

Nito Kiri Kaeshi

【切り返しの効用】

Benefits of Kiri Kaeshi

稽古は切り返しに始まって切り返しに終わると言われるように、「切り返し」は一刀・二刀に関わらず剣道の基礎動作を学ぶ上で非常に重要です。

It is said that keiko begins with kiri kaeshi and ends with kiri kaeshi therefore, it is very important to study how “kiri kaeishi” applies to fundamental movement in ittō and nitō kendō.

武蔵会による「切り返し」の方法は、一刀の修練者と混在して行える上に、二刀における手の内や太刀筋、自在の足捌きや体裁き、更には大小二刀の間合の違いなどを自然に体得出来るように作られています。

You can practice the Musashi Kai “kiri kaeshi” sequence with both beginner and advanced itto (single shinai) partners. This method will also help you improve your te no uchi (shinai grip), tachi-suji (cutting path of the sword), smooth out footwork and body movement, as well as varying the daisho no maai (nito distances).

【二刀の切り返し】

Nitō Kiri Kaeshi

○二刀の切り返しは、次の要領でおこないます。

An outline of the essential points for Nitō Kiri Kaeshi, is as follows.

- ・ 両刀中段に構え。
Start in Ryōtō Chūdan kamae.
- ・ 小刀中段・大刀上段に振りかぶり一歩前進。
Step forward, kotachi chūdan, raise the tachi into jōdan



- ・ 前足で踏み込み大刀で正面打ち。(小刀は大刀側の胴をかばうように置く)

Step in with your front foot, hit Shōmen with the tachi. (place the kotachi on the tachi side, in order to protect your dō)



- ・ 大刀・小刀を胸前で十字に組んで体当たり。(大刀内側、小刀外側)

Position the tachi and kotachi like a cross or “X” shape, in front of your chest for tai atari. (tachi on the inside, kotachi on the outside)

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- ・小刀で大刀側の胴をかばいつつ、大刀で左右面。（前進四本、後退五本、送り足でおこなう）
While striking left and right (sayu) men with the tachi, the kotachi protects the tachi side dō. (make 4 hits moving forward, then 5 hits moving backward with okuri (sliding) ashi footwork)

- ・両中段で間合いをとる。
Assume the correct distance with Ryō Chūdan.

- ・小刀中段・大刀脇構えで大きく一步前進。
Take a big step forward, kotachi chūdan, tachi waki gamae.



- ・小刀で面打ち。（大刀は小刀側の胴をかばう）
Strike Men with the kotachi. (protect the kotachi side dō with the tachi)
- ・小刀を胸前に構えて体当たり。（大刀は胴をかばったまま）
Tai atari with the kotachi in front of your chest. (the tachi continues to cover the dō)
- ・大刀はそのままで、小刀で左右面（前進四本、後退五本、歩み足でおこなう）
The tachi remains where it is, strike sayū (left and right) men. (make 4 hits moving forward, then 5 hits moving backward with ayumi (stepping) ashi footwork)

- ・両中段で間合いをとる。
Assume the correct distance with Ryō Chūdan.

- ・小刀中段・大刀上段に振りかぶる。（小刀側の足を前に出して構える）
Kotachi chūdan, raise the tachi into jōdan. (kamae is made with the kotachi side foot forward.)

- ・後ろ足から踏み込み、大刀で正面打ち。（小刀は大刀側の胴をかばう）
Step forward with the rear foot, strike Shōmen with the tachi. (the kotachi protects the tachi side dō)

- ・相手の後方まですり抜ける。
Continue quickly past the receiver until you are behind him.

- ・向き直って両中段に構えて残心。
Turn around with Zanshin in Ryō Chūdan Kamae.

○二刀の切り返しの受け方
Receiving Kiri Kaeshi with Nitō

- ・両中段に構えて相手の面打ちを受ける。
Receive your partner's men strike from Ryō Chūdan Kamae.

Nito Kiri Kaeshi

- 両刀を胸前で十字に組んで体当たりを受ける。(大刀内側、小刀外側)
Receive tai atari with both swords in crossed in a “X” in front of your chest. (tachi inside, kotachi outside)



- 相手の左右面を二刀でそれぞれ交互に受ける。
Receive your partner's sayū men by alternating your two swords.
- 後退・前進は歩み足でおこなう。
Back up, and move forward with ayumi ashi footwork.