





10. Juppon Mae Shiho Giri

2009 instruction, ZNKR book, english translation	1994 instruction, Buko Dosokai english booklet	Photographs
a. Is the strike to the first opponent's hand done firmly and effectively with the flat side of the Tsuka?	Is the <i>tsuka ate</i> made strongly and with the side of the <i>tsuka</i> ?	
b. In making Sayabiki, is the Mune near the Monouchi of the sword on the chest and is the thrust made surely into the solar plexus of the opponent?	When doing the sayabiki, is the ridge of the sword near the monouchi touching the left chest and is the right hand held away from the body?	

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c. When the thrust is made, is the left hand brought to the center of the navel and both arms aid the technique with the correct tension?	When making the thrust, is the saya pulled in front of the navel, and are the left and right hands move towards each other?	
		
		Square view

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d. Is the final cut made by going through Waki Gamae without hesitation or pause?	Is the sword raised above the head for the final cut as part of the <i>wakigamae</i> action and not after <i>wakigamae</i> ?	
