

ZNKR SEITEI GATA IAIDO

SIEZA NO BU

Ippon me - Mae:	Front
Nihon me - Ushiro:	Rear
Sanbon me - Uke nagashi:	Catch and slide off

TATE HIZA NO BU

Yonhon me - Tsuka ate:	Strike with the tsuka
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TACHI NO BU

Gohon me - Kesa giri:	Cut to kesa
Roppon me - Morote tsuki:	Thrust with both hands
Nanahon me - Sanpo giri:	Cut in three directions
Hachihon me - Ganmen ate:	Strike to centre of face
Kyuhon me - Soete tsuki:	Thrust with hand supporting the blade
Juppon me - Shiho giri:	Cut in four directions
Ju-ippou me - So giri:	Sequence of cuts against a single enemy or a line of enemies
Ju-nihon me - Nuki uchi:	Draw quickly and cut down in one action