

## **AAA Weapons**

### **Weapons Techniques**

Bokken Kata 1 (13)

Bokken Kata 2 (13)

Jo Kata 1 (22)

Jo Kata 2 (22)

Tantodori – defense against knife attack

Bokken Dori – defense against sword attack

Jo Dori – defense against staff attack

Jo Nage – throwing with staff

Kumijo (5) – staff versus staff form

Kumitachi (6) – sword versus sword form

Chudan no kamae – stance of middle position

Jodan no kamae – upper position

Hasso no kamae – bokken/jo held vertically from rear shoulder

Waki kamae – low rear

Gedan no kamae – low front

Bokken Suburi – basic stance chudan/migi

- Shomenuchi – chudan
- Shomenuchi – jodan
- Yokomenuchi – chudan
- Yokomenuchi – jodan
- Gyaku Yokomenuchi – chudan
- Kirigaeshi – continuous yokomen/gyaku yokomen
- Mune tsuki – sliding
- Mune tsuki – stepping

Jo Suburi – basic stance hidari

- Shomenuchi – step forward
- Yokomenuchi – block, strike
- Mune tsuki