

8 Count Suburi

Stepping Back (RT foot forward)

Step back and shomen cut

Step forward thrust

180 d. pivot and shomen cut

Step back shomen cut

Step forward thrust

180 d. pivot and shomen cut

Stepping Forward (RT foot forward)

Step forward shomen cut

Step forward thrust

180 d. pivot and shomen cut

Step forward thrust

Step forward shomen cut

180 d. pivot and shomen cut

Turn Step Back (RT foot forward)

180 d. pivot kiriage cut, step back, 180 d.pivot and shomen cut

Step forward thrust

180 d. pivot and shomen cut

180 d. pivot kiriage cut, step back, 180 d.pivot and shomen cut

Step forward thrust

180 d. pivot and shomen cut

Turn Step Forward (RT foot forward)

180 d. pivot kiriage cut, step forward, 180 d. pivot and shomen cut

Step forward thrust

180 d. pivot and shomen cut

180 d. pivot kiriage cut, step forward, 180 d. pivot and shomen cut

Step forward thrust

180 d. pivot and shomen cut

Block Right SideStepping Forward (RT foot forward)

Block right side, step left foot around and to the right corner, shomen cut

Step forward thrust

180 d. pivot and shomen cut

Block left side, step right foot around and to the left corner, shomen cut

Step forward thrust

180 d. pivot and shomen cut

Block Right Side Stepping Back (RT foot forward)

Block right side, step feet together, turn 90 d. shomen cut while stepping right foot back

Step forward thrust

180 d. pivot and shomen cut

Block left side, step feet together, turn 90 d. shomen cut while stepping left foot back

Step forward thrust

180 d. pivot and shomen cut

Irimi Tenkan (RT foot forward)

Rolling bokken up to block on right side, step forward, tenkan and shomen cut

Step forward thrust

180 d. pivot and shomen cut

Rolling bokken up to block on left side, step forward, tenkan and shomen cut

Step forward thrust

180 d. pivot and shomen cut

Block Inside and Slide Off Line (RT foot forward)

Block inside (to the LT of the body) Slide right foot off line and pivot 90 d. to left, shomen cut

Step forward thrust

180 d. pivot and shomen cut

Block inside (to the RT side) Slide left foot off line and pivot 90 d. to the right, shomen cut

Step forward thrust

180 d. pivot and shomen cut