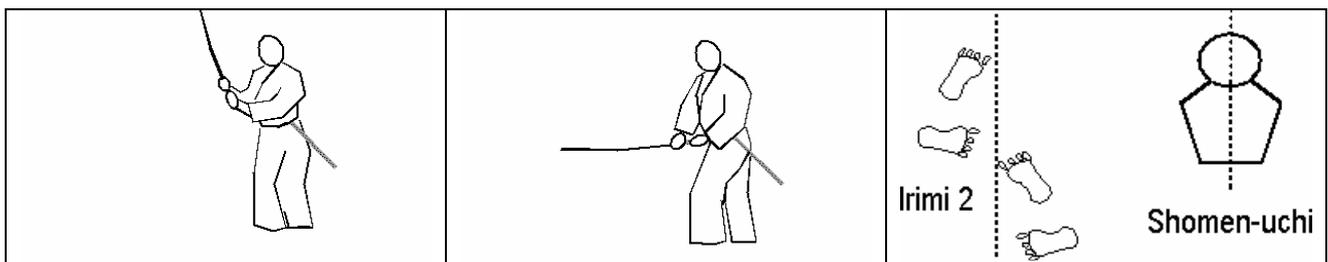


Sword Meditation No. 2

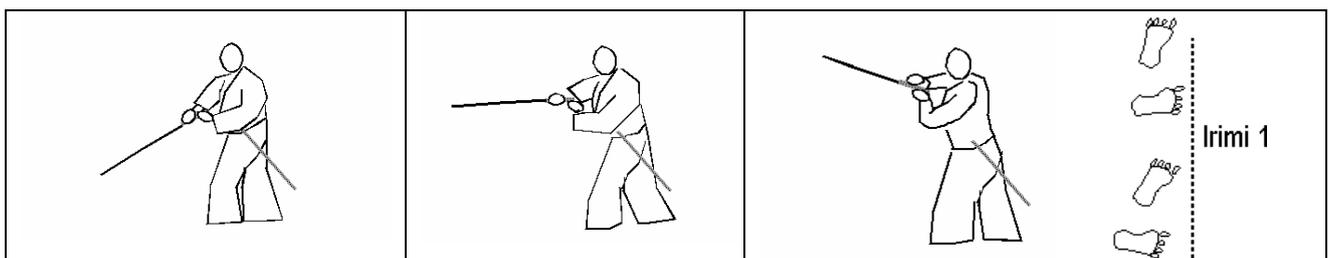
Settle - calm mind like water - back of neck vertical - eyes on the horizon as if searching for your ancestors. Neutral posture.



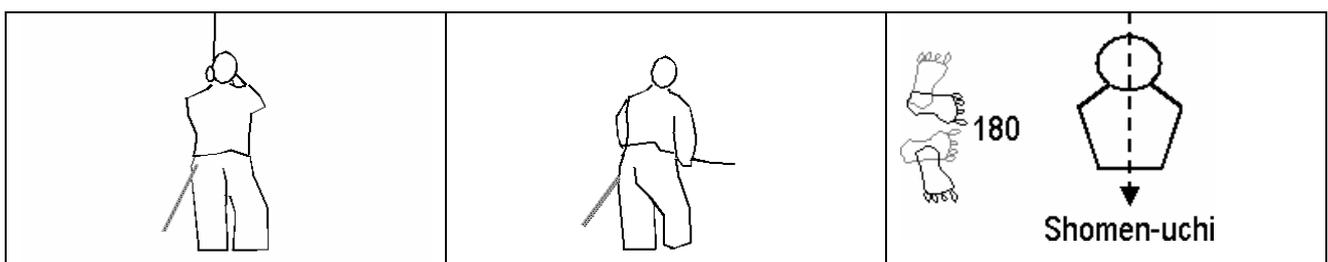
1. Yokamen over head Irimi 2 to right hanmi



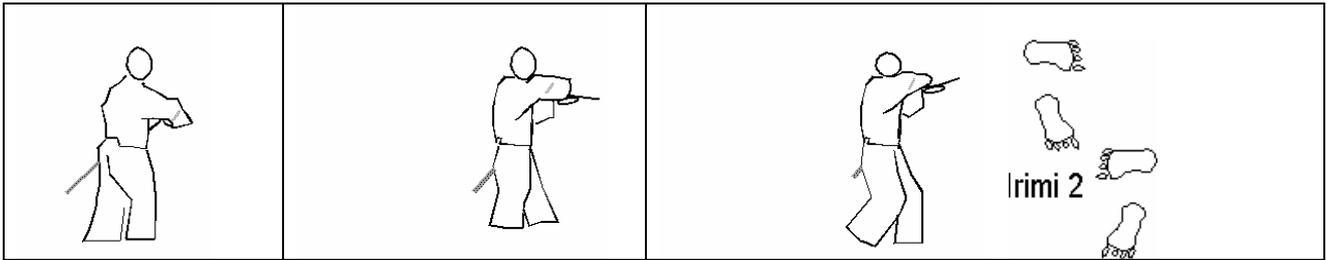
2. Cut Shomen-uchi - Irimi 2



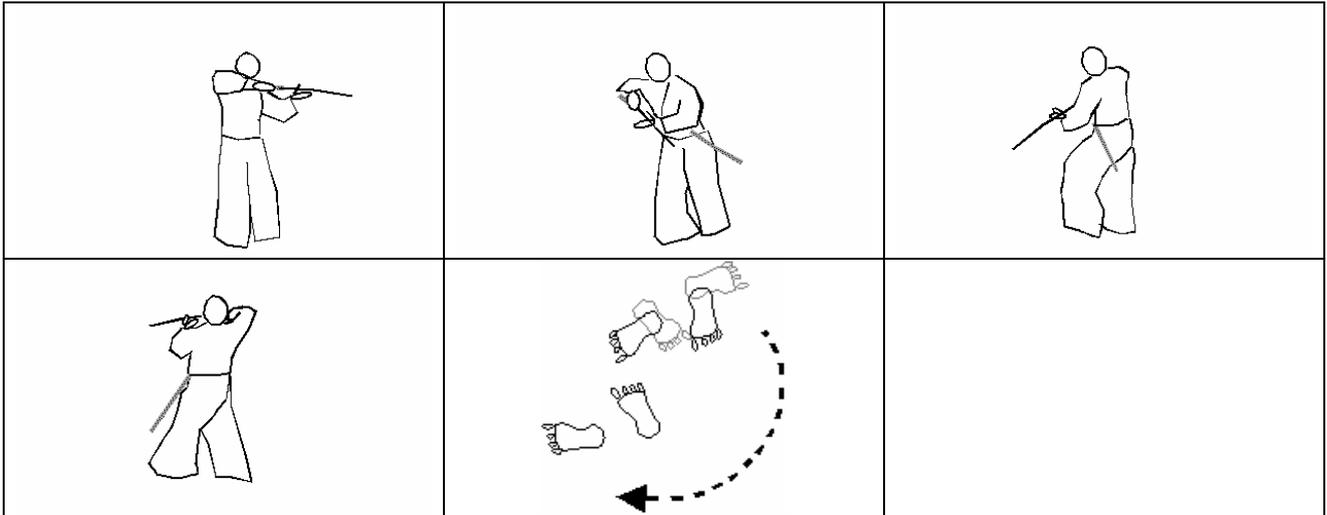
3. Poke - Irimi 1



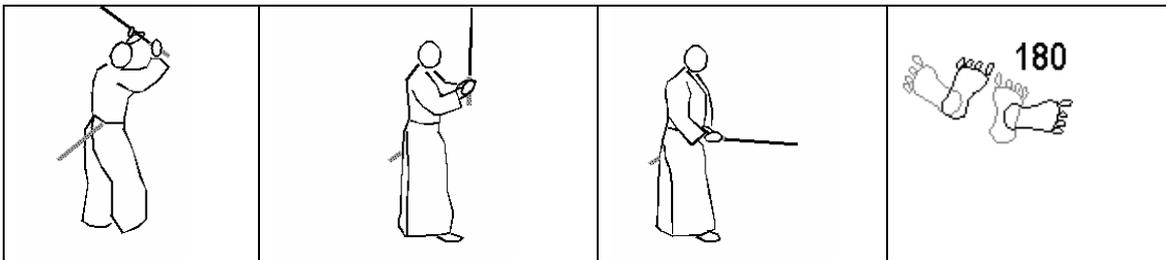
4. 180° Shomen-uchi



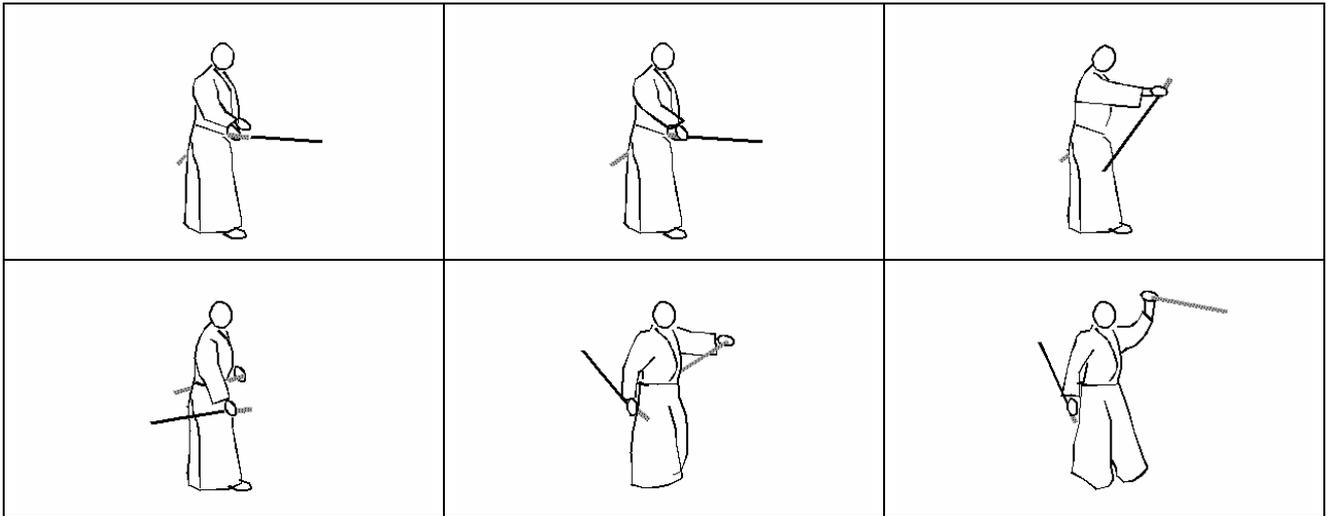
5. Left hand off hilt - Irimi 2 with left - Shomen-uchi 3 - left hand support back of sword (south LH)



6. Turn $\frac{3}{4}$ (Tenkan 4 e/f front leg to left (e) left hand, sword above head in balanced position all the time, now dip and cut up under chin Shomen-uchi 3 (little)



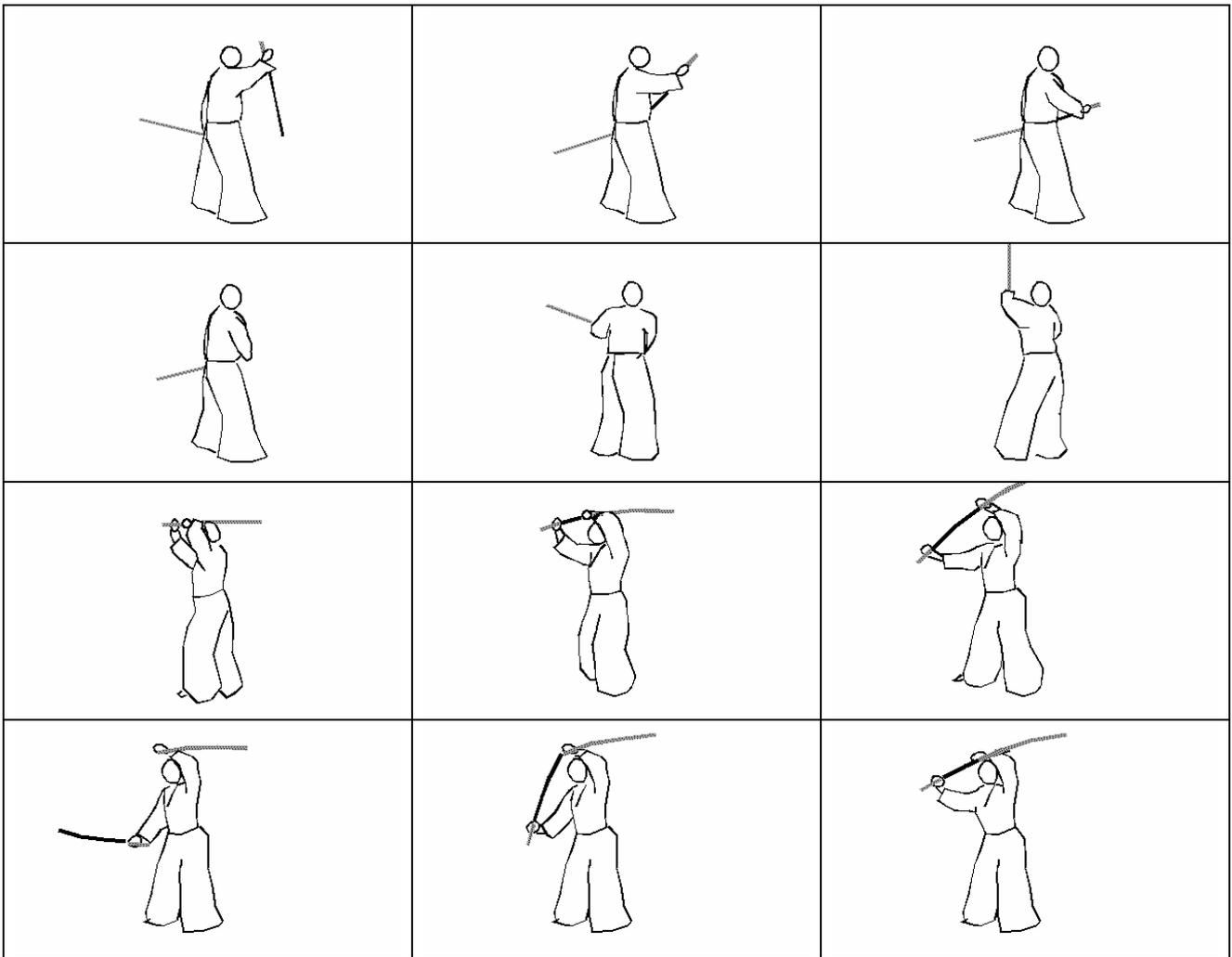
7. 180° Shomen-uchi both hands back on



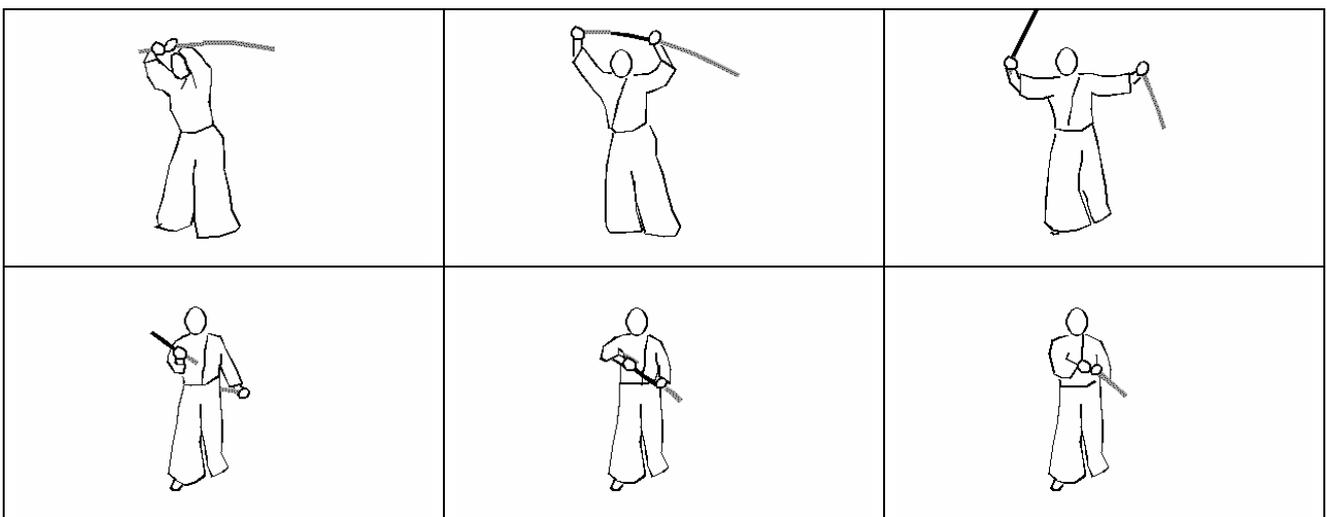
8. RH off and turn around (eg: sankyo) - take off left, sword tucked up behind back as with disarm - LH goes to scabbard - Irimi 2 to strike scabbard under chin, curve upwards



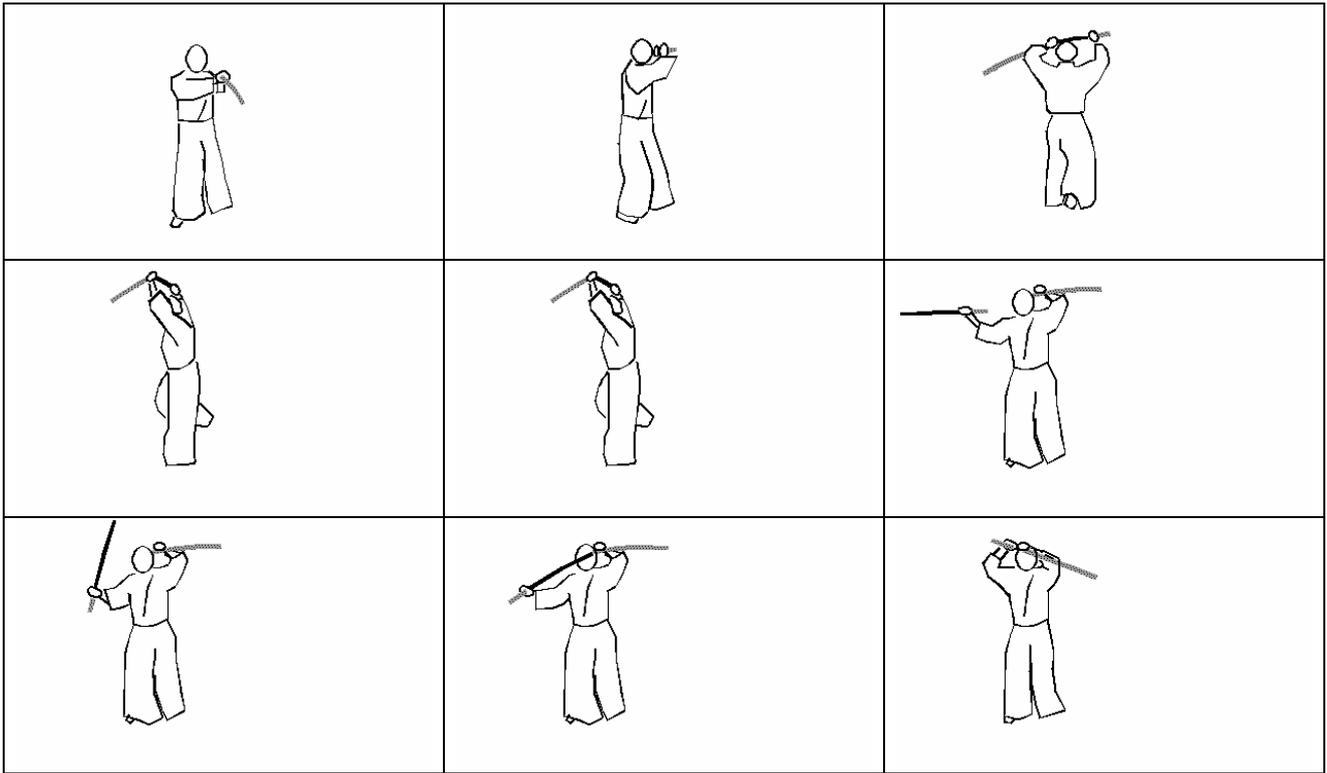
9. Draw scabbard behind, go to corner - cut sword under neck RH under left ear - support sword with elbow (left corner - South West - 7.30)



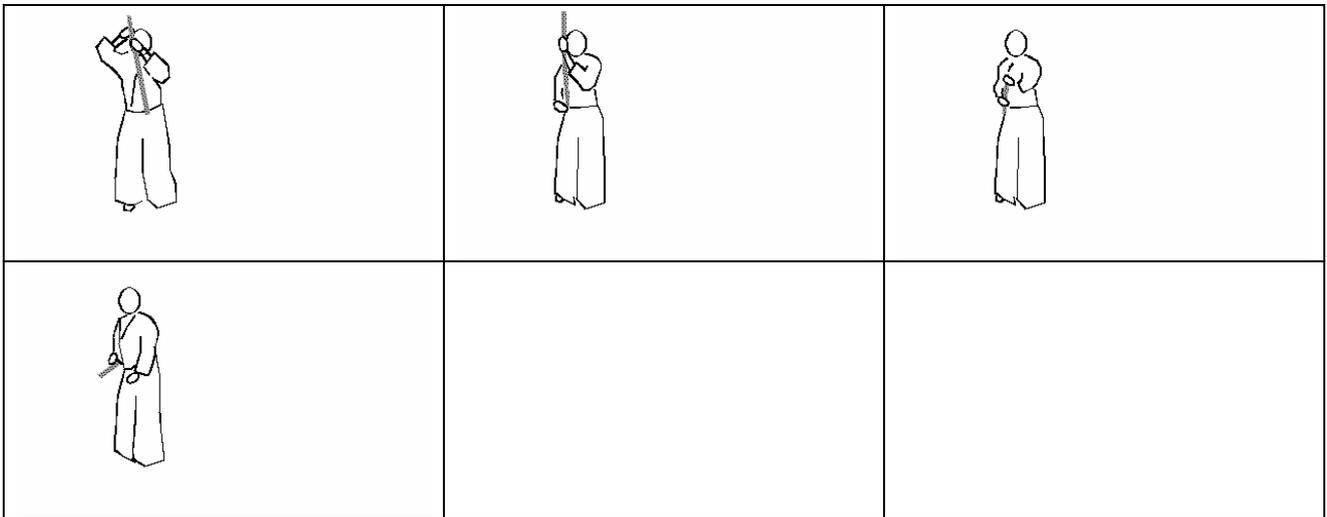
10. Extend RH - point towards scabbard and resheathe - raise sword up - left turn of wrist to temple
 - 180° Irimi 2 (step with right) - Shomen-uchi (leave scabbard by temple) – resheathe



11. Draw sword close to head - scabbard to left hip - corner step 90° to left - yokamen 1, one hand
 (North West) - flick sword towards scabbard and resheathe



12. Raise sword to head as before - 180° tenkan 4a to North - draw sword and cut temple level
Yokamen 3 - North - resheathe



13. R Hanmi - drop scabbard - sword and scabbard in LH - RH at one-point - put in belt opposite side from start of meditation back to neutral.

Repeat opposite side.

Sword - Directions of Travel

