

Name/Date:

Instructor:

16 Hours of Practice (suggested minimum)

Ken Basic postures

- Rei no shi sei (Bowing Posture)
- Chu Moku no shi sei (Attention Posture)
- Gedan no kamae (Lower Stance)
- Chudan no kamae (Middle Stance)
- Jodan no kamae (Upper stance)
- Hidari jodan no kamae (Left upper stance)
- Hidari chudan no kamae (Left middle stance)
- Hidari gedan no kamae (Left lower stance)
- Ten ko no kamae (Heaven pointing stance)
- Kakushi no kamae (Hidden Stance)

Ken Exercises:

- **100 Ken Suburi**
 1. 10 Migi Hanmi, Irime 1/Tenshin 1
 2. 10 Hidari Hanmi, Irimi 1 / Tenshin 1
 3. 10 Kirikaeshi, Migi Hanmi (continuous striking right side)
 4. 10 Kirikaeshi, Hidari Hanmi (continuous striking left side)
 5. 10 Kiba Dachi (Hold horse stance)
 6. 10 Shiko-Dachi (Dropping to horse stance)
 7. 10 Seiza
 8. 10 Sonkyo (Toe crouch)
 9. 10 Front and Back (Irimi 1, Tenkan 1)
 10. 10 Right knee up, left knee down

Migi Yuki no kessho no suburi – (Right Snowflake pattern striking - 8 direction cut)

Hidari Yuki no kessho no suburi – (Left Snowflake pattern striking - 8 direction cut)

48 Ken Kata (8 sets of 6 patterns)