

ACTION KARATE

ADVANCED CURRICULUM

PHASE III



UNIVERSAL SWORD

Hold sword in right hand straight up in front of your body with left hand resting on sword-**“Action”**- Lay sword on left palm-**“Karate”**-Bow-**“Sword”**-Stand up-**“Kata”**

Flick sword over right shoulder-wipe blade and sheath sword -Place right hand on right hip -Drop down onto both knees, sitting on heels.

Keep left knee on floor, right knee up- Circle right hand to grab sword handle- Strike out (right hand only on sword) and up to right -Circle sword in front of you, grabbing it with both hands and strike directly in front of you -Switch knees and rotate 180 degrees (turning toward your left, sword still in front of you) -Raise sword above your head with both hands and strike down in front of you -Switch knees and rotate 180 degrees, going back the way you came (to your right) -Let your sword with right hand, to the right -Flick sword over right shoulder -Wipe the blade and resheath the sword. Place right hand on right hip. Sit back on both heels.

Stand up, feet together. Step back one step (left foot first then right).

Right hand circles to grab sword handle. Unsheath sword and hold out on right side. Grab sword with both hands, circling around to strike out to left as right foot steps forward.

Raise sword above head with right hand (tip of sword is pointed to the left). Raise left palm above head for sword to rest on. Push sword forward and down with left palm. Thrust sword forward with both hands as you step forward with left. Step back with left foot. Let sword to right side Flick sword across left shoulder. Wipe blade and resheath sword. Right hand on right hip Bow-**“Sword Kata Rocks”**

History of the Sword

Oldest swords on record in Japan are the two that were sent as a present to Queen Himeko from China during the Wei Dynasty in 240 a.d. In 280 a.d. many more iron swords were imported from China to Japan.

It is believed that the art of forging a steel sword came soon after from China and Korea, but the details are unknown. We do know that in the 5th century steel swords were already made in Japan. These were of the straight, single-edged type called *chokuto*. The method of hardening the steel that is so typical of Japanese swords was first used in 6th century.

The era of the straight sword lasted until the 8th century. Then the predominant style of warfare changed from fighting on foot to fighting on horseback. To accommodate horseback fighting the swords became curved. These long, curved single-edged swords were called *tachi*. There were many intermediate forms between *chokuto* and *tachi*. The most common of these were *kogarasumaru* (a curved, two-edged sword) and *kenukigatatachi*. The term *Nippono* or *Nihonto* (literally "Japanese sword") is usually reserved to swords with curvature.

In order to get the most out of your weapons training and get ahead of the line in your new curriculum, Action Karate offers several private training options designed for students who need extra help or just want to excel. Though students will learn everything they need to know for testing in class, some students want to learn how to become truly proficient in martial arts weapons and learn more advanced training techniques. Private Lessons allow our students to learn these more challenging skills and jump ahead of the class.

“Jump Start” Option 1
2 Sword Private Lessons \$79

“The Ultimate Samurai” Option 2
One Private Lesson each Month for the Next 12 Months \$479