword back so A) misses, extend short sword to wrist to prevent A)'s recovery, then cut with long sword or tsuki to finish - Formal End

**Form #11** (variation on #10):

A) and B): same start as in #10

A) Does spiral deflection intending to tsuki

B) Let's deflection carry long sword into tip-down rising block while trapping A)'s wrist w/ short sword as in #10; long sword cuts left yokomen then is pulled back for a slicing movement; end with short sword pointed straight at A) in extended position, long sword is held at waist level position ready to tsuki;

**Form #12** (variation on #10):

A) and B): same start as in #10

A) executes inside spiral deflection (left to right)

B) lets tip flow to the left into tip-down rising block, deflects A)'s tsuki with short sword and cuts with long sword all the way through, end w/ long sword to the rear and short sword out (right hanmi)

Formal End

**Form #13**

A) Seigan; executes Shomen cut

B) Tip-in ready position; executes high crossed-sword block

A) Instantly attempts right Do strike

B) Does falling deflection with short sword then cuts all the way through (right to left) with long sword (right yokomen) end w/ long sword to the rear and short sword out (right hanmi)

**Form #14:**

A) Seigan; executes Shomen cut

B) Tip-in ready position; executes inside rising deflection w/ short sword (left hanmi)

A) Continues directly into next shomenuchi using small rotation (not a full tip-down rising block) movement on right side

B) Executes outside deflection, cuts simultaneously w/ long sword coming over the top and cuts with left yokomen then is pulled back for a slicing movement; end with short sword pointed straight at A) in extended position, long sword is held at waist level position ready to tsuki

Formal End

**Form #15:**

A) Seigan; executes Shomen cut

B) Tip-in ready position; executes inside rising deflection w/ short sword (left hanmi)

A) Continues directly into second shomenuchi using small rotation (not a full tip-down rising block) movement on right side

B) Slides back, executes high crossed-sword block, in one motion deflects A)'s sword to the right w/ long sword; deflect sword down with long sword, leave short sword in high position, short sword cuts A)'s wrist thereby trapping it,long sword raises and cuts left yokomen then is pulled back for a slicing movement; end with short sword pointed straight at A) in extended position, long sword is held at waist level position ready to tsuki - Formal End

**Form #16:**

A) Seigan; attacks with right yokomen strike

B) Tip-in ready position; executes inside rising deflection w/ short sword (left hanmi)

A) Continues directly into second shomenuchi using small rotation (not a full tip-down rising block) movement on right side

B) Tip-in ready position; executes high crossed-sword block

A) Execute left Do strike

B) executes mid-level tip-up deflection with long sword, short sword cuts A)'s wrist thereby trapping it; long sword raises and cuts left yokomen then is pulled back for a slicing movement; end with short sword pointed straight at A) in extended position, long sword is held at waist level position ready to tsuki

Formal End

**Form #17:**

A) Tip in Low Position

B) Gedan Hasso, initiates w/ tsuki

A) Executes high cross block lifting B)'s tsuki, cuts across horizontally left to right w/ long sword to B)'s mid-section, short sword stays high for protection, long sword cuts through, raises high and cuts right yokomen, ends in short sword out long sword back position, right hanmi

Formal Finish

**Form #18:**

# A) Tip in Low Position

B) Gedan Hasso, initiates w/ tsuki

A) Executes mid-level cross block to left, cuts left to right w/ long sword to B)'s throat, does not cut through, steps back into left hanmi while pulling long sword back into short sword out, long sword back position, left hanmi

Formal Finish

 ***#18 Variation:***

### A) Tip in Low Position

B) Gedan Hasso, initiates w/ tsuki

A) Executes mid-level cross block to left, cuts left to right w/ long sword to B)'s throat, long sword cuts through while A) moves deep to the right

Formal Finish

**Form #19:**

A) Tip in Low Position

B) Seigan, initiates w/ shomen strike

A) Enters and traps B)'s upraised arms with crossed swords (hedge clipper movement), simultaneously slices w/ both swords, opens up his chest having arms extended out to each side, moves left, cuts right to left to B)'s mid-section w/ long sword while bringing short sword up and over to threaten / cover B)'s arms, long sword cuts left to right B)'s mid-section again as A) steps back into short sword out , long sword back position, left hanmi - Formal Finish

**Form #20:**

A) Tip in Low Position

B) Seigan, initiates w/ shomen strike

A) Enters and traps B)'s upraised arms with crossed swords (hedge clipper movement), simultaneously slices w/ both swords, opens up his chest having arms extended out to each side, cuts right to left to B)'s mid-section w/ long sword while bringing short sword up into tip down block on the right, then A) steps back into short sword out, long sword back position, left hanmi

Formal Finish

**Form #21:**

A) Tip in Low Position

B) Seigan, initiates w/ shomen strike

A) Extends both swords inside B)'s upraised arms and traps B)'s neck, cuts as in above forms

Formal Finish

**Form #22:**

A) Tip in Low Position

B) Seigan, initiates w/ shomen strike

A) Extends both swords inside B)'s upraised arms and traps B)'s neck, raise handle of long sword so blade creates ikkyo spiral on B)'s left arm, keep extending short sword downward at the same time, finish w/ B) on the ground, end in two sword tip out position

# Formal Finish

**Form #23:**

A) Tip in Low Position

B) Seigan, initiates w/ shomen strike

A) Extends both swords inside B)'s upraised arms and traps B)'s neck, pushes B( back and suddenly cuts as in above forms, moves left while cutting right to left w/ long sword, bring short sword over the top to extend while pulling long sword back, ends in short sword out, long sword back, left hanmi position

Formal Finish

**Form #23:**

A) Short sword out, long sword back position, left hanmi

B) Seigan, initiates w/ tsuki...

A) As B) does tsuki, A) steps in w/ right foot and extends long sword in a simultaneous deflection and tsuki...

B) attempts left small spiral deflection of A)'s long sword and continues tsuki

A) In one motion evades B)'s deflection by dropping sword tip just a bit, lets B)'s blade go past, continues into successful tsuki, steps back into original hanmi

Formal Finish