

# Sword Set 1

- Step back with the left foot as you draw the weapon from the left side of your body
- Block high using left hand on the blade
- Two-hand cut across right to left
- One hand cut left to right
- Circle sword CCW on the right side of the body as you come to attention and stab behind using both hands
- Cross step with the left foot to 1:30 turn CW to face 7:30 as you slice down with the sword to 7:30
- Cross step with the right foot to 3:00 / as you turn to face 9:00 slice down with the sword to 9:00
- Circle the sword CCW on the right side of the body as you lift left leg / hop switching the feet so that the right ends up in front / block low with sword to ground
- Bring the back edge of the sword up to the palm of your left hand step in with the left foot to 9:00 as you slice down ending up with the sword level with the hip
- Cross step with the right foot over the left as you circle the sword CCW on the right side of the body step with the left foot to 9:00 as you cut 3 toe – heel shifts to 3:00
- Cross step with the right foot over the left as you circle the sword CCW on the right side of the body step with the left foot to 9:00 as you cut 3 toe – heel shifts to 3:00
- Cross step with the right foot as you circle the sword on the left side of left side of the body CW step with the left foot to 9:00 as you cut

Choke up with the left hand

Extended outward block with the sword; cut

Inward block with the sword; cut

Cross right over left block high / sword will be pointing to 6:00

1 cut to 9:00 low / 3 cuts to 12:00 you will be in a horse stance

Flip sword to point to 12:00 blade up / right hand grabs handle / left hand to left hip to guide sword

Come to attention as you resheath