

3. Uke nagashi

2009 instruction, ZNKR book, English translation	1994 instruction, Buko Dosokai English booklet	Photographs
a. When the parry is made, does it protect the upper body?	Is the upper half of the body covered by the sword in the <i>ukenagashi</i> position?	
		
b. Is the left foot brought back behind the right foot and the cut made along the Kesa line?	Is the left foot drawn back behind the right and is the cut diagonal?	
		

3. Uke nagashi

2009 instruction, ZNKR book, English translation	1994 instruction, Buko Dosokai English booklet	Photographs
c. After the cut has been made, is the left hand in front of the navel and the sword tip a little below horizontal?	Is the left fist in front of the navel and is the <i>kissaki</i> slightly down on completion of the cut?	