

Bokken

- Bokken Movements 1 Suburi - right/left hanmi
- 2 Shiho giri/& with tsuki
- 3 Happa giri/& with tsuki
- 4 8-count suburi kata - tachiwaza & suwariwaza
- 5 Kiriotoshi - jodan, chudan, gedan

Note: All those practising weapons should have their own bokken, jo and weapons bag.