

BOKKEN TRAINING GUIDE

BASIC FOOTWORK STANCES

- 1) Footwork
 - a. Suri ashi (forward and backward)
 - b. Ushiro tenkan
 - c. Ushiro tenkan with forward suri ashi
 - d. Ayumi ashi
- 2) Stances
 - a. Gedan
 - b. Waki gamae
 - c. Jodan
 - d. Hasso
 - e. Seigan

EXERCISES

- 1) Katate Suburi
 - a. Kesa / Gyaku kesa
 - b. Shomen
 - c. Yoko giri
 - d. Nukitsuke variations of above
- 2) Morote Suburi (using above footwork)
 - a. Shomen
 - b. Tsuki
 - c. Kesa
- 3) Shihogiri
 - a. Right and left hammi
 - b. Without and with tsuki
- 4) Happogiri
 - a. Right and left hammi
 - b. Without and with tsuki
5. S-count Suburi
 - a. Tachi-waza
 - b. Suwari-waza
6. Uchi komi
 - a. Shomen
 - b. Tsuki
 - c. Kesa
 - i. Suri ashi with back foot
 - ii. Suri ashi with front foot
 - iii. Ayumi ashi

PRINCIPLES

1. Execution
2. Extension
3. Focus
4. Distance

Bokken Training Guide

Léo Pomar



Bokken Training Guide:

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Table of Contents Bokken Training Guide

1. Understanding the eBook Bokken Training Guide
 - The Rise of Digital Reading Bokken Training Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying Bokken Training Guide
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Bokken Training Guide
 - User-Friendly Interface
4. Exploring eBook Recommendations from Bokken Training Guide
 - Personalized Recommendations
 - Bokken Training Guide User Reviews and Ratings
 - Bokken Training Guide and Bestseller Lists
5. Accessing Bokken Training Guide Free and Paid eBooks
 - Bokken Training Guide Public Domain eBooks
 - Bokken Training Guide eBook Subscription Services

- Bokken Training Guide Budget-Friendly Options
- 6. Navigating Bokken Training Guide eBook Formats
 - ePub, PDF, MOBI, and More
 - Bokken Training Guide Compatibility with Devices
 - Bokken Training Guide Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Bokken Training Guide
 - Highlighting and Note-Taking Bokken Training Guide
 - Interactive Elements Bokken Training Guide
- 8. Staying Engaged with Bokken Training Guide
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Bokken Training Guide
- 9. Balancing eBooks and Physical Books Bokken Training Guide
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Bokken Training Guide
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Bokken Training Guide
 - Setting Reading Goals Bokken Training Guide
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Bokken Training Guide
 - Fact-Checking eBook Content of Bokken Training Guide
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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