

KEN SHIN KAI – TANTO SOHO

SUWARI WAZA

	UKE		SHITE / TORI
1	Shomen Tsuki to chest area.	1	Move to the left and Shomen Tsuki to side area.
2	Shomen Tsuki to chest area.	2	Move to the right and Shomen Tsuki to chest area.
3	Shomen Tsuki to head area.	3	Yokomen Uchi.
4	Shomen Uchi to head area.	4	Yokomen Uchi.
5	Yokomen Uchi to head area.	5	Move forward and block attack at head level.

TACHI WAZA

	UKE		SHITE / TORI
6	Shomen Tsuki to chest area.	6	Move to the left and Shomen Tsuki to side area.
7	Shomen Tsuki to chest area.	7	Move to the right and Shomen Tsuki to chest area.
8	Shomen Uchi to head area.	8	Yokomen Uchi.
9	Yokomen Uchi to head area.	9	Move forward and block attack at head level.
10	Shomen Tsuki to chest area. Turn. Shomen Tsuki to head area.	10	Move forward to the right, past attack, slice across neck. Draw back, with tanto at chest height pointing towards Uke, cupped with left hand. Move forward to the right past second attack, Tsuki to head area.