









## 7. Nahahon Mae Sanpo Geri

| <p style="text-align: center;"><b>2009 instruction,<br/>ZNKR book, English<br/>translation</b></p>                                                           | <p style="text-align: center;"><b>1994 instruction,<br/>Buko Dosokai English<br/>booklet</b></p> | <p style="text-align: center;"><b>Photographs</b></p>                                 |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
| <p>a. Is the initial cut to the first opponent made through the correct diagonal angle from the top right side of the head down to the base of the chin?</p> | <p>When making the first cut to the right, does the cut stop at chin height?</p>                 |    |
| <p>b. Is the cut to the opponent on the left performed without hesitation?</p>                                                                               | <p>After turning to the opponent on the left, is the vertical cut made without pausing?</p>      |                                                                                       |
|                                                                           |              |  |
|                                                                                                                                                              |                                                                                                  |                                                                                       |

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|------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
| c. Is the sword brought up to Furikaburi with a parrying action?                   | Is the sword raised above the head with the feeling of ukenagashi before the final cut? |                                                                                       |
|  |      |   |
| d. Does the last cut finish at the horizontal?                                     |                                                                                         |  |