

#### hasso-no-kamae

This version of the jodan-no-kamae is infrequently used in modern kendo.

#### Method

Beginning in the chudan-no-kamae, advance your left foot. Bring both hands to the right upper side. Your left fist must be at about the level of your diaphragm, and the guard of the weapon must be at about the level of your mouth.



#### waki-gamae

This variation of the gedan-no-kamae, like the preceding position, is infrequently used in modern kendo.

#### Method

Begin in the chudan-no-kamae. As you retract your right foot, bring both hands to the lower right side.

# <u>Illustrated Kenjutsu Technique Manual</u>

**BM King** 

Illustrated Kenjutsu Technique Manual:

#### Illustrated Kenjutsu Technique Manual Book Review: Unveiling the Power of Words

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