

The 8 tai sabaki sequences from Chiba's 8 bokken suburi demonstrate 8 variations of doing shihonage empty handed with partner and in fact, have application to many other techniques.

General Points

- Each suburi **starts in R hanmi**. Each is made up of a paired, repeated sequence (a) starting RH, finishing LH; (b) continuing from LH, **concluding in RH** (back to the starting position).
- Standard form: Cutting down is shomen; tsuki is straight (variations: kesagiri; tsuki aiming at throat, turning blade to horizontal).
- The first shomen (in the [i]s below) is always followed by tsuki, stepping in with back foot ([ii]s).
- The back foot tsuki ([ii]s) is always followed by the '180 degree tenkai pivot turn and cut down shomen cut' (the [iii]s): a kirigaeshi shomen, with the bokken covering, on the turn, the head and following shoulder. Thus pivoting 180 degrees from R hanmi, the leading shoulder is the left shoulder; the bokken covers the head and the R (following) shoulder. Conversely, pivoting 180 degrees from L hanmi, bokken covers head and the L (following) shoulder.

References below are to video of Horii Sensei on https://www.youtube.com/watch?v=T1_NXuW718Q

RH: Right hanmi. LH: left hanmi.

#1 Stepping Back Shomen

	(a)	(b)
[i]	RH. Step back (R foot) shomen.	LH. Step back (L foot) shomen.
[ii]	Back (R) foot irimi tsuki.	Back (L) foot irimi tsuki.
[iii]	180 degree tenkai, kirigaeshi with bokken covering to R (following side) and cut down shomen LH .	180 degree tenkai, kirigaeshi with bokken covering to L (following side) and cut down shomen RH .

#2 Stepping Forward Shomen

	(a)	(b)
[i]	RH. Step forward, back (L) foot irimi shomen.	LH. Step forward, back (R) foot irimi shomen.
[ii]	As #1a[ii]: back (R) foot tsuki.	As #1b[ii]: back (L) foot tsuki.
[iii]	As #1a[iii]: turn and cut. Finishes in LH .	As #1b[iii]: turn and cut. Concludes in RH .

#3 Tenkan (Turn step back) Kiriage

	(a)	(b)
[i]	RH. 180 degree tenkan with kiriage cut, 180 degree tenkai and cut down shomen (LH).	LH. 180 degree tenkan with kiriage cut, 180 degree tenkai and cut down shomen (RH).
[ii]	As #1a[ii]: back (R) foot tsuki.	As #1b[ii]: back (L) foot tsuki.
[iii]	As #1a[iii]: turn and cut. Finishes in LH .	As #1b[iii] turn and cut. Concludes in RH .

#4 Reverse Irimi (Turn step forwards) Kiriage

	(a)	(b)
[i]	RH. 180 degree tenkai and step forward with R foot with kiriage cut, 180 degree tenkai and cut down shomen (LH).	LH. 180 degree tenkai and step forward with L foot with kiriage cut, 180 degree tenkai and cut down shomen (RH).
[ii]	As #1a[ii]: back (R) foot tsuki.	As #1b[ii]: back (L) foot tsuki.
[iii]	As #1a[iii]: turn and cut. Finishes in LH .	As #1b[iii] turn and cut. Concludes in RH .

#5 Turn to the Right stepping forwards (direct) Kirigaeshi Shomen

	(a)	(b)
[i]	RH. Turn 90 degrees to R, raising bokken kirigaeshi covering to R, back (L) foot moving to centre then forward (i.e. 270 degrees) <i>video 1:02min</i> and cut down shomen (LH).	LH. Turn 90 degrees to L, raising bokken kirigaeshi covering to L, back (R) foot moving to centre then forward (i.e. 270 degrees) and cut down shomen (RH).
[ii]	As #1a[ii]: back (R) foot tsuki.	As #1b[ii]: back (L) foot tsuki.
[iii]	As #1a[iii]: turn and cut. Finishes in LH .	As #1b[iii] turn and cut. Concludes in RH .

#6 Turn to Right stepping back (4 suburi) Kirigaeshi Shomen

	(a)	(b)
[i]	RH. Turn 90 degrees to R raising bokken kirigaeshi covering to R, back (L) foot moving to centre then R foot stepping back (i.e. in effect a 270 degrees turn for L foot) and cut down shomen (LH).	LH. Turn 90 degrees to L raising bokken kirigaeshi covering to left, back (R) foot moving to centre then L foot stepping back (i.e. in effect a 270 degrees turn for R foot) and cut down shomen (RH).
[ii]	As #1a[ii]: back (R) foot tsuki.	As #1b[ii]: back (L) foot tsuki.
[iii]	As #1a[iii]: turn and cut. Finishes in LH .	As #1b[iii] turn and cut. Concludes in RH .

#7 Irimi Tenkan Kirigaeshi Shomen

	(a)	(b)
[i]	RH. Back foot (L) irimi-tenkan raising sword kirigaeshi to cover R side <i>video 1:24min</i> and cut down shomen (LH).	LH. Back foot (R) irimi-tenkan raising sword kirigaeshi to cover L side and cut down shomen (RH).
[ii]	As #1a[ii]: back (R) foot tsuki.	As #1b[ii]: back (L) foot tsuki.
[iii]	As #1a[iii]: turn and cut. Finishes in LH .	As #1b[iii] turn and cut. Concludes in RH .

#8 Soku Irimi Kirigaeshi Shomen

	(a)	(b)
[i]	RH. Sokumen R foot moves to R side L foot moves forward with sword raised kirigaeshi to L, body turning 90 degrees to L <i>video 1:33min</i> and cut down shomen (LH).	LH. Sokumen L foot moves to L side R foot moves forward with sword raised kirigaeshi to R, body turning 90 degrees to R; and cut down shomen (RH).
[ii]	As #1a[ii]: back (R) foot tsuki.	As #1b[ii]: back (L) foot tsuki.
[iii]	As #1a[iii]: turn and cut. Finishes in LH .	As #1b[iii] turn and cut. Concludes in RH .

Terminology

Hanmi: "half-body" stance / posture.

Tenkai: turn pivoting on both feet.

Tenkan: turn, pivoting on front foot; rear foot moving up to front foot then stepping back.

Shomen: downward cut to top of head then down through body.

Gaeshi/Kaeshi: returning or reversed.

Kirigaeshi: "turning cut" / cutting repeatedly. [Saito ken suburi No.5 "deflective counteraction" Saito Aikido Its Heart and Appearance, 1975, p.42. <https://www.youtube.com/watch?v=RJyZ3Ogp0yQ>]

Kiriage: diagonal cut up (waist to opposite shoulder).

Kesagiri: diagonal cut down across the body ("monk's robe cut") (shoulder to opposite waist).

Example of application of #8 form to Shihonage by T.K. Chiba, 1989, UKA Summer School

https://www.youtube.com/watch?v=xYQOecMB_iU

