

Small Men Uchi (Strike) by attacking center - Shikake waza

When you were a beginner, you learned a big Men strike by holding Shinai up over your head (Furikaburu-振りかぶる) and swing down as you move forward. As you grow up and improve this Men strike for speed, you would gradually reduce this movement. Theoretically, you can strike Men by moving the tip of Shinai (Kensen, 剣先) forward by raising Kensen (剣先) to opponent's Men height. However, this results in insufficient strength and does not do the job of cutting. You need to raise Kensen higher than the Men height to strike Men with sufficient strength and Sae (冴え, sharpness). However, your opponent can strike Debana-Kote if you raise and pull back your right hand. The pictures 1-6 illustrate recommended small Men strike with the opponent's move considered. That also applies for a big Men strike.

Tip 1 Kill opponent's Ki (気, spirit) from Issoku-Ittō (一足一打) distance (Maai) by sensing opponent's move with or without vocalized Ki-ai (気合). See picture 1

Tip2 Initiate forceful Seme (攻め, attacking pressure) through the center and toward opponent's throat (like Tsuki Waza) by making a big step forward with your right foot. Now the Maai (間合い) is Chikama (近間), closer to the opponent. See picture 2-4.

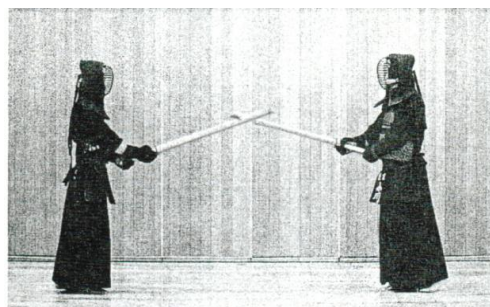
Tip3 Using Tsubamoto (鑿元, near Tsuba) as a fulcrum (支点) push out your left hand down to raise Kensen (剣先) up vertically. It is important that you move your body forward when you raise Kensen. See picture 5

It is more effective to speed up this motion if the fulcrum (支点) is supported by thumb and index finger of right hand, and loosen all other fingers on right hand. At the instant of Men strike right hand and left-hand fingers are gripped together at the same time. See picture 6.

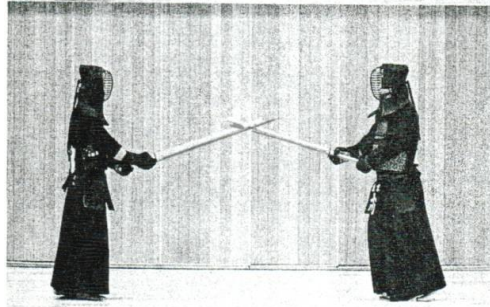
Tip4 The picture (1) shows that left hand is used as a fulcrum (支点) and right hand is pulled to raise the Kensen (剣先) up vertically for a small Men strike.

Tip5 The picture (2) shows that right hand is used as a fulcrum (支点) and left hand is pushed down and out to raise the Kensen (剣先) up vertically for a small Men strike. That is preferred because you defend opponent's possible attack by Debana Kote if you are moving forward.

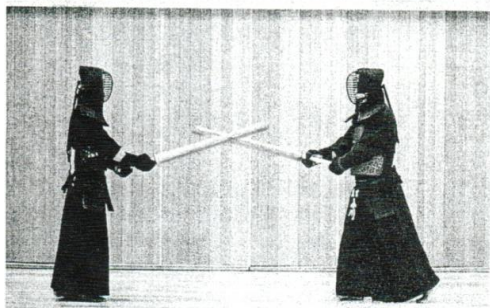
Tip6 The picture (3) shows that shoulder is used as a fulcrum to raise the Kensen up. It is open for opponent's Dō strike.



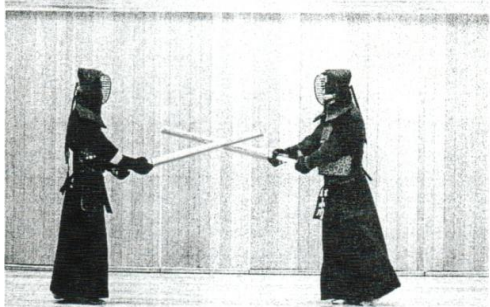
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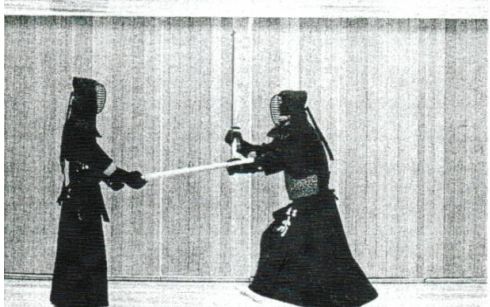
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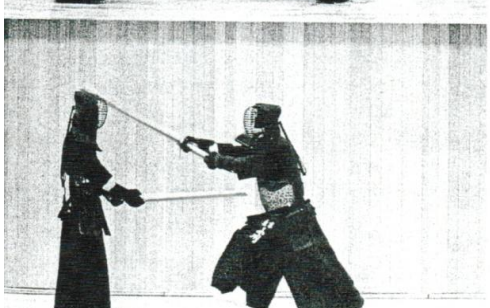
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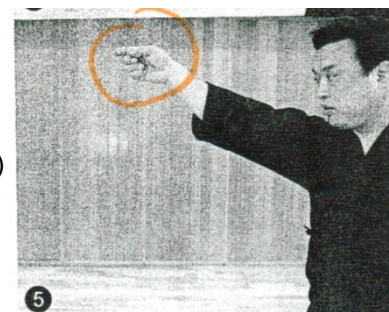
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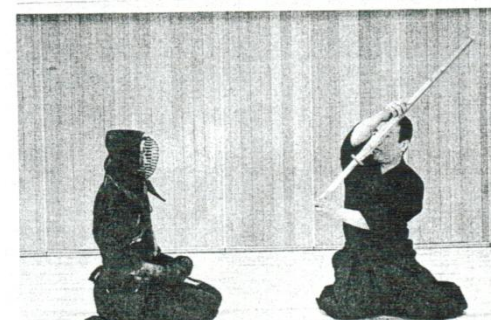
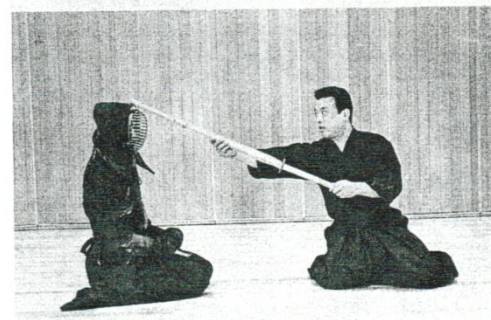
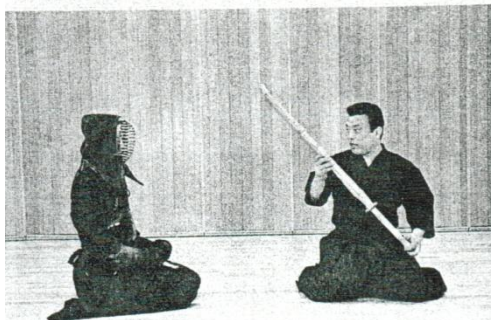
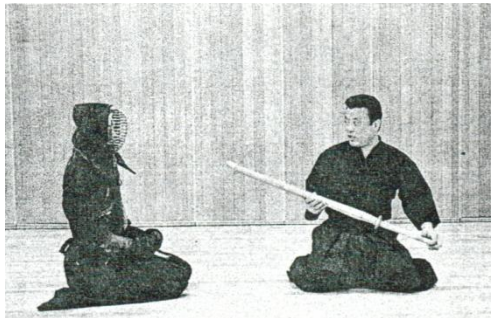
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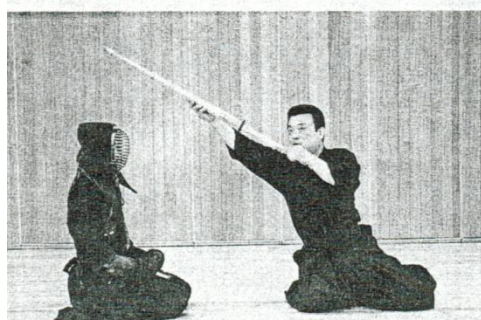
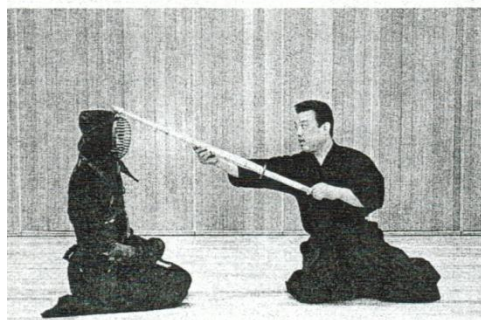
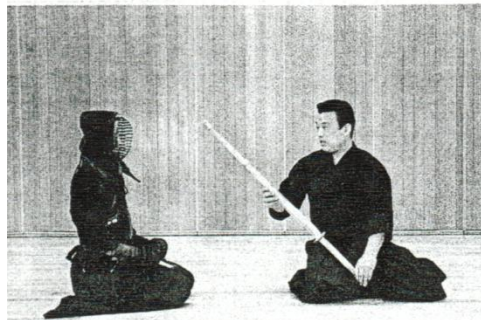


Kensen (剣先) after Men Strike

Bad Example



Good Example



Small Men Uchi (Strike) –Cont'd -

Tip7 The picture (5) on the previous page shows the right-hand wrist position at the moment of Men strike. This motion not only helps extend arms but also gives **Sae** (冴え, sharpness) to the Men strike.

Note that the wrist is slightly angled down from the neutral position, keeping the tip of Shinai (Kensen, 剣先) in the direction of your Ki (気) that is forward.

Note that the fulcrum should be shifted from right hand to the center gravity point of Shinai when you strike the Men so that you can control the speed of the tip of Shinai to rotate and move forward rather than upward.

Tip8 The pictures on the left shows that Sensei is teaching a student how the tip of Shinai moves after the Men is struck. Left side is a bad example that Kensen(剣先) is going up and away from your move. The right side is correct way in that the tip is moving with you in the direction to push to cut.

Note that switching of fulcrum from the center gravity point of the Shinai to right hand after striking is necessary to return the right-hand wrist to the neutral position and to control the height of KenSen as you go thru opponent's left side for Zanshin.

Tip9 The Men Waza introduced here is Shikake Waza, that is, your opponent is defensive; therefore, you do not consider his immediate incoming attack, but must consider his possible attack by Debana Kote.

Tip10 It is emphasized that a strong Ki-Ai, Seme, quick motion of your hands and your body forward movement from Chikama (近間) can enable this decisive small Men Uchi.

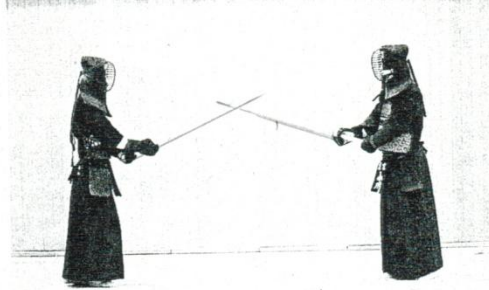


View from Different Angle

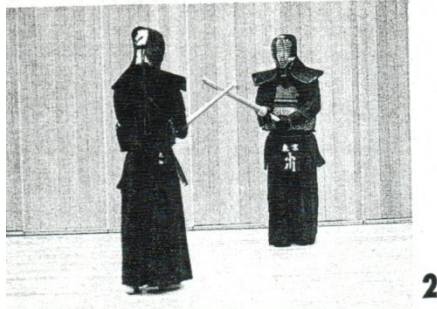
View from Side



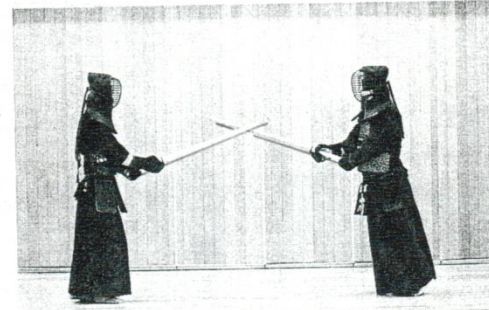
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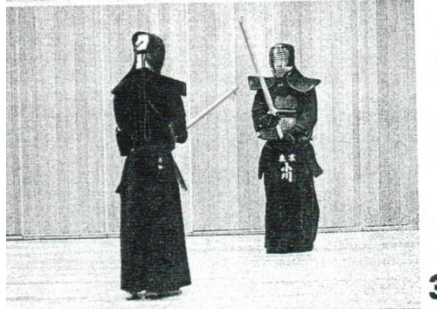
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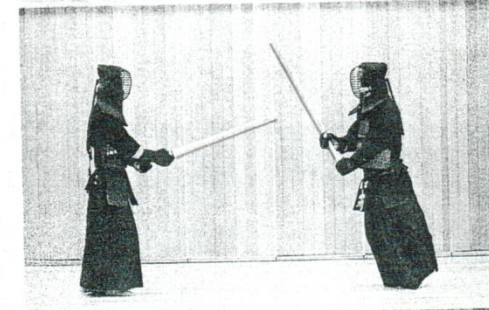
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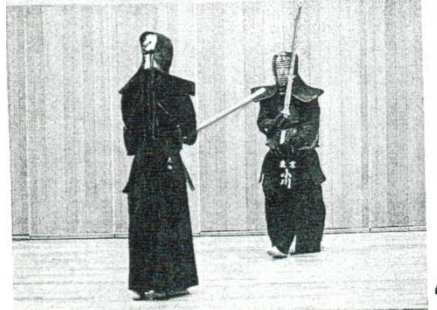
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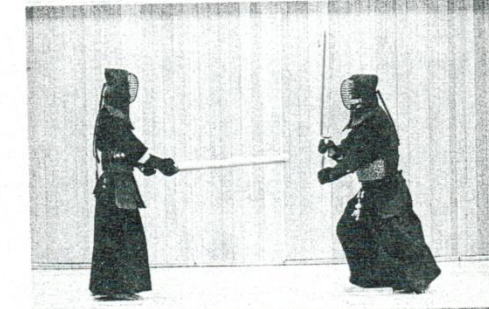
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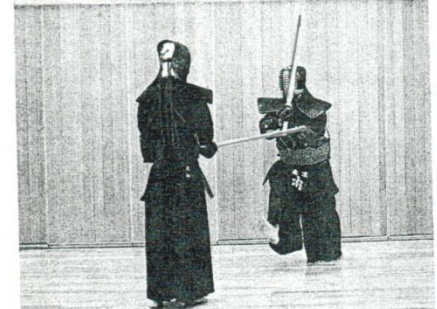
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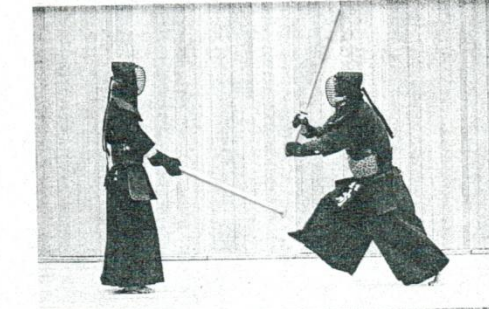
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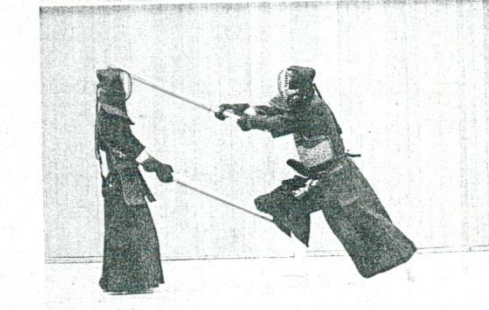
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Men Uchi by attacking Kote

Shikake Waza

Tip1 Pretend attacking opponent's Kote by raising the tip of Shinai over toward his Kote and strike Men as opponent reacts to protect Kote and opens for Men.

Tip2 You must kill opponent's Ki (spirit) by forceful Ki-Ai and Seme using your Taisabaki (body movement), footwork and Shinai manipulation.

Tip3 The picture 2-3 is showing the body leaning forward for one way of Seme, but the Seme is more effective by stepping right foot forward with sliding motion with your straight body posture.

Tip4 Tōma to Issoku-Itto no Maai applies to this Waza without Tsugi-Ashi. From Tōma keep the left hand at Chudan position and pull right hand slightly to raise the tip of Shinai as shown.

Tip5 This Waza does not work from Issoku-Itto no Maai if opponent is offensive mode.

Facing View



Going for Kote



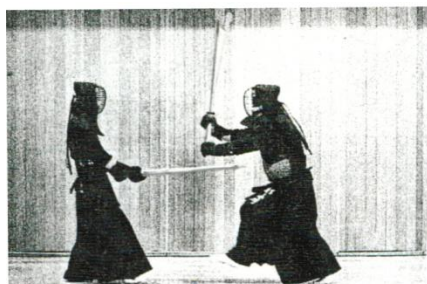
Kote Seme



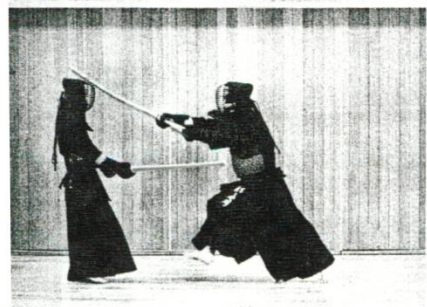
Going for Men strike



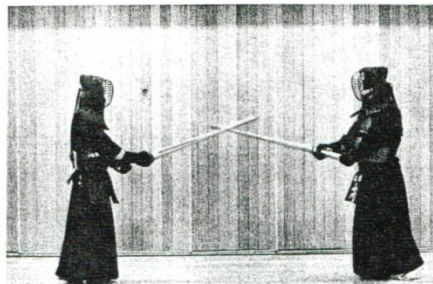
Case 1



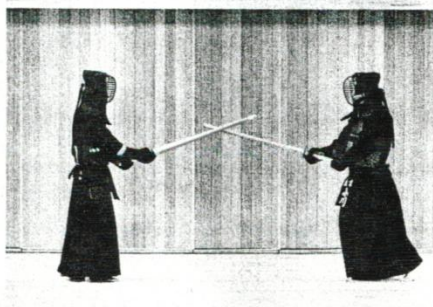
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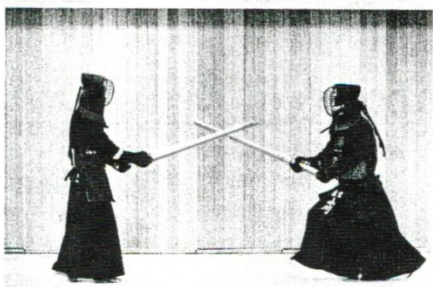
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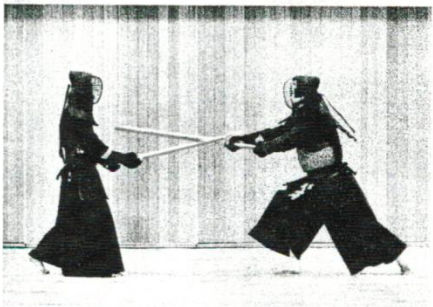
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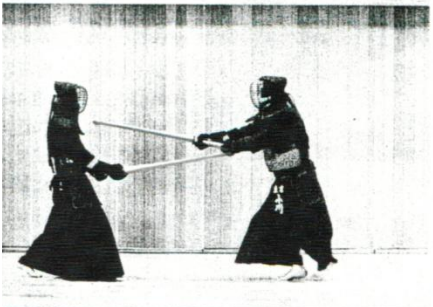
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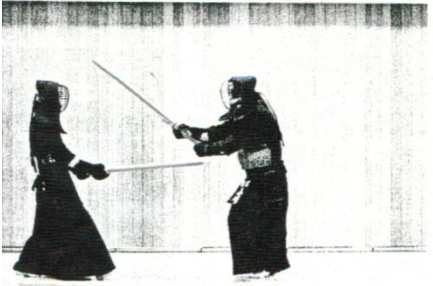
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**Men Uchi from Tsuki attack**  
Shikake Waza

**Case 1** Case 1 is a situation that opponent reacted to avoid your Tsuki attack by moving backward. Refer to the pictures on this page.

Tip1 Although you intend to strike Men, you must have the feeling to thrust for Tsuki with a big motion moving your hip forward followed by left foot pull.

Tip2 Just like two-step Nidan Waza (二段技) using TsugiAshi you strike Men immediately when you sense that the opponent is going back to avoid your Tsuki attack.

**Case 2** (Refer to the pictures on next page) Case 2 is a situation that opponent reacted to parry your Tsuki from the top as shown by pressing down your Shinai's Tsuba-Moto (鍔元).

Tip1 When your Kensaki (剣先) is dead because of opponent pressing down your Shinai at Tsuba-Moto (鍔元), you are vulnerable to opponent's attack.

Tip2 In this case you use Kaeshi motion immediately and strike Men from Ura (裏) side using Ura Suriage motion.

Tip3 Do not move your Kensaki (剣先) to the side when you use this Kaeshi motion but draw out vertical down direction without losing Shinai contact as if you do Suriage Waza using your Te-no-Uchi (手の内) and then strike Men following the Tachisuji (太刀筋, cutting path).

Tip4 Te-no-Uchi (手の内) in this case is handling of Shinai. It involves loosening, tightening and controlling grips of two hands to make the transition from Kaeshi to Suriage Men strike in the shortest time with accuracy.

Tip5 Make this Kaeshi motion with your arms extended and using your wrist, not shoulder, as a fulcrum.



Case 2

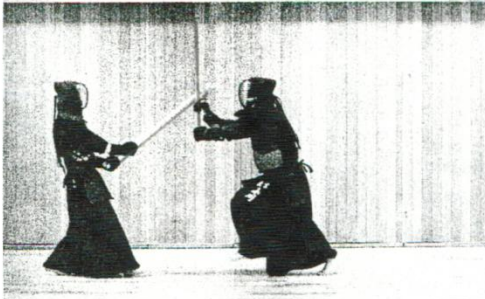
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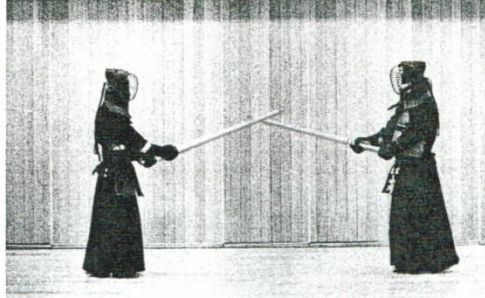
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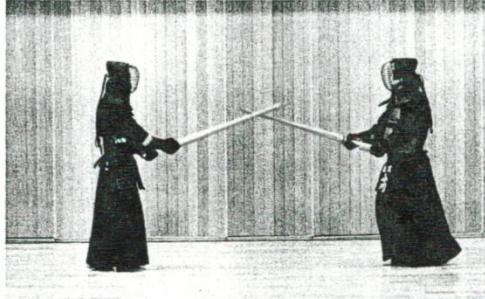
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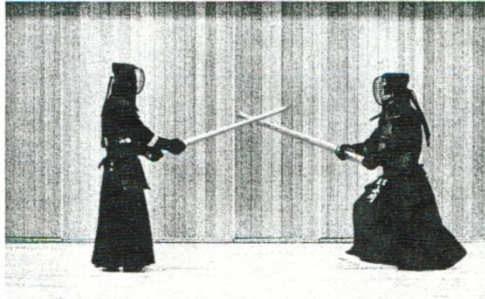
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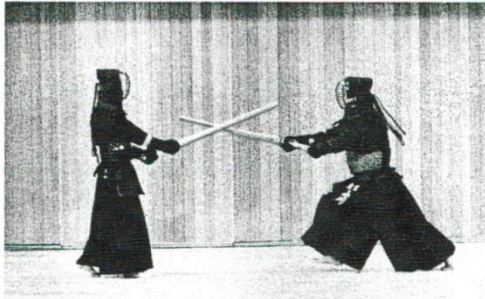
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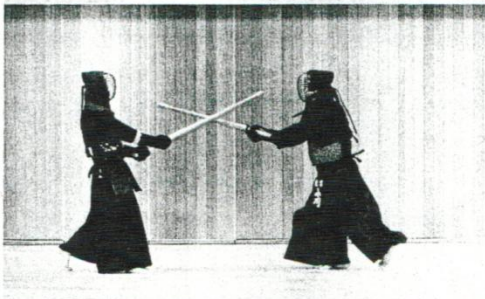
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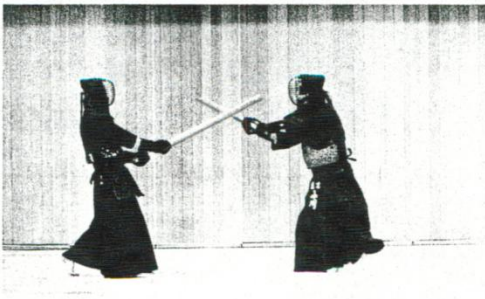
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Tip 6 Detail of Kaeshi motion (the pictures 6-7 on the left) is shown on next page (left side of page 6).

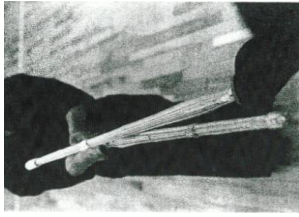
Tip7 The pictures on the right side on page 6 show one way to train your Te-no-Uchi (手の内) for this Waza.

a) Note that your elbow is not bent, but extended.

b) When you move Kensen (剣先) back around your body, be conscious that you turn it with your thumb and index fingers.

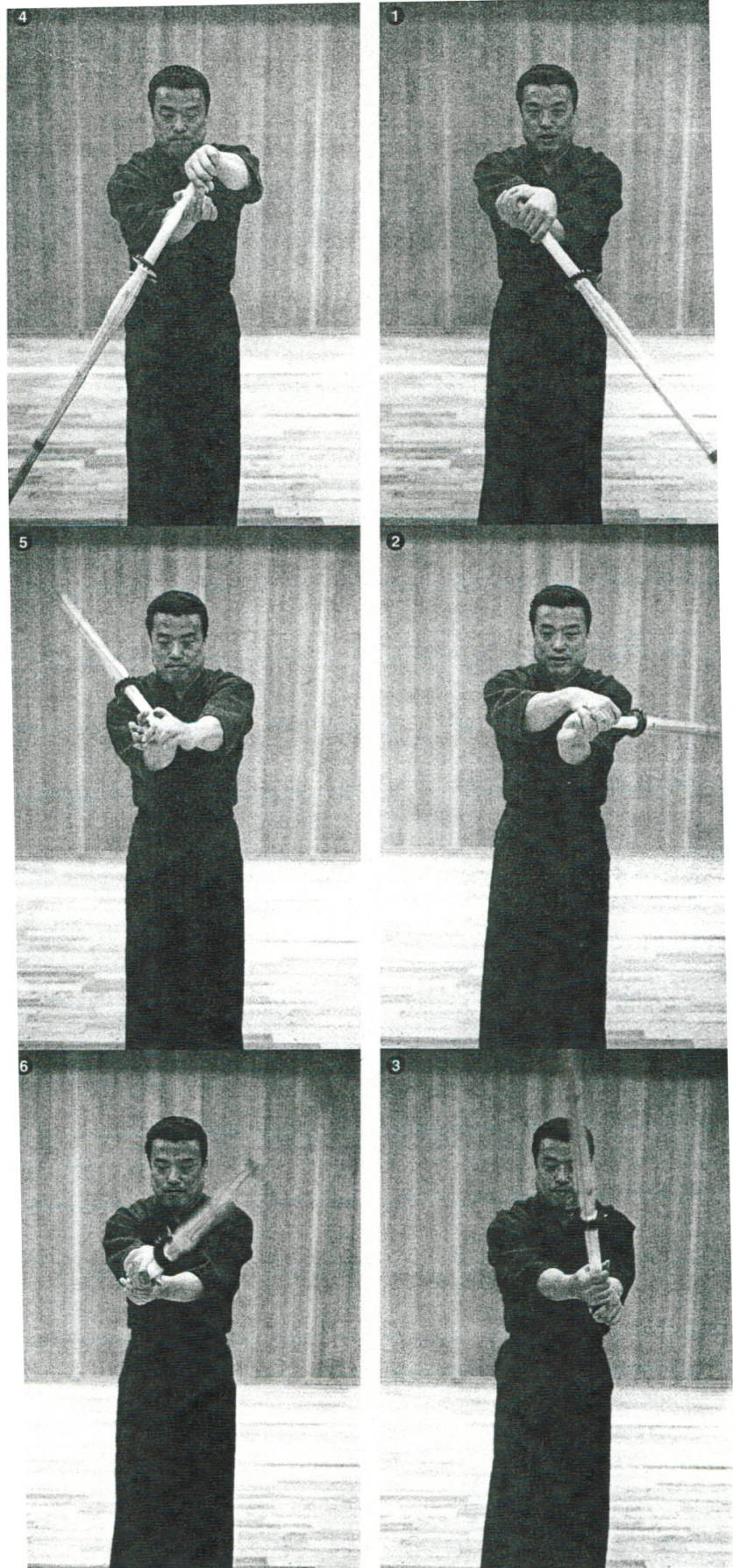
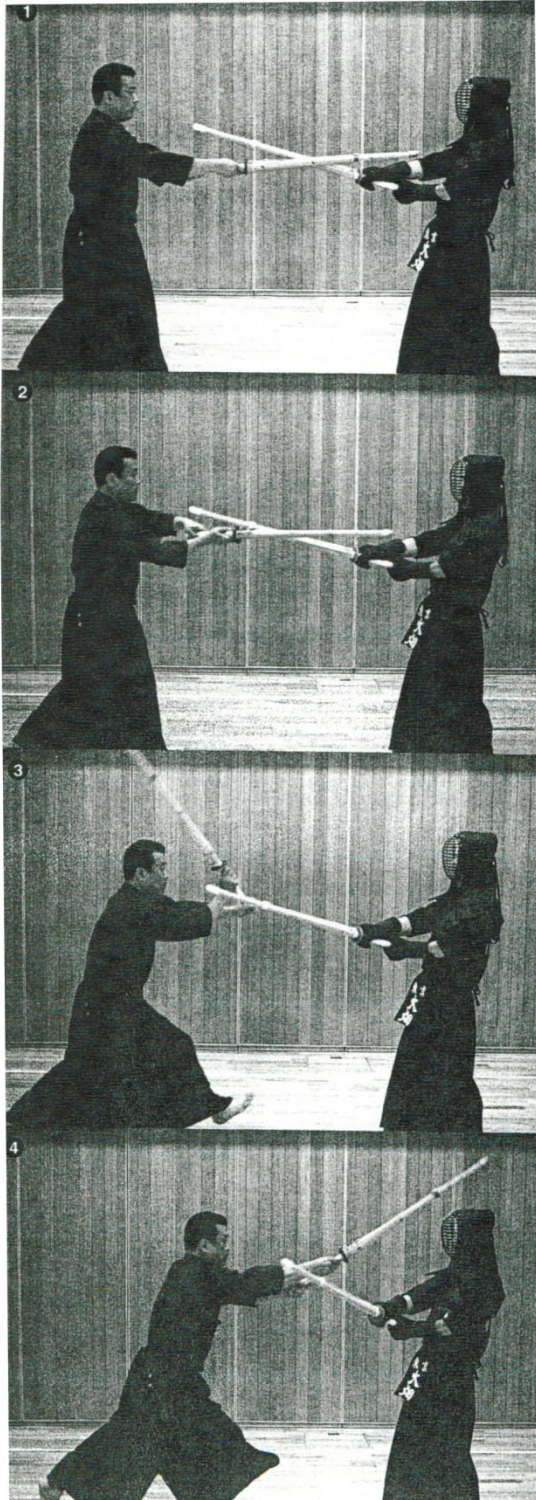


Top View of 2<sup>ND</sup> Picture



One Way to Train to Loosen Te-no-Uchi (手の内) for Case 2 Waza

Detail of Kaeshi (返し) Motion to Men strike





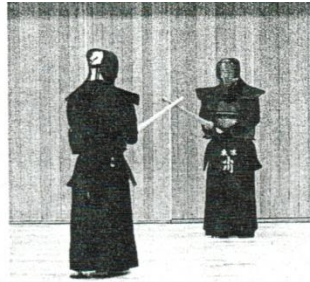
Katsugi Men (かつぎ面) -Sikake Waza (仕掛け技)

Viewed from Different Angle

Viewed from Side



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別角度から

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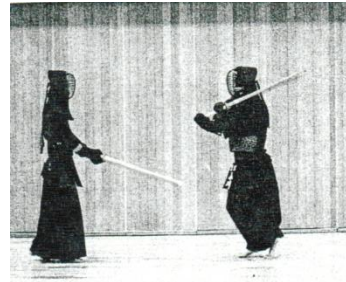
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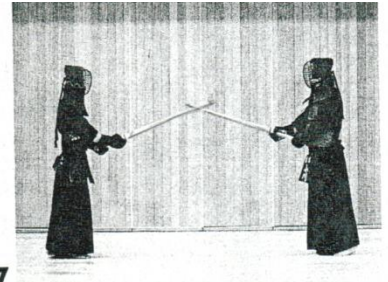
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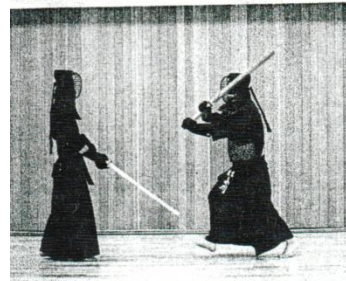
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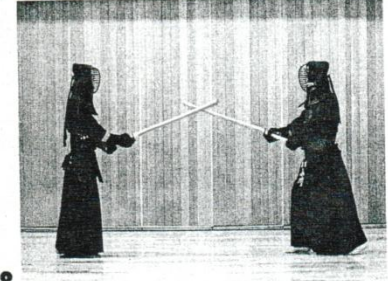
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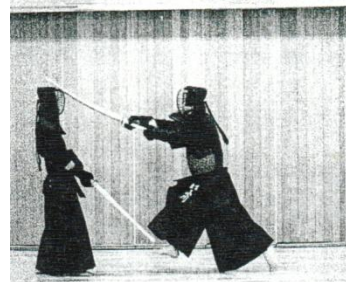
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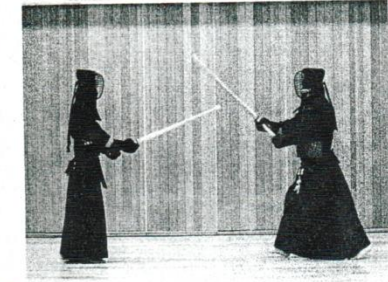
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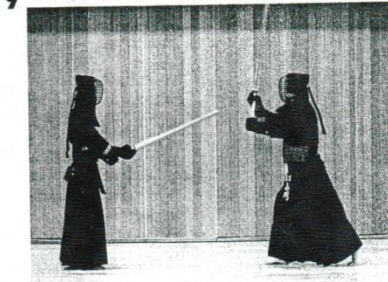
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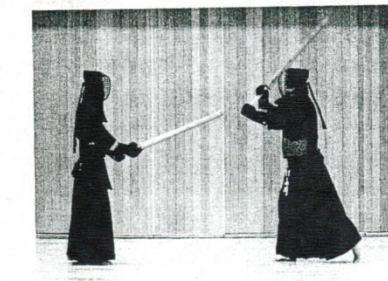
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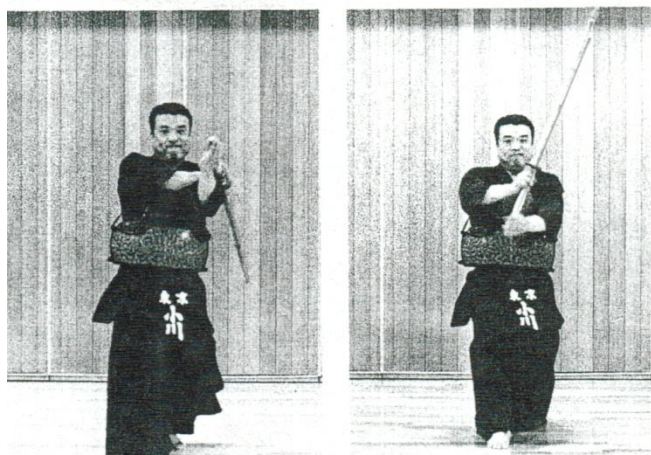


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### Katsugi Men (かつぎ面)

Shikake Waza (仕掛け技)

- Tip1 Carry your Shinai on your left shoulder as you step forward with your right foot to pretend that you are attacking opponent's Kote and then strike Men as your opponent defends for Kote and opens for Men.
- Tip2 Situation that this Waza works is when the opponent is waiting for his Ōji-Waza other than for Dehana Waza.
- Tip3 Katsugi Men is Sutemi (捨て身) Waza; therefore, it is important that you move your body forward with your right foot, using a big Suriashi as you bring your Shinai over your shoulder.
- Tip4 The Katsugi-Men Waza is more effective if you do in a big motion so that your left fist is higher than your right fist and Kensaki (剣先) is downward as shown.
- Tip5 The footwork is two steps, right and left (Tsugi-Ashi), in Ni-Kyodō (二挙動, two counts move) and then strike Men. You must not get scared during the one count moment that you do Tsugi-Ashi with your left foot. Make this Katsugi motion boldly with the footwork and sense opponent move during this moment that left foot is pulled to right foot.
- Tip6 This Waza is one time Waza as a surprise and repeated use is not effective.
- Tip7 The pictures on the left show the facing view of Katsugi motion viewed from the opponent side.

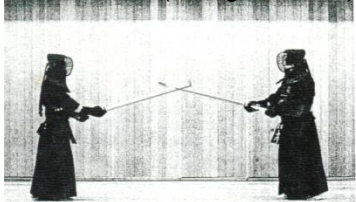
### Harai-Men (払い面) from Omote (表) side

See next page 9

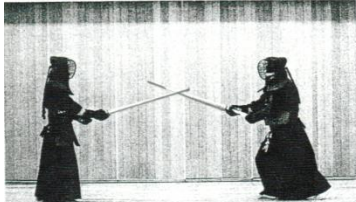
- Tip1 The Harai Men pictures (left two) on next page show two situations of Harai-Men (kill Shinai to deflect away and then strike Men) depending on opponent reactions. The left side is straight Men, and the right side is left side Men (opponent's right temple) after attacking Shinai from Omote (表) side.
- Tip2 The pictures (right two) on next page show Waza immediately connecting Harai to Kaeshi depending on opponent reactions after attacking Shinai from Omote (表) side. The right side is an example of striking right temple of the opponent when the opponent defended for Men strike as shown. The left side is an example of striking left temple of the opponent when opponent defends to protect Men as well as Kote as shown. In these cases, you should use Kaeshi Waza (返し技) using your wrist move (Tenouchi, 手の打ち) and strike Men, to the opposite side of opponent's Shina.



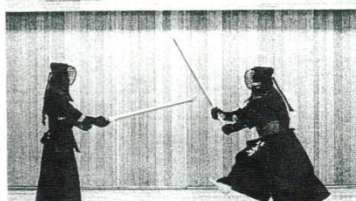
Harai Men (Straight Ahead)



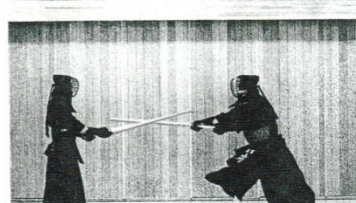
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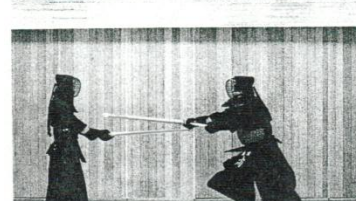
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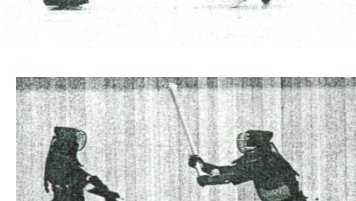
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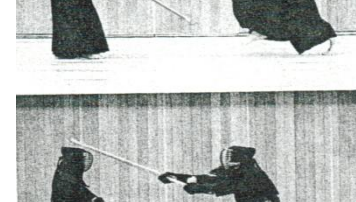
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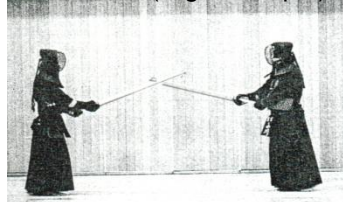


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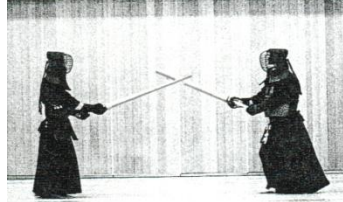


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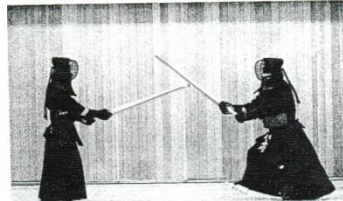
Harai Men (Right Temple)



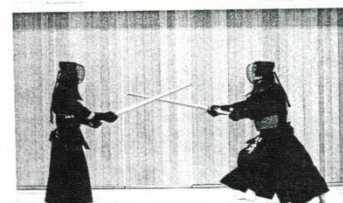
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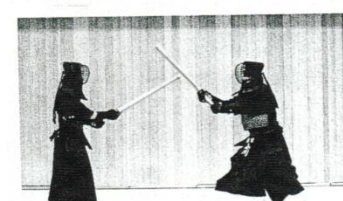
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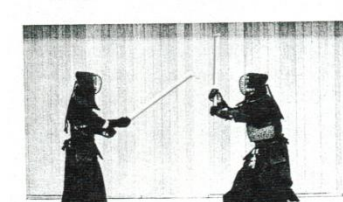
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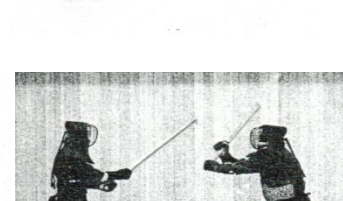
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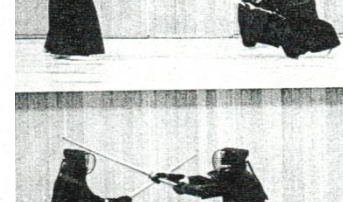
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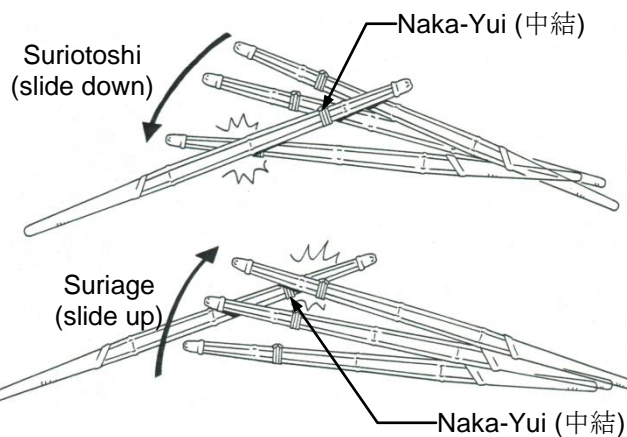


8

Harai / Kaeshi Men (Left Temple)

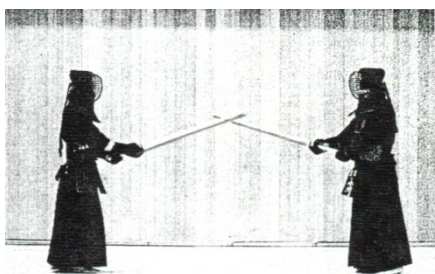


Harai / Kaeshi Men (Right Temple)

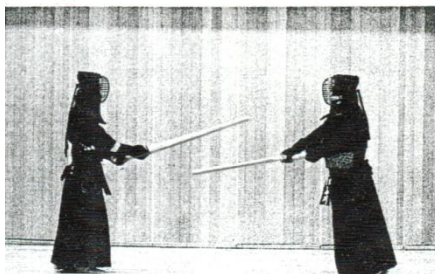


Tip3 When you attack opponent's Shinai (Harai, 払う) from Omote(表) side and strike Men, you start from Chudan stance and strike down opponent's Shinai using strong Suriotoshi (sliding down) motion from the tip of opponent's Shinai toward the Stubamoto (鋦元, the neck of Tsuba). The above picture (top) shows this detail.

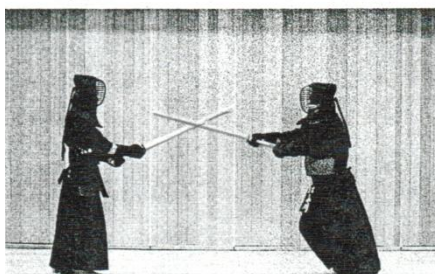




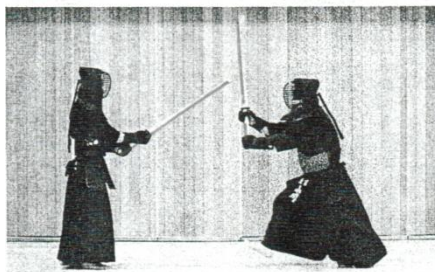
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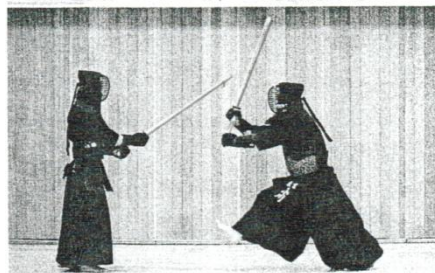
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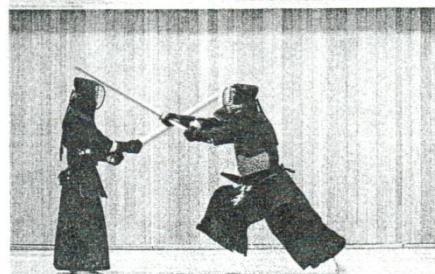
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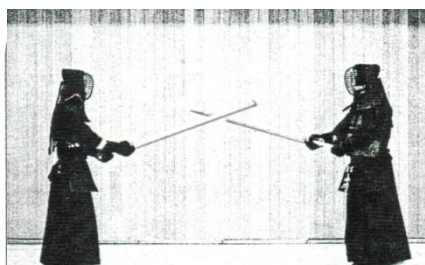
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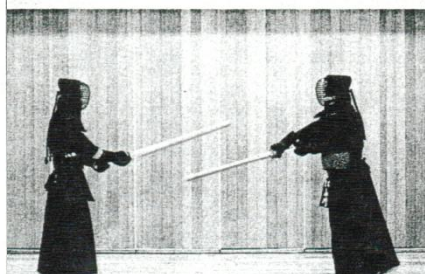
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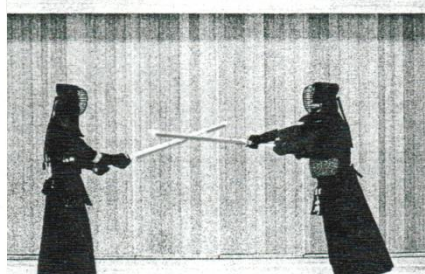
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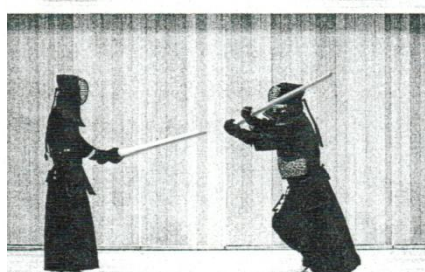
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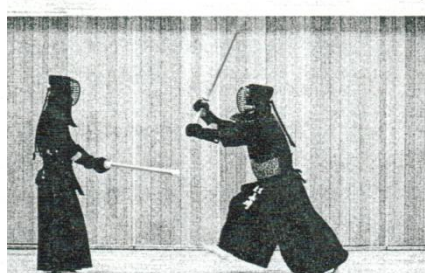
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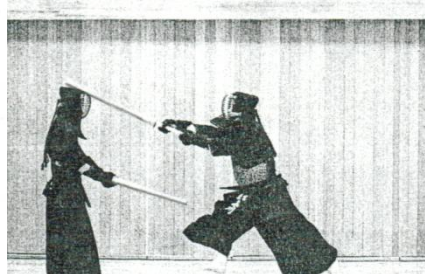
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4



5



6

Tip4 The footwork for this Suriotoshi Harai-Men from Omote(表) side becomes two steps with Nikyodō (二挙動) like Kote-Men combination. The Suriotoshi must be powered using your wrist and body movement at the first step.

Tip5 There is Harai Men that uses Suriage motion from Omote side. Let's call this "Harai Age Men from Omote(表) side." The footwork for this Waza becomes one step with Ikkyodo (一挙動) Shinai swing. That is illustrated in "Bokuto Ni Yoru Kendo Kihon Waza Practice Method," Kihon Waza No. 3. This Waza is difficult for a beginner because it requires a powerful wrist handwork.

### Harai-Men from Ura(裏) side Harai Age Men

Tip6 Harai (kill Shinai to deflect away) from Ura (裏) side need not be so strong. The footwork is one step with Ikkyodo (一挙動) Shinai swing.

Tip7 You lower your Shinai slightly from Chudan stance and strike up opponent's Shinai using Suriage (sliding up) motion from Naka-Yui (中結) of opponent's Shinai toward the Saki-Gawa (先革) when you attack opponent's Shinai (Harau, 払う) from Ura(裏) side using Haraiage and strike Men. The picture (bottom) on page 9 shows a detail of the Kensen(剣先) movement.

Tip8 For Harai-Men from Ura(裏) side to be effective, the Maai must be Issoku-Itto distance and as you do Suriage your body must be moving forward with right foot so that the Kensaki (剣先) reaches near the Naka-Yui (中結) of opponent's Shinai. See the picture (bottom) on page 9 for this detail.

Tip9 This Harai-Waza should not be executed sideways because it becomes two steps with Nikyodō (二挙動) swing; moreover, your opponent can read your move.