

**Niten Ichi Ryu Musashi-Kai Kata Quick Reference**

Kata #	Uchitachi			Shitachi		
	Kamae	Attack to		Kamae	Counter to	
1	Jodan	Men	1. Strike Sho Men 2. Standing still <b>3. One step back, Gedan [Zanshin]</b> 4. Chudan	Ryoh Jodan	Kotachi block, Tachi Hidari Doh	1. Move the right foot forward, turn to the right, bring the left foot toward the right foot 2. Strike the sword using Kotachi, strike Hidari Doh using Tachi 3. Move the right foot backward, Kotachi Seigan, <b>Tachi Wakigamae [Zanshin]</b> 4. Move the left foot backward, Ryoh Chudan, return to the initial position
2	Chudan	Hidari Kote	1. Strike down Kotachi side Kote 2. Standing still <b>3. Standing still, Gedan [Zanshin]</b> 4. Chudan, return to the initial position	Jodan	Kotachi nuki Tachi Men	1. Move the left foot one step backward, pull Kotachi towards the body, nuki 2. Move the right foot one step forward, Strike Men using Tachi 3. Move the right foot backward, Kotachi Seigan, Tachi Jodan <b>[Zanshin]</b> 4. Move the left foot backward, Ryoh Chudan, return to the initial position
3	Gedan	Hidari Katate Tsuki	1. Chudan, Katate-Tsuki 2. (Shitachi strike down) Move one step backward <b>3. Standing still, Gedan [Zanshin]</b> 4. Chudan	Jodan	Kotachi press down Tachi strike down and Tsuki	1. Turn to the left, press down using Kotachi 2. With both feet close together, strike down using Tachi, move thr right foot forwad to Tsuki 3. Move the right foot backward, Kotachi Seigan, Tachi Jodan <b>[Zanshin]</b> 4. Move the left foot backward, Ryoh Chudan, return to the initial position
4	Jodan	Men	1. Strike Sho Men 2. Hold the Men strike posture <b>3. One step back, Gedan [Zanshin]</b> 4. Chudan	Chudan	Kotachi block Tachi Underside of Hidari Kote	1. Move the left foot one step forward, block using Kotachi 2. At the same time, cut the underside of Hidari Kote using Tachi 3. Move the right foot backward, Kotachi Seigan, <b>Tachi Wakigamae [Zanshin]</b> 4. Move the left foot backward, Ryoh Chudan, return to the initial position
5	Chudan	Men	1. Strike down Sho Men 2. Standing still, Gedan <b>3. Standing still [Zanshin]</b> 4. One step back, Chudan, return to the initial position	Kasumu	Tachi parry Tachi Men	1. Tachi parry 2. Turn to the right, strike Men using Tachi 3. Move the right foot backward, Kotachi Seigan, Tachi Jodan <b>[Zanshin]</b> 4. Move the left foot backward, Ryoh Chudan, return to the initial position
6	Jodan	Men	1. Strike Sho Men 2. Standing still <b>3. Bring Kensen down, Gedan [Zanshin]</b> 4. Chudan, return to the initial position	Gedan	Jyuji Kamae block Tachi push up Kotachi Migi Kote	1. Jyuji Kamae , block and Tachi push up 2. Move the left foot forward, Strike Right Kote using Kotachi 3. step backward toward left diagonal, <b>Kotachi Jodan</b> , Tachi Chudan <b>[Zanshin]</b> 4. Ryoh Chudan, return to the initial position
7	Chudan	Hidari Doh	1. Strike Hidari Doh 2. Standing still <b>3. One step back, Gedan [Zanshin]</b> 4. Chudan	Jodan	Kotachi block Tachi Men	1. Twist body, pull Kotachi towards the body, block using Kotachi 2. Move the right foot forward, Strike Men using Tachi 3. Move the right foot backward, Kotachi Seigan, Tachi Jodan <b>[Zanshin]</b> 4. Move the left foot backward, Ryoh Chudan, return to the initial position
8	Jodan	Men	1. Strike Sho Men 2. Standing still <b>3. One step back, Gedan [Zanshin]</b> 4. Chudan	Chudan	Jyuji Kamae block Kotachi push up Tachi Hidari Doh	1. Jyuji Kamae , block and Kotachi push up 2. Move the right foot forward, Strike Hidari Doh using Tachi 3. Move the right foot backward, Kotachi Seigan, <b>Tachi Wakigamae [Zanshin]</b> 4. Move the left foot backward, Ryoh Chudan, return to the initial position
9	Chudan	Migi Doh	1. Left foot step forward, strike Migi Doh 2. Standing still <b>3. Bring Kensen down, Gedan [Zanshin]</b> 4. Pull the left foot towards the right foot, Chudan	Jodan	Tach block Kotachi Men	1. Drop Tachi to the hip, block 2. Move the left foot forward, Strike Men using Kotachi 3. step backward toward left diagonal, <b>Kotachi Jodan</b> , Tachi Chudan <b>[Zanshin]</b> 4. Ryoh Chudan, return to the initial position
10	Chudan	Kurai Zeme	1. Seme using Ki Gurai 2. Standing still <b>3. Bring Kensen down, Gedan [Zanshin]</b> 4. Chudan, return to the initial position	Jodan	Kotachi press down to the left side Tachi Men	1. Press down Kensen towards the left using Kotachi 2. Move the right foot forward, Strike Men using Tachi 3. Move the right foot backward, Kotachi Seigan, Tachi Jodan <b>[Zanshin]</b> 4. Move the left foot backward, Ryoh Chudan, return to the initial position
11	Chudan	Kurai Zeme	1. Seme using Ki Gurai 2. Standing still <b>3. One step back, Gedan [Zanshin]</b> 4. Chudan, return to the initial position	Jodan	Kotachi press down to the right side Tachi Migi Kote	1. Press down Kensen towards the right using Kotachi 2. Turn to the left, strike Kote using Tachi 3. Pointing Tachi at opponent's face, Kotachi Seigan, Tachi Chudan <b>[Zanshin]</b> 4. Move the left foot backward, Ryoh Chudan, return to the initial position
12	Jodan	Kurai Zeme	1. Jodan, seme using Ki Gurai 2. Standing still <b>3. One step back, Gedan [Zanshin]</b> 4. Chudan, return to the initial position	Chudan	Kotachi Jodan block Tachi Tsuki Chest	1. Kotachi Jodan, block 2. Move the right foot forward, Strike Tsuki Chest using Tachi 3. Pointing Tachi at opponent's face, <b>Kotachi Jodan</b> , Tachi Chudan <b>[Zanshin]</b> 4. Ryoh Chudan, return to the initial position
13	Chudan	Kurai Zeme to Jodan	1. Seme using Ki Gurai, Jodan 2. Standing still <b>3. Pull the left foot towards the right foot, Gedan [Zanshin]</b> 4. Chudan, return to the initial position	Chudan	Jyuuji Kamae Tachi Hidari Kote	1. Jyuji Kamae 2. Move the right foot forward, Strike Hidari Kote using Tachi 3. Move the right foot backward, Kotachi Seigan, <b>Tachi Wakigamae [Zanshin]</b> 4. Move the left foot backward, Ryoh Chudan, return to the initial position