

# Tameshigiri Cutting Patterns

Tameshigiri teaches the student how to effectively strike with the sword. This training is only performed after months of training because shinken (real swords) are used. Tameshigiri is performed on [tatami omote](#) (Japanese straw floor covering) that has been rolled up and soaked in water overnight. Target stands should be 2 shaku (approximately 2 feet) high with 5 bu (approximately 6 inch) spikes.

All cutting patterns can be reversed, but all cuts should be change from migi (right) to hidari (left) and hidari (left) to migi (right) in the sequence. **Please do not try tameshigiri without proper instruction and supervision. We require months of classes before students begin this type of training. Stainless steel replica swords are not used since they can easily break and cause serious injury.**

## Beginning Tameshigiri Sequences

1. [Sayuw Kesa Giri](#)
2. [Sayuw Kesa / Gyaku Kesa Giri](#)
3. [Godan Giri](#)
4. [Rokudan Giri](#)

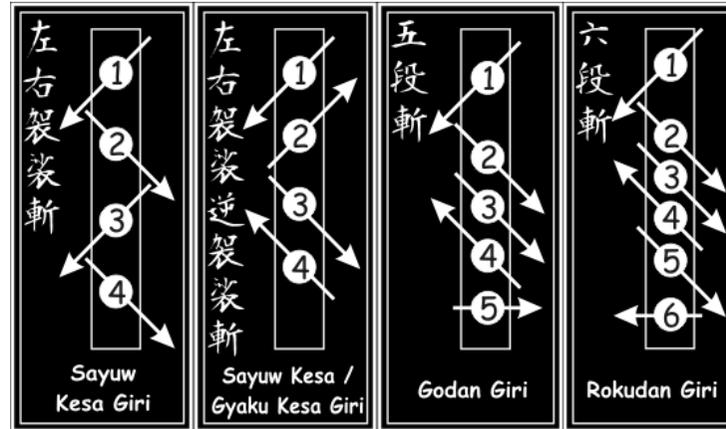
## Intermediate Tameshigiri Sequences

1. [Futo Giri](#)
2. [Yoko-Narabi](#)
3. [Dodan](#)
4. [Tsubame Gaeshi](#)
5. [Inazuma Giri](#)
6. [Gyaku-Inazuma Giri](#)
7. [Nami Gaeshi](#)

## Advanced Tameshigiri Sequences

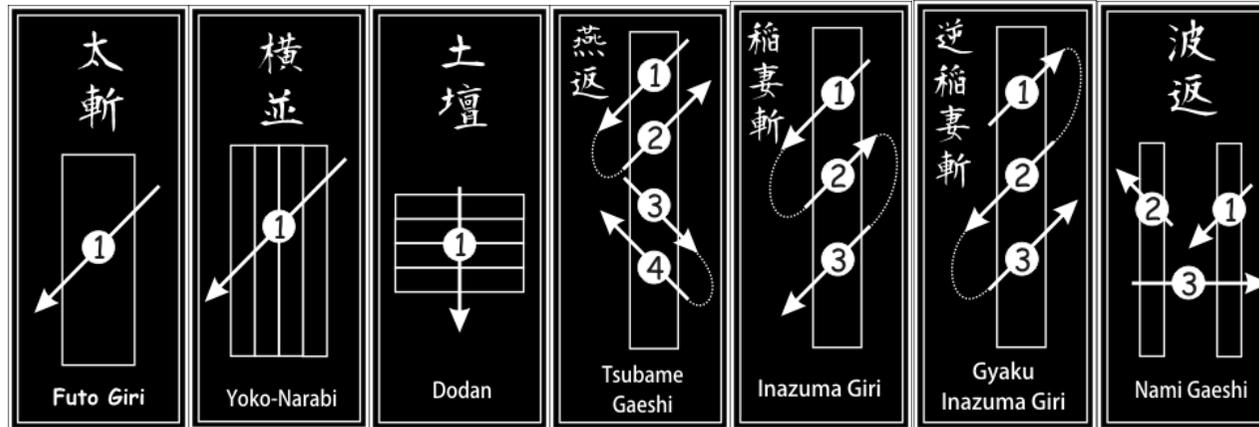
1. [Daruma otoshi](#)
2. [Dow Barai](#)
3. [Kasumi](#)
4. [Kawasemi](#)
5. [Makuri](#)
6. [Mizu Gaeshi](#)
7. [Mizu Guruma](#)
8. [Nuki Uchi](#)
9. [Syo Hatto](#)
10. [Tombo](#)
11. [Zengo-no-teki](#)

## Beginning Tameshigiri Sequence



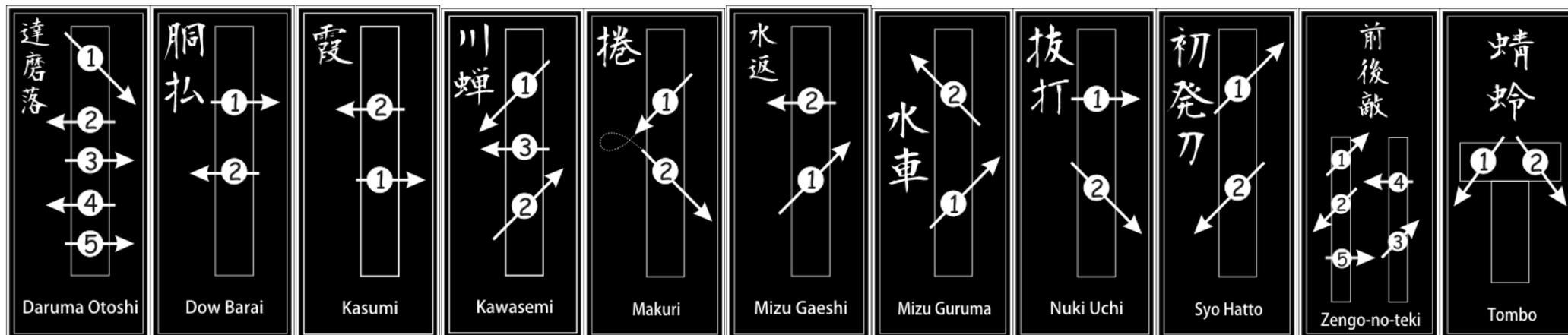
1. Sayuw Kesa Giri: Alternating Hidari Kesa (downward diagonal cut to the left) and Migi Kesa (downward diagonal cut to the right). The forward foot is switched after each cut.
2. Sayuw Kesa / Gyaku Kesa Giri: Hidari Kesa (downward diagonal cut to the left), gyaku kesa (upward diagonal cut to the right), switch feet, Migi Kesa (downward diagonal cut to the right), and gyaku kesa (upward diagonal cut to the left).
3. Godan Giri: Five Cuts - Hidari Kesa (downward diagonal cut to the left), switch feet, Migi Kesa (downward diagonal cut to the right), Migi Kesa (downward diagonal cut to the right), and gyaku kesa (upward diagonal cut to the left), and suihei (horizontal cut to the right).
4. Rokudan Giri: Six cuts - Hidari Kesa (downward diagonal cut to the left), switch feet, Migi Kesa (downward diagonal cut to the right), Migi Kesa (downward diagonal cut to the right), and Gyaku kesa (upward diagonal cut to the left), Migi Kesa (downward diagonal cut to the right), and Suihei (horizontal cut to the left).

## Intermediate Tameshigiri Sequences



1. Futo Giri: Thick cut - Kesa giri (downward diagonal cut) on single large multi-roll target. This usually ranges from 2 to 6 targets.
2. Yoko-narabi: Multiple targets lined up in a row cut with Kesa giri (downward diagonal cut). This usually ranges from 2 to 6 targets.
3. Dodan: Execution Cut - Multiple horizontally stacked targets are cut with single Gedon (Downward vertical cut). The top of a dodan cutting stand should be soft wood since the katana may contact it. Competitions usually use double targets.
4. Tsubame Gaeshi: Returning Swallow Cut - Hidari Kesa (downward diagonal cut to the left), Gyaku kesa (upward diagonal cut to the right), switch feet, Migi Kesa (downward diagonal cut to the right), and gyaku kesa (upward diagonal cut to the left). The kesa and gyaku kesa are done quickly with no pause between cuts.
5. Inazuma Giri: Lightning cut - Hidari Kesa (downward diagonal cut to the left), Gyaku kesa (upward diagonal cut to the right), and Hidari Kesa (downward diagonal cut to the left). This is a fast sequence of cuts with no pauses between them. All cuts in the sequence must be completed within one second.
6. Gyaku-Inazuma Giri: Reverse Lightning cut - Migi Gyaku kesa (upward diagonal cut to the right), Hidari Kesa (downward diagonal cut to the left), and Migi Gyaku kesa (upward diagonal cut to the right). This is a fast sequence of cuts with no pauses between them. All cuts in the sequence must be completed within one second.
7. Nami Gaeshi: Returning wave cut - This sequence is done on two targets standing side by side. The targets stands should be pushed together. Hidari Kesa (downward diagonal cut to the left) on the right target, Hidari Gyaku kesa (upward diagonal cut to the left) on the left target, and Suihei (horizontal cut to the right) on both targets. The first cut must stop before impacting the second target. The second cut is made without removing the katana from between the targets. The first two cuts should be at the same level.

## Advanced Tameshigiri Sequences



1. Daruma otoshi: Batto Migi Kesa (downward diagonal cut to the right made as the katana leaves the saya) followed by four fast Suihei (horizontal cuts).
2. Dow Barai: Batto Suihei (horizontal cut to the right made as the katana leaves the saya), followed by single handed Suihei (horizontal cut to the left)
3. Kasumi: Mist - Low Suihei (horizontal cut to the right) followed by high Suihei (horizontal cut to the left). The second cut is made on the severed section of the target before it falls.
4. Kawasemi: Kingfisher - Hidari Kesa (downward diagonal cut to the left), low Gyaku kesa (upward diagonal cut to the right), and middle Suihei (horizontal cut to the left). The third cut is made on the severed section of the target before it falls.
5. Makuri: Wind - Hidari Kesa (downward diagonal cut to the left) from Hasso no Kamae (guard position with the katana pointed upwards, the edge forward, and the guard level with the ear), and Migi Kesa (downward diagonal cut to the right). Both cuts are made quickly without a pause and should be completed within one second.
6. Mizu Gaeshi: Returning Water - Low Gyaku kesa (upward diagonal cut to the right) and high Suihei (horizontal cut to the left). The second cut is made on the severed section of the target before it falls.
7. Mizu Guruma: Water wheel - Low Gyaku kesa (upward diagonal cut to the right) followed by high Gyaku kesa (upward diagonal cut to the left). The second cut is made on the severed section of the target before it falls.
8. Nuki Uchi: Batto Suihei (horizontal cut to the right made as the katana leaves the saya) on the third step, change feet, Migi Kesa (downward diagonal cut to the right). Similar to Toyama Kata Sambon Mei.
9. Syo Hatto: Batto Gyaku kesa (upward diagonal cut to the right made as the katana leaves the saya) on the second step, switch feet, Hidari Kesa (downward diagonal cut to the left). Similar to Toyama Kata Nihon Mei.
10. Tombo: Dragon Fly - A half target is laid horizontally on top of a half target. Hidari Kesa (downward diagonal cut to the left) from hasso gamae (guard position with the katana pointed upwards, the edge forward, and the guard level with the ear), and Migi Kesa (downward diagonal cut to the right) ending in hasso gamae. The second cut must be performed before the target has a chance to fall.
11. Zengo-no-teki: Enemies to the front and back - This sequence is performed on two targets. One is placed to the cutter's right and one is placed behind them. Turn and Batto Gyaku kesa (upward diagonal cut to the right made as the katana leaves the saya), Hidari Kesa (downward diagonal cut to the left), turn to second target, Mizu Gaeshi ([See description above](#)), and Suihei first target on return stroke.