

## **Shintaido Kenjutsu Program**

**June 1, 2018**

### **Godan.**

Diamond Eight Cut Dai with Naked Blade

Kyukajo Kunitachi with Naked Blade

### **Yondan**

Okuden no Kata

Soei-Kunitachi ~ Mugen ~ Dai Ginga/Sho Ginga

### **Sandan**

Chuden no Kata

Jissen-Kunitachi #12~#22 (practical arrangement of Kyukajo)

### **Nidan**

Diamond Eight Cut (dai)

Jissen-Kunitachi #1~#11 (practical arrangement of Kyukajo)

### **Shodan**

Diamond Eight Cut (sei)

Shoden No Kata

## **Teaching Program**

8-Steps arrangement with Bokuto

Eiko Dai Kunitachi with Diamond Eight Cut

San-Nin-Ichi-Retsu Kunitachi with Diamond Eight Cut

Tenshingoso Sword Movement

Tenshingoso Canon

Studying the concept/philosophy via “Kanji”

Time & Space Management with Mae-Irimi ~ Sagari-Irimi

Shoko and/or Bokyo-I Standing Meditation

Kenka-In Walking Meditation

Knee walking (optional)

San Kaku Tobi Arrangement (SOA will develop)

Hagakure and Ryu-Sui-Ken / Kunitachi (both sides and free form)

## **Homework / Hitori-Geiko**

Shoko

Hoshi-Otoshi with Bo

Ten-Nage with Bo

10 Position Meditation

Test Cutting / Tameshi-Giri (for Godan)

Shoden no Kata on Knee-Walking