

Aiki Toho Iaido

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| 1 | Shohatto 初発刀 First (beginning) sword | Eishin-Ryu Chiburi (yoko chiburi) |
| 2 | Ukenagashi 受け流し Parry (flowing block) [aihanmi ikkyo omote] | |
| 3 | Ushirogiri 後ろ切り Rear cut [gyakuhanmi kaitennage] | |
| 4 | Zengogiri 前後切り Front and rear cut [aihanmi shihonage omote] | |
| 5 | Sayugiri 左右切り Right and left cut [gyakuhanmi shihonage] | |
| 6 | Tsukaosae 柄押え Handle control [gyakuhanmi nikyo] | |
| 7 | Tekubiosae 手首押え Wrist control [aihanmi nikyo] | |
| 8 | Kawashitsuki かわし突き Evade thrust [tsuki sankyo] | |
| 9 | Tsukekomi 付け込み Exploit, take advantage [shomenuchi/tsuki kotegaeshi] | Katori-Ryu Chiburi (flip chiburi) |
| 10 | Tsume 詰め Packing, stuffing [shomenuchi/aihanmi chudan iriminage] | |
| 11 | Sanpogiri 三方後 Three direction cut [gyakuhanmi sankyo] | |
| 12 | Shihogiri 四方後 Four direction cut [shomenuchi/yokomenuchi shihonage omote] | Katori-Ryu Chiburi (drip: chi no shizuku o otosu) |
| 13 | Nukiawase 抜き合わせ Matching draw [yokomenuchi gokyo] | Suio-ryu Chiburi (drip to front) |
| 14 | Todome とどめ Finishing blow [Gyakuhanmi yonkyo] | Eishin-Ryu Chiburi (yoko chiburi) |
| 15 | Tomesuemono 止据物 Ending Test Cut (止 tome=stop, end, 据物 suemono = body used to test a blade) | |