

Ryusui-Ryu Martial Art Schools

Bokken Suburi 1 to 7

Basic Techniques with the Wooden Training Sword. They are intended to give the student a grounding in preparation for Kumi-Tachi

All forms start in Migi Kamae Chudan.

In all forms be sure to pay attention to your hips and move from your centre. Emphasis must be placed on the alignment of your hips in order to provide a strong cut and/or to avoid Ai Uchi (A mutual killing).

Forms 4 to 7 consist of 3 strikes/repeats forward and behind. The number of repeats specified is a guide for grading only. Feel free to march up and down as much as you like in your own practice.

Ichi No Suburi - Shomen Uchi

Raise the bokken into Jodan No Kamae. Move off the line of attack and cut Shomen Uchi. Move back to the centre line and assume Migi Kamae. Repeat 4 times.

Ni No Suburi - Shomen Uchi Komi

Step back into Jodan No Kamae. Moving off the line step forward and strike Chudan Uchi. Move back to the centre line and assume Migi Kamae. Repeat 4 times.

San No Suburi - Waki Kamae

aka: The sword of universal Ki

Step back and raise the Bokken to Jodan No Kamae. This transient position holds for a few seconds; then sink back into Kokutsu Dachi and assume Waki Kamae. Pushing strongly from your rear leg; step forward and strike Gedan Uchi. Move back to the centre line and assume Migi Kamae. Repeat 4 times.

Yon No Suburi - Renzoku Shomen Uchi Komi

Execute Shomen Uchi as in the first Suburi. Raise the bokken into Jodan No Kamae and stepping forward with the left leg cut Shomen Uchi. Repeat once more i.e. 3 cuts in total; pivot and cut Shomen Uchi. Repeat twice more. Pivot and assume Migi Kamae.

Go No Suburi - Renzoku Nagare Yokomen Uchi Komi

Raise the Bokken to cover or cut your opponents wrists. As you step forward drop your bokken to the side of your lead leg and strike Yokomen Uchi. Repeat 2 more times. Pivot and assume Migi Kamae. Repeat 3 more times. Pivot and assume Migi Kamae

Roku No Kamae - Shomen Uchi Tsuki

Execute Shomen Uchi as in the second Suburi (There after strike Shomen Uchi without stepping back). Immediately slide forward with the front leg and thrust Tsuki Chudan. Ensure the Bokken edge is turned slightly away from your lead foot. Repeat 2 more times. Pivot and repeat 3 times. Pivot and assume Migi Kamae.

Shichi No Kamae - Migi Shomen Uchi Hidari Tsuki

This suburi is identical to No.6 but instead of sliding on the thrust you step.

Execute Shomen Uchi as in the second Suburi (There after strike Shomen Uchi by stepping forward each time). Immediately step forward and thrust Tsuki Chudan. Ensure the Bokken edge is turned slightly away from your lead foot. Repeat 2 more times; pivot and repeat 3 times. Pivot and assume Migi Kamae

Tips for Correct Sword Work:

Correct Grip

Correct Cut

Correct Posture

Kamae Positions