

Deliberate Targeted Practice: picking a specific skill and working it into your regular practice by mentally focusing on this skill until it is acquired.

1. DTP - sae/tenouchi the last 20% of your swing when making a strike.
2. DTP - fumikomi, the final action of the process in kendo footwork.
3. DTP - swing, ensuring you have a switch point and are achieving maximum velocity and acceleration.
4. DTP - seme/shibori, thrusting the shinai into the center and taking control.
5. DTP - seme/footwork, using ashi seme to create an opening.
6. DTP - seme/rhythm, using enzan no metsuke and recognizing when the opponent is open to take the center.
7. DTP - choyaku suburi footwork, developing the correct footwork for doing choyaku suburi.
8. DTP - sayumen suburi, ensuring your left hand stays centered and the shinai is striking at the correct angle of attack.
9. DTP - uchima, determining your personal attacking/striking distance.
10. DTP - kakari keiko, performing both as attacker and motodachi the correct way to enhance your Jigeiko.
11. DTP - kote uchi, refining to optimum efficiency how you strike the kote.
12. DTP - doh uchi, refining your doh attack to where it is yukodatotsu.
13. DTP - tsuki waza, refining to where you can do 1 or 2 handed and actually hit the target.

## 1. DTP - Create Sharpness in your Strike

Sae/Tenouchi Drill,

Drill - 60 second intervals with a partner. Object to develop the last 20% of your swing by focusing on snapping your wrists, hitting with both hands, shibori, relax.

Visualize and cut to the eye brows.

Start 6-8 inches above your partners men and repeatedly strike their men. Whatever number of times you do in 60 seconds is correct.

Focus on outcome, the number of strikes is irrelevant.

Success is when you can make a strong snapping strike from about 2 inches.

Put the power in your fore arms- then create sharpness in use of wrists and hands.

Key Points

- ❖ correct grip
- ❖ extension of forearms
- ❖ wrist snap
- ❖ both hands hit at the same time
- ❖ squeeze tsuka with slight inward rotation of hands
- ❖ relax forearms and wrists after impact.

## 2. DTP - Fumikomi

Fumikomi - creating pulling power with the right knee muscle groups

(<http://www.bodybuilding.com/fun/goulet15.htm> )

Methodology: From basic stance (chu dan no kamae ) with your shinai behind you held with both hands and nestled beneath your buttocks, reach out with your right leg/foot to a distance of about 12 inches or twice the length of your right foot. Raise your right foot about 2 inches off of the floor and with the left leg straight ( no bend in the knee) push your hips forward.

Bend your right knee and as you reach the end of your forward motion of the right foot snap your right leg straight using the muscle groups that bend and straighten the knee/leg.

Key Points-

- do not raise right foot too high
- do not reach out too far
- keep right foot in front of your right knee until the leg straightens
- right foot should finish action in a direct /straight line with your right knee ( as in directly under the right knee and not behind it)
- this action should generate force between the foot and the floor creating the stomping sound associated with fumikomi

