

Lightening Kata

	Jo (Uke-jo)	Bokken (Uchitachi)
1	Hold the in the dai-jo-dan position and do shomen and step back and return to Dai-jo-dan. Step back in the ge-dan position.	Hold the Bokken in the hasso position, as the jo strikes step to your right and cut the jo. As the jo retreats step forward with the left foot and cut then step to the right and cut the left wrist. Step back in the ge-dan position.
2	Hold the jo in the chu-dan position and do munestuki. Step back in the ge-dan position.	Hold the bokken in the ge-dan position, as the jo strikes with munestuki step forward on the right foot and cut the jo then step again on the right foot and cut the throat. Step back in the ge-dan position.
3	Hold the in the reverse chu-dan position step forward and strike the bokken.	Hold the bokken in the jo-dan position. Extend Ki as the jo strikes, step forward with left foot and pierce the throat. Step forward again with left foot and cut yokomen to the neck. Step back in the ge-dan position.
4	Hold the jo in the dai-jo-dan position strike with shomen and retreat to the reverse chu-dan position. Step back in the ge-dan position.	Hold the Bokken in the hasso position as the jo strikes shomen, step to the right and cut the jo when the jo retreats step forward with the left foot and cut shomen. Step back in the ge-dan position.
5	Hold the jo in the chu-dan position and do munestuki. Retreat to the dai-jo-dan position and strike shomen. Step back in the ge-dan position.	Hold the bokken in the ge-dan position as the jo strikes with munestuki, step forward on the right foot and cut the jo then cut to the side. Bring the bokken up to protect the right shoulder as you step to the left with the right foot. Step forward with the left foot as you cut the neck. Step back in the ge-dan position.
	Dai-jo-dan – Highest position (ready to strike shomen) Chu-dan – Middle position (ready to thrust) Ge-dan – Low position	Hasso – Left foot forward, hold the bokken with the left hand near you right cheek. Ge-dan – Low position Jo-dan – High position (About level with the chest)

Disclaimer: These notes were taken from a DVD of Maruyama Sensei not his direct teachings. As I was unable to ask questions they are my interpretation of what I saw.

Brad Wilkinson bjwilkinson@ozemail.com.au