

KEN SHIN KAI - 7 KEN SUBURI

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1 First Suburi - Shomen Uchi

Starting in Migi Hanmi (Ken No Kamae). Raise the Bokken so the tip of the Bokken rises sharply, till the right hand is directly over the head, and the tip of the Bokken is touching the base of the back, whilst at the same time drawing back the right foot to meet the left foot. Grip the Bokken strongly with both hands, bringing the forearms and elbows close together in front of the head, make sure the shoulders are down then pull the elbows and hands down, pushing the Bokken downwards as it swings forward finishing parallel to the ground, and turning the right hip slightly forward as the foot returns to the starting position. Return the Bokken to Ken No Kamae.

2 Second Suburi - Shomen Uchi Komi

Starting in Ken No Kamae, start to raise the Bokken as above, stepping back with the right foot as the hands rise to head level. The Bokken should be extended upwards and backwards, at the same time turning the right hip backwards slightly. After a momentary pause, straighten the hips and drop the Bokken so that it is touching the base of the back, then step forward with the right foot, cutting Shomen Uchi as above.

3 Third Suburi - The Sword Of Universal Ki

Starting in Ken No Kamae, start to raise the Bokken as above, stepping back with the right foot as the hands rise to head level. The Bokken should be extended upwards and backwards, at the same time turning the right hip backwards slightly, whilst breathing in deeply through the nose. Allow the Bokken to drop to the right, turning the hips a little more towards the right and dropping the centre, whilst compressing the breath down to your centre. When the Bokken reaches a position with the left hand just next to the right hip and the tip of the Bokken slightly down and the arms relaxed, straighten the hips and turn the body forwards over the front foot, raising the hands till the right hand is directly over the head, and the tip of the Bokken is touching the base of the back. Step forwards with the right foot, cutting Shomen Uchi as above whilst at the same time releasing the breath.

4 Fourth Suburi - Renzoku Shomen Uchi Komi

Starting in Ken No Kamae, execute Shomen Uchi as in the First Suburi above. Raise the Bokken again, pushing the centre forward over the front right foot and stepping forward with the left foot, cutting Shomen Uchi with the left hip forward, assuming Hidari Kamae. Raise the Bokken again, and repeat the procedure, cutting Migi Shomen Uchi (repeat as required).

5 Fifth Suburi - Rensoku Shomen Uchi Komi

Starting in Ken No Kamae, sweep the tip of the Bokken to the right whilst raising the hands vertically to a point well above the head. The Bokken should be horizontal and pointing to the right. Step forward with the left foot, whilst swinging the Bokken around to the rear, dropping the tip of the Bokken so that it is touching the base of the back. Cut with Shomen Uchi as the hips are turned to Hidari Kamae (repeat as required). NB: from Hidari Kamae sweep the tip of the Bokken to the left.

6 Sixth Suburi - Shomen Uchi Tsuki

Starting in Ken No Kamae, execute Shomen Uchi Komi as in Second Suburi above. Slide the right foot further forward turning the right hip further forward and thrusting straight (in line with adversary's abdomen). The cutting edge of the Bokken should be turned in the direction of the hips (left). Swing the Bokken around to the rear, dropping the tip of the Bokken so that it is touching the base of the back. Cut with Hidari Shomen Uchi whilst stepping forward with the left foot. Slide the left foot further forward turning the left hip further forward and thrusting straight. The cutting edge of the Bokken should be turned to the right. (repeat as required).

7 Seventh Suburi - Migi Shomen Uchi Hidari Tsuki

Starting in Ken No Kamae, execute Shomen Uchi Komi as in Second Suburi above. Step forward with the left foot into Hidari Hanmi turning the left hip forward and thrusting straight (in line with adversary's abdomen). The cutting edge of the Bokken should be turned to the right. Swing the Bokken around to the rear, dropping the tip of the Bokken so that it is touching the base of the back. Cut with Migi Shomen Uchi whilst stepping forward with the right foot. Step forward with the left foot into Hidari Hanmi turning the left hip forward and thrusting straight. (repeat as required). NB: start in Hidari Hanmi to practise opposite side.