

Kanegawa no Tinbei

1. Tinei and Rochin in left hand (rochin pointed down)
2. Set, hands in sanchin, then set low
3. Reach right hand to left side
 - a. lean to right zenkutsu, kamae left low pull right high
4. Face left, drop to right knee, right low nukite
 - a. lean to right zenkutsu, kamae left low pull right high
5. Bring left foot to right, and tinbe rochin to right side
 - a. Step 45 deg to left, left zenkutsu, tinbe in front
6. Bring right foot to left, and tinbe rochin to left side
 - a. Step 45 deg to right, right zenkutsu, tinbe in front
7. Bring left foot to right, and tinbe rochin to right side
 - a. Step 45 deg to left, left zenkutsu, tinbe in front
8. Right hand or thrust with butt of rochin
 - a. Turn rochin over, tenbei upward block, slide in stab
9. Turn Rochin down, step up to heiko dachi
10. Step left foot back to shiko
 - a. Kamae
 - b. Left turn, shoulder roll, land on right knee, left knee up
 - c. Tinbei to floor, turn Rochin over
 - d. Upward block and stab
11. Turn Rochin down, step up to heiko dachi
 - a. Step right foot forward, left upward block right, right downward block
 - b. Step left foot forward, right upward block right, left downward block
 - c. Turn rochin over, step in left upward block and stab
12. Pivot on right foot turn left 180 degree to rear kamae as turn Rochin down
 - a.