

Honto laidoklubb

ZNKR Iaido

No	Counter	Name	English meaning
Seiza no bu (Kneeling set)			
1	Ipponme	Mae	Front
2	Nihonme	Ushiro	Rear
3	Sanbonme	Ukenagashi	Receive, parry and cut
Iai hiza no bu (Raised knee set)			
4	Yonhonme	Tsuka ate	Striking with the hilt
Tachi iai no bu (Standing forms set)			
5	Gohonme	Kesagiri	Diagonal cut
6	Ropponme	Morotezuki	Two handed thrust
7	Nanahonme	Sanpogiri	Three direction cutting
8	Happonme	Ganmen ate	Hit to the face
9	Kyuhonme	Soetezuki	Joined hand thrust
10	Jupponme	Shihogiri	Four direction cutting
11	Juipponme	Sougiri	Complete cuts
12	Junihonme	Nukiuchi	Sudden draw

Enlight Zen Nippon Kendo Renmei Iai, English Version Manual, AJKF