

7 Ken Suburi

This list of the 7 ken suburi, compiled by Mark Sensei, has links to the starting position of front and rear view video clips of [Saito Sensei demonstrating each of the 7 ken suburi](#).

1	Shomen Uchi	Front strike	front view , rear view
2	Shomen Uchi Komi	Front strike with step	front view , rear view
3	'The sword of universal Ki'		front view , rear view
4	Rensoku Shomen Uchi Komi	Continuous front strikes with step	front view , rear view
5	Renzoku Shomen Uchi Komi	Continuous front strikes with step	front view , rear view
6	Shomen Uchi Tsuki	Front strike with thrust	front view , rear view
7	Migi Shomen Uchi Hidari Tsuki	Right front strike, left thrust	front view , rear view