



九鬼神伝流

KUKISHINDEN RYU
DAKENTAIJUTSU
HANBOJUTSU
BOJUTSU

BUJINKAN DOJO BRUSSELS



KUKISHINDEN RYU DAKENTAIJUTSU

KIHON KAMAE KATA

(Goho no kamae)

1. HIRA NO KAMAE

The feet are apart, approx shoulder width. Both hands are in Fudo Ken, and palms facing the body they both rest just on the inside near the hips

2. HIRA ICHIMONJI NO KAMAE

The body is the same as Hira Ichimonji no Kamae. The arms are out stretched to the side of the body.

3. SEIGAN NO KAMAE

The body is side on to Uke. The left hand points at Ukes eyes, the right hand in Shikan Ken, rests on the heart.

4. KATATE HICHO NO KAMAE

Same as Seigan no Kamae, except the right hand is open. The left foot, can come back near to the right foot.

5. KOSEI NO KAMAE

The left hand is open above the eyes. The right hand is by the heart in Shikan Ken.

SHODEN NO KATA

1. SEION

Uke holds Tori in Kumi Uchi. Tori hold the collar, and the elbow. The right thumb, presses into the nerve in the side of the neck, and the thumb of the left hand, presses into the nerve in the elbow. Tori shifts the left foot to the left, and places the right foot, against the hip. Pressing the nerves, pushing out the foot, and turning Anti clockwise Tori throws Uke onto his back.

HENKA

Instead of placing the foot on the hip, Tori places it behind Ukes Right leg, and throws him.

2. SUIYOKU

Uke strikes from Seigan with a right Jodan tsuki. Tori is in Hira, and moves back into seigan, and a left Jodan Uke. Uke then strikes with a left Jodan Tsuki, Tori does a right Jodan Uke, and grabs the wrist after the block. Uke does a right kick, Tori responds with a left Gedan Uke, and straight up to strike Kirigasumi, with a left Boshi Ken. Tori then steps forward with the right foot, and kicks with the left to Ryuge. With draw the right leg to kneel and Uzimaki.

NOTE

Kirigasumi - below the ear Ryuge - ankle bone outside calf

3. SUISHA

Uke does a right Jodan Tsuki, Tori does a left Jodan Uke (Daken Style), and ducking low strikes to Nasai. Uke then strikes with a left jodan Tsuki, and a right jodan Tsuki. Tori does a right then a left jodan Uke grabbing the wrist with the final block. Tori then kicks the left leg with his right foot to Sai. Tori then grabs the neck, and finishes with Uchi Mata

NOTE

Nasai - Sai - Thigh

4. KUBI WA

Uke does a right Jodan Tsuki, and a left Keri. Tori is in seigan, and does a left Jodan Uke, and grabs the wrist, and a right Gedan Uke, with a right Boshi ken from the inside to Ryumon. Tori then takes hold of the neck, and twists Uke down to the left, by stepping back with the left leg. Tori then applies a lock to the arm with the knee, and re-applying the Boshi ken

NOTE

Ryumon - Hollow on top of the shoulder.

5. HOSETSU

Uke strikes with a right Jodan Tsuki, Left Jodan Tsuki, right keri. Tori, does a left Jodan Uke, right Jodan Uke, and a right Fudo Ken to Nasai, and grabs the last striking wrist. Uke then does a right Jodan tsuki. Tori lifts the wrist he holds, and grabs the arm with his left arm, swings it out to the

right to stop the Jodan Tsuki. Switch hands on the wrist, and apply a choke with the right hand, turn the boy so that you can start a seio Nage. Uke pulls away. Tori goes under and throws with Ippon seio Nage.

6. ISO ARASHI

Uke grabs the collar with his left hand, and a right strike. Tori in a form of Kosei, does a left Jodan Uke. Uke then does a right kick, and Tori does a left gedan Uke. Tori locks the hand on the collar, and strikes to the face with a left Shako ken. Tori steps back with the right foot, and does Uzi maki, lock the hand on the knee to finish.

7. FU BUKI

Uke starts the same as Iso Arashi. The defense is the same, but take the hand in Omote Gyaku. Take hold of the elbow with the left hand, and force it upwards, and kick to right Nasai. Turn under the arm to throw with Seio Nage.

8. KATA HO

Uke does a right then a left Jodan Tsuki, and right keri. Tori does a left, then right Jodan Uke., and a right Fudo ken to Nasai. Uke then does a left Keri, and tori responds with a left Fudo ken to Nasai. Uke then does a right Jodan Tsuki. Tori blocks with Jumonji Dori, and applies Oni Kudaki. Tori then steps out to the side and does Osoto Gari. Straddle Uke, and lock the arm.

9. TATSUMAKI

Starts the same as Kata ho, until the last right Jodan Uke. Tori applies the Jumonji Dori, but Uke strikes with a left Jodan Tsuki. Tori steps to the side, and does a Jodan Uke to Uko, with omote Shuto. Tori then takes hold of Daimon, steps out, and kicks with Kakato keri (backward hook) to the hip or upper thigh. Tori kneels, and pulls Uke down across the hips.

CHUDEN NO KATA

1. URA NAMI

Uke is in Seigan no Kamae, Tori is in Hira no kamae. Uke strikes with a right Tsuki, and a left Jodan Tsuki. Tori does a left Jodan Uke, and a right Jodan Uke. Uke then follows with a right Keri. Tori steps forward 45 degrees to the right, and strikes into Ukes right thigh with a left Gedan Uke. Uke follows Tori, and strikes with a right Jodan Tsuki. Tori does a Jumonji Dori and applies a Oni Kudaki, and kicks with the right foot, to Ukes stomach. In the same motion Tori drops the right foot, behind Ukes right foot, and drops with the Oni Kudaki.

2. TEN CHI

Uke is in Seigan, Tori is in Hira Ichimonji. Uke does a right Jodan Tsuki, Left Jodan Tsuki, right Jodan Tsuki, and a right keri. Tori does left Jodan Uke, right Jodan Uke, Left Jodan Uke, Tori steps to the outside of the kick, and strikes with a left fudo ken into the thigh. This turns Uke round to the left. As he comes back to face Tori he strikes with a right Jodan Tsuki. Tori shifts to the left, to the out side of the Tsuki, using Jumonji Dori. Tori takes hold of the arm, and pulls it down be hind Ukes back. Tori makes Uke bend forwards, and steps a little forward with the left foot, and kicks the chest with the right foot. Tori then drops to the left knee, and pulls Uke down to the ground.

3. KATA NAMI

Uke is in Seigan, Tori is in Hira Ichimonji. Uke does a right Jodan Tsuki, and a right keri. Tori does a left Jodan Uke, and steps forward with the right foot, turns to the left, and strikes with a right Fudo ken into the thigh. Uke then does a right Jodan Tsuki. Tori grabs the sleeve with his left hand, and the collar with the right hand. Tori steps with the right foot, and throws with Osoto Nage.

4. KASUMI GAKE

Uke is in Seigan, and Tori is in Hira. Uke does a right Jodan Tsuki, and a right keri. Tori does a left Jodan Uke, steps forward to the right, and turning to the left strikes with the right hand with a fudo ken into the thigh. Uke does a right Jodan Tsuki. Tori grabs the sleeve with his left hand. The right hand strikes Ukes right a shoulder, then moves down to grabs Ukes right elbow. Tori then pulls the elbow so that it bends. When the elbow is bent the forearm is vertical. Tori turns under the arm, and throws with Osoto Nage.

NOTE

The bent arm is the same angle as for Musha Dori or Oni Kudaki.

5. TATSU NO SE

Uke is in Seigan, Tori is in Hira Ichimonji. Uke dopes a right Jodan Tsuki, and a right Keri. Uke does a left Jodan Uke, and a left Gedan Uke. Uke does a right Jodan Tsuki. Tori turns to the right

and grabs the elbow sleeve with the left hand. Tori turns his hand over to the left, and down so that Ukes hand rests on Tori's forearm. Uke then grabs Toris elbow sleeve, and steps forward with the left, and the right to the outside of Tori. Toris right hand comes down, and strikes him in the thigh, making him release his grab. Tori then switches his grab from the right arm to the left arm. Tori barrs the arm vertical to the body. Tori places his right hip against Ukes right hip, and throws him.

6. SHIO KAZE

Uke is in Seigan, Tori is in Hira. Uke strikes with a right Jodan Tsuki, and a right Keri. Tori does a left Jodan Uke, and a left Gedan Uke to Kaku. Uke does a left Jodan Tsuki. Tori does a right Jodan Uke to Hoshi, or Nagare. Tori with his right hand grabs Uke from above the backside of Uke right Bicep. At the same time Tori applies a Ura Gyaku with the left hand, and a keri to the right Koe. Tori drops Uke forwards.

NOTE

If he resists come back up, and knee him in the chest or face then drop him forwards.

Kaku - Knee Hoshi - inside elbow Koe - Side of the groin

7. YAMA ARASHI (Mountain storm)

Uke grabs the collar with the left hand, and a right Jodan Tsuki. Tori steps back to the left 45 degrees, and does a right Jodan uke to Jaku kin. The right hand checks the grab from underneath. Tori applies a Ura Gyaku with the left hand, and walks under the arm with Yoko Aruki, at the same time striking to Butsumetsu with the right elbow as he passes. Tori walks behind Ukes back locking his arm behind him. Tori then kicks into Buda with the right foot, and steps back with the right foot, taking Uke down, so that he falls onto his arm breaking it.

NOTE

Buda - middle of the calf Jaku kin - Inside bicep (middle of)

8. YANAGI KAZE

Uke grabs the collar with the left hand, and strikes with a right Jodan Tsuki. Tori checks the grab with the right hand, and steps back 45 degrees to the right, with a left Jodan Uke to Jaku kin. The right hand then strikes with Fudo ken, or Oshu to Butsumetsu. At the same time as the strike. Tori grabs Ukes left arm with the left hand, at the same place as the Jodan Uke. With the right hand Tori grabs the Butsumetsu, and brings Uke to his toes, and throws him, in the same way as doing Omote Gyaku.

9. TATSU NAMI

Uke grabs the collar with the left hand, and does a right Jodan Tsuki. Tori checks the grab, and strep back to the right 45 degrees, with a left Jodan Uke. Tori then grabs the grabbing hand with his right hand, and turns it to the right so that Toris elbow locks it open. Tori steps with the right foot, and turns so that the knee comes to the ground. Tori then throws Uke to the ground with Omote Gyaku.

10. KOBİ

Uke grabs the collar with the left hand, and strikes with the right. Tori steps back 45 degrees, and does a left Jodan Uke. Tori then applies a Omote Gyaku hold to Ukes grabbing hand, and the left hand grabs Ukes left elbow. Tori then steps back with the left foot, then kicks with the left foot, to Yaku, and steps through. From the Omote Gyaku Tori strikes from under the arm with the right hand to Asagasumi with Oshu, knocking Uke to the ground. Tori's knee should be on Ukes Suzu, and the right elbow on Dokotsu, as you roll over him

NOTE

Oshu - open palm strike. Dokotsu - Suzu - groin

11. JUGAN

Uke grabs the collar with the left hand, and strikes with the right hand. Tori steps back 45 degrees to the right, and a left Jodan Uke. Tori applies a Take Ori with the right hand to the grabbing hand. With the left hand Tori grabs the elbow of the grabbing hand. Tori drops his weight then comes up as if rolling a stone (to Ukes arm), knocking him to the ground.

12. SHIHO DORI (Four way capture) TRNT P. 228

Uke strikes with a right Jodan Tsuki, Tori does a left Jodan Uke to the wrist. Uke then grabs Tori's collar with the left hand. Tori's left arm comes up in front of his body, and with the right arm applies Oni Kudaki to the grabbing arm. Tori then does Yoko Aruki to the left, and moves the right foot, behind Ukes left leg. Then stepping back with the right leg, and straightening Ukes arm, Tori bring Uke to the ground.

NOTE

For the take down walk in the direction his left leg points.. If the Oni Kudaki fails change to Omote Gyaku, if he tries to escape, change the technique to Yume Makura.

SABAKI GATA

1. ARA KOMA (Hard Horse)

Uke grabs the collar with the left hand, and strikes with the right. Tori steps back with a left Jodan Uke. Tori checks the grab with the right hand, and then turns it into Omote Gyaku, but hold the hand close to the body. Tori steps in with the right foot, and strikes with a left Boshi Ken to Shada Somi. Tori then steps back with the right foot, with the Boshi ken still applied. This pushes Uke to the ground. Keep the Boshi ken in place to restrain.

NOTE

Shada Somi - below the ear

2. SHIKA ASHI (A.K.A. Kasoku) (Bear Foot)

Uke grabs with the left hand, and kick with the right foot. Tori checks the grab, and steps to the right, and a left Gedan Uke. Uke then does a right Jodan Tsuki. Tori does a left Jodan Uke to Hoshi, and kick with the right heel o the inside of his right knee, or calf, and turns the heel over, and kicks the same area on the left leg.

NOTE

For the final heel kick keep the hips back.

3. CHIKUSEI

Uke strikes with a right Jodan Tsuki, and a left Jodan Tsuki. Tori blocks first to the wrist, and second to Hoshi. Uke then does a right keri. Tori does a left Gedan Uke to the ankles. Uke immediately does a right Jodan Tsuki. From the Gedan Uke, Tori does a left jodan Uke to jaku kin. From under the arm Tori strikes with a right Oshu Ken to Butsumetsu (the right leg is in front). Tori then grabs the butsumetsu, and brings Uke up on to his toes, and at the same time grabs the flesh on the upper arm with the left hand. Tori turns Uke, by pressing Butsumetsu, and pushing the arm. this also makes Uke bend backwards. With the right hip Tori throws Uke with Harai Goshi. Tori also drops his body weight as he throws. Place the knee into the ribs when Uke is on the ground.

NOTE

Careful when doing the Harai Goshi, as Uke can land on the knee, and break their back

4. YUME MAKURA (Dream pillow)

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Uke does a right Jodan Tsuki, Left Jodan Tsuki, right Zenpo Keri, right Jodan Tsuki. Tori responds with a left Jodan Uke, right Jodan Uke, left Gedan Uke, and finally with a right Jumonji dori. Tori's left hand takes hold of Ukes right wrist, and the left hand takes Ukes elbow.. Tori steps back and brings the arm into a form of Oni Kudaki. Tori then changes the grab from backwards to forwards, and pushes on the elbow, and pulls on the wrist so that his arm opens straight. Tori holds Ukes straight arm against his chest, and falls backwards taking Ukes arm with him. Tori then rolls over Ukes back, and holds him in O Gyaku

5. SUSO SABAKI

Uke does a right Jodan Tsuki, and a left Jodan Tsuki, right Keri, and a right Tsuki. Tori does a left Jodan Uke, Right Jodan Uke, Left Gedan Uke, Left Jodan Uke. From the block move outside of the hand, and take hold of the wrist in Ura Gyaku with the right hand from above. The left hand grabs the flesh on the shoulder, and the body turns to the right to the arm. Toris right leg steps over Ukes right leg, and Tori attempts to throws him. Uke does not let himself be thrown Tori counters this by stepping back with the left leg, and applying pressure to the shoulder (Ryumon) with the wrist, and a Take Ori moving up and down to break the wrist.

6. ISO GAESHI

Uke does a right Tsuki, Left Jodan Tsuki, right Keri, right Jodan Tsuki, another right Jodan Tsuki. Tori does a left Jodan Uke to Kote, right Jodan Uke to Hoshi, left Gedan Uke to kaku, followed by a right Fudo ken to kaku, left Jodan Uke to Kote. Toris right hand applies a Omote Gyaku from the Fudo ken from underneath (keep the Omote Gyaku close the body). Tori then walks in with the right foot, and the right elbow is on top of Ukes right elbow. Tori then steps out with the right foot, and presses down with the right elbow, dropping Uke.

7. KAZE HARAI

Uke grabs with the left hand, and strikes with the right. Tori places his right palm under Ukes elbow, and presses up, and a left Jodan Uke to Jakkin, or wakiboshi. Uke then does a right keri. Tori hand moves from the elbow to the hand, and Tori does a Gedan Uke. Uke does a right Jodan Tsuki. As Uke strikes Tori changes from a right to a left Ura Gyaku, and strikes with the right elbow to Uko, or Butsumetsu. Tori then walks under the arm (still keep Ura Gyaku), until Tori is behind Uke. Tori places his right hand on Ukes shoulder. Tori then kicks Uke with Sokushi keri to Buda.

x

Uke grabs the collar with the left hand, and strike with a right Jodan Tsuki. Tori checks the elbow, and pushes up on it, and does a left Jodan Uke. Tori does a right keri. Tori changes from a elbow to a hand check, and a left Gedan Uke. Uke then does a right jodan Tsuki. Tori does a left Jodan Uke, and grabs the wrist. Tori steps across the to left with his right foot. The right hand come under the grabbing arm, so that the shoulder or right bicep, presses against the elbow, and apply pressure in this way to drop Uke.

NOTE

Do not let the grabbing hand turn or you could lose control.

9. KIMON

Uke is in Seigan, Tori is in Hira. Uke does a right Jodan Tsuki, Left Jodan Tsuki, right Keri, left Jodan Tsuki. Tori does a left Jodan Uke, right Jodan Uke, left Gedan Uke, right Gedan Uke. Immediately after the last block, Tori applies a Musha Dori, to Ukes left arm, and spins around onto the left knee, and drops Uke onto their back

10. URA KIMON

This starts the same as Kimon, but with two kicks, then a left Jodan Tsuki. Tori immediately applies a right Oni Kudaki to Ukes left arm, and kicks with the right foot, to Ukes groin. Finish with Osoto Gake or Nage.

11. UKI NO

Uke is in Seigan, Tori is in Hira. Uke does a right Jodan Tsuki, left jodan Tsuki, right Keri, left Keri, right Jodan Tsuki. Tori does the Uke's. Tori immediately applies a Oni kUdaki to the right arm, and kicks with the right foot to the groin. Tori the grabs the collar with the right hand, turns and throws with seio Nage, or applies a Shime waza

12. RAN PUU

This starts the same as Uki No. Tori applies a Oni Kudaki to the right arm, and kicks with the right foot, into the groin. Tori grabs Uke in Kumi Uchi, and throws with Seio Nage. While Uke is still in the air. Tori steps from under Uke for Taki Otoshi.

OKUDEN NO KATA

1. FU SETSU

Uke does a right Jodan Tsuki, Left Jodan Tsuki, right Keri, Left Keri. Tori responds with the Uke. For the last Keri Tori strikes with a Fudo Ken into the leg. Uke then does a right Jodan Tsuki. Tori blocks with Jumonji Dori, and applies Oni Kudaki. Tori straightens the arm, and Goes underneath anti clockwise (take hold of Ukes shoulder with the left hand). Tori then kicks with a right Kakato Keri to Ukes inside right thigh, then steps back with the right foot, to throw Uke face down.

2. GONGI

Uke strikes with a right Jodan Tsuki, left Jodan Tsuki, Right keri, left Keri. Tori responds with the Uke. For the last Keri to punches with a Fudo ken into the thigh. Uke then does a right jodan Tsuki. Tori then does a Jumonji Dori to Ukes right arm, and applies Oni Kudaki. Tori then does a right kick to Ukes groin. Tori places his right foot between Ukes legs, drops to the left knee, and pivots on it to the left throwing Uke with the Oni Kudaki still applied.

3. KAESHI WAZA

Uke does a right Jodan Tsuki, left Jodan Tsuki, right Keri, left Keri. Tori responds with the Uke. For the last Keri Tori strikes with Fudo ken into the thigh. Uke then strikes with a right Jodan Tsuki. Tori applies a Jumonji Dori, and applies Oni Kudaki. Tori then switches this to Musha Dori. Tori then kicks back with a right Kakato keri to Ukes stomach. Tori then drops the foot down, and spins around to the right (going down). and applies a Shime waza.

4. ONI OTOSHI

Uke does a right Jodan Tsuki, left Jodan Tsuki, right Keri, left Keri. Tori responds with the Uke. For the last Keri Tori strikes with Fudo ken into the thigh. Uke then strikes with a right Jodan Tsuki. Tori applies a Jumonji Dori, and applies Oni Kudaki, which is then changed to Musha Dori. Tori kicks with the Shin to Ukes groin, the same leg the throws with Osoto Nage.

5. IWA KUDAKI

Uke does a right Jodan Tsuki, left Jodan Tsuki, right Keri, left Keri. Tori responds with the Uke. For the last Keri Tori strikes with Fudo ken into the thigh. Uke then strikes with a right Jodan Tsuki, Tori blocks with a left Jodan Uke, and a right Chin Ken to the face. The left hand at the same time grabs the wrist. Tori places his hips near Ukes, and throws with Osoto Nage.

NOTE

Slam the hips in hard

6. SETSU TO

Uke does a right Jodan Tsuki, left Jodan Tsuki, right Keri, left Keri. Tori responds with the Uke. For the last Keri Tori strikes with Fudo ken into the thigh. Uke then strikes with a right Jodan

Tsuki, Tori does a left Jodan Uke, and grabs the wrist, as the right hand strikes with Fudo Ken into the right bicep. Tori then does a right shin kick to Ukes groin, and pushes Ukes arm in, and down, whilst grabbing the shoulder with the right hand. Tori then steps back with the left foot, and down to the knee, pulling Uke with him.

7. GOTO

Uke does a right Jodan Tsuki, left Jodan Tsuki, right Keri, left Keri. Tori responds with the Uke. For the last Keri Tori strikes with Fudo ken into the thigh. Uke then strikes with a right Jodan Tsuki. Tori applies a left Jodan Uke, and grabs the wrist. Tori then grabs Ukes right shoulder with the right hand. Tori steps in and under, knocking Uke up with a hip strike, and then stepping out to the left so that Uke falls.

8. DOFU

Uke does a right Jodan Tsuki, left Jodan Tsuki, right Keri, left Keri. Tori responds with the Uke. For the last Keri Tori strikes with Fudo ken into the thigh. Uke then strikes with a right Jodan Tsuki. Tori applies a left Jodan Uke, and grabs the wrist. Tori keeps this arm straight whilst he strikes with a right Ura Shuto to Kasumi. Tori then kicks with the shin into Ukes groin, and continues the foot through between the legs, and hooks Ukes furthest leg up.

NOTE

Grab the shoulder with the right hand, and push whilst sweeping the foot away. Ukes right palm must be up to stop the arm from hitting you.

9. ONI KUDAKI

Uke does a right Jodan Tsuki, left Jodan Tsuki, right Keri, left Keri. Tori responds with the Uke. For the last Keri Tori strikes with Fudo ken into the thigh. Uke then strikes with a right Jodan Tsuki. Tori applies a Jumonji Dori, and applies Oni Kudaki. Tori then does a shin kick to the groin, and places it behind Ukes right leg for Osoto Gake.

NOTE

For the final throw turn to the left. Be careful

This is almost exactly the same as Ura Nami from the Chuden no kata

10. YANAGI KAZE

Uke does a right Jodan Tsuki, left Jodan Tsuki, right Keri, left Keri. Tori responds with the Uke. For the last Keri Tori strikes with Fudo ken into the thigh. Uke then strikes with a right Jodan Tsuki. Tori applies a left Jodan Uke. Uke then grabs Tori and attempts seio Nage. Tori drops his hips, and strikes Uke with Boshi Ken in Shichibatsu. Tori then jumps around to the front of Uke, and strikes with the right elbow into Ukes chest. Tori then takes hold of Ukes left arm with the right hand. Tori's left hand comes up under Ukes right arm, and grabs the collar. Tori then goes under Ukes right arm, and throws with Nagare. Tori kicks Uke when he is down.

11. TACHI UCHI

Uke does a right Jodan Tsuki, left Jodan Tsuki, right Keri, left Keri. Tori responds with the Uke. For the last Keri Tori strikes with Fudo ken into the thigh. Uke then strikes with a right Jodan Tsuki. Tori does a left Jodan Uke. Uke then grabs Tori and attempts to throw with Seio Nage. Tori drops his hip and strikes with Boshi Ken to Shichibatsu. With the Boshi Ken Tori pushes Uke away, and goes behind him, and grabs the flesh at Butsumetsu. Tori then turns and throws Uke.

NOTE

For the Butsumetsu grab, dig the thumbs in. Throw from the side so he will not fall off. Beware of this technique, as the throw will break the neck.

12. HANE OTOSHI (Leaping knock back)

Uke does a right Jodan Tsuki, left Jodan Tsuki, right Keri, left Keri. Tori responds with the Uke. For the last Keri Tori strikes with Fudo ken into the thigh. Uke then strikes with a right Jodan Tsuki. Tori applies a left Jodan Uke. Uke grabs Tori, and attempts Seio Nage. Tori drops the hips, and applies Boshi Ken to Shichibatsu. Uke then turns to face Tori, who then strikes with Ryote Koppo ken to Ukes Uko. This makes Uke arc his back. Tori throws with Osoto Nage.

SHIRABE MOGURI GATA

1. MOGURI DORI

Uke does a right Jodan Tsuki. Tori blocks with a left Jodan Uke. Uke then grabs Toris blocking wrist. Tori steps in with a right keri. As this comes to the ground, Tori steps in with a the right foot, and a right Ura Shuto to Uko. Tori then places the right foot behind Ukes right foot, and placing the hips together, throws Uke.

2. SHARIN

Defense against Moguri Dori.

As Tori places his hip to throw. Uke pushes his right thigh up under Tori's thigh. The right hand then comes up to the neck, and the left goes around the back to grab Tori's left Shichibatsu. Uke then drops to his left knee pulling Uke over it, using the hands to help him.

NOTE

For then technique to work properly Uke, and Tori must be in a straight line.

3. KO FUKI

4. RYU FUKU

Uke strikes with a right Jodan Tsuki, and a left Jodan Tsuki. Tori does a left Jodan Uke, and a right Jodan Uke, and then grabs the collar with the right hand (with a right step forward), and the left hand grabs the right sleeve. Uke grabs Tori in the same fashion, and attempts to throw with Seio Nage. Tori drops his body weight, and does a right fudo Ken into Uke groin, followed by a right Fudo Ken into the top of the right thigh, at the same time a left Fudo ken into the back of the ribs. Pull Uke into a standing position. Tori grabs Ukes left bicep with the right hand, and the right bicep with the left hand. Tori then does a Kikaku Ken to the chest. Toris right leg goes inside of Ukes legs, hooking back on the left leg, and pushes Uke to the ground.

5. TOBI CHIGAE

Uke does a right Jodan Tsuki. Tori does a left Jodan Uke, and then moves to the outside of Uke, and does another Jodan Uke (right) to the back of Ukes hand. Tori then steps on Ukes right foot, with his right foot. With Ukes right arm away from Tori (across the front of Ukes body). Tori strikes with a right Boshi ken to Ukes Butsumetsu

6. YAMA OTOSHI

Uke does a right Jodan Tsuki. Tori does a left Jodan Uke, and then grabs hold of the wrist. Tori places his right hand on Ukes left Shoulder, and pushes his thumb into the neck. Tori turns his right hand into Shako ken n the face, and step behind Ukes right eg with his right leg. Tori then throws Uke, keeping hold of the wrist with the left hand.

7. TO RYAKU

Uke holds Tori in Kumi Uchi (left hand holds the collar). Tori checks the collar grab with the right hand, and holds the arm with his left hand. Tori steps to the right, and drops the right hand down under Ukes left arm. The right hand comes up and the palm is placed under the elbow. Tori Yoko Aruki's to the right, and the left hand grabs the bicep of ukes left arm. Tori then steps back with the left foot, and then drops to the left knee, pulling Uke down onto his front

8. SHO TO

9. MUSA SABI

Uke strikes with a right Jodan Tsuki. Tori does a left Jodan Uke. Uke counters this by moving his right arm, under Toris left arm, for Ganseki Nage. Tori strikes Uke in the right Koe with a right Boshi Ken. Uke steps out with the right leg to escape the Boshi Ken. Tori grabs Ukes right wrist with the left hand, and the right shoulder with the right hand. Tori then kick Uke in Suzu with the right foot. From the kick Tori places the right foot on Ukes right knee (inside). Tori pulls the wrist, and pushes the shoulder, and kicks the leg away for Uchimata.

10. TAMA NAGE

Uke strikes with a right Jodan Tsuki. Tori does a left Jodan Uke. Uke continues his Tsuki by moving his right arm under Tori's for Ganseki Nage. Tori counters by striking Uke in the right koe with a right Boshi Ken. Uke steps out with the right foot to escape the Boshi Ken. Tori grabs Ukes right wrist with the right hand, from under neath in Omote Gyaku, and grabs the right elbow with the left hand. Whilst putting pressure on the elbow, Tori changes the Omote Gyaku to Ura Gyaku, and grabs the top of the breast bone with the right hand. Tori steps behind the right leg for Osoto Nage.

NOTE

If changing the hands is too risky, throw instead with Gyaku Nage.

11. GYAKU NAGE

Uke strikes with a right Jodan Tsuki. Tori does a left Jodan Uke, and immediately grabs the wrist with his left hand, and the right shoulder with his right hand. Tori then tries to kick Uke in Suzu. As he does this Uke does a left Jodan Tsuki. Tori steps back with the right foot (from the kick), and does a right Gedan Uke. Tori then grabs the back of Ukes right hand with his right hand. Tori strikes with a left Shitan Ken to Ukes face. Uke now has his right hand free, and blocks with a right Jodan Uke. Uke strikes with a right Jodan Tsuki. Tori does a left Jodan Uke, and grabs the wrist with the left hand. From the left wrist grab Tori strikes with the left hand to Jinchu with Shitan Ken. Toris then places the right leg behind Ukes right leg for Osoto Nage.

12. UCHI HARAI

Uke attacks with a right Jodan tsuki. Tori does a left Jodan Uke, followed by a Shitan Ken to ukes face. Tori then steps forward with the right foot, and strikes with a right Shitan Ken to Ukes face. Tori does a right Zenpo Keri. Uke does a left Gedan Uke, and a right Jodan Tsuki. Tori applies a left Jodan Uke, and a left Shitan Ken to Ukes face, Tori quickly steps forward with the right foot, and strikes with a right Fudo ken to Ukes Butsumetsu. Tori's right arm moves under Ukes left arm, and the left hand grabs Ukes right arm, the right foot goes behind Ukes right foot, and throws.

KUKISHINDEN RYU HANBOJUTSU

KAMAE

1. KATATE YABURI NO KAMAE

Stand in Shizen, with the Hanbo held in both hands in front of the body.

2. MUNEN MUSO NO KAMAE

Stand in Shizen with the Hanbo held at the top in the right hand. Bottom end is on the ground.

3. OTONASHI NO KAMAE

Same as Katate Yaburi no kamae, except that the Hanbo is held behind the body.

REIHO

1. SHINZEN REI

Hold the hanbo on the right hand side of the body, pass to the left hand, and raise both hands. Hold the arms out stretched, at shoulder height, and bow.

2. SEIZA REI

From the right hand pass the Hanbo to the left Hand. Drop to the left knee, and place the hanbo on the ground at the side of the body, drop to seiza. Left, and right hand on the ground, and bow.

3. JINCHU REI

Hanbo ion the right hand, drop to the left knee, left hand on the floor in Fudo Ken. Slightly bend the elbow. Hold the hanbo along the length of the arm, and bow.

4. RITSU REI

Stand in Munen Muso no Kamae. To Katate Yaburi no Kamae, and bow.

SHODEN NO KATA

Tori is in Katate Yaburi no kamae.
Uke attacks with a Shoto.

1. KATATE UCHI

Uke has the shoto in his right hand and steps forward with his left leg and grabs tori's collar with his left hand. Uke then steps forward with his right leg and executes a tsuki with the shoto, tori responds by stepping back with the left leg and brings the right side of the hanbo up to uke's left elbow releasing the grab. (all in one movement).

HENKA

Uke has the Shoto in the right hand. Uke steps forward with the left foot, and grabs the collar with the left hand. Uke then steps forward with the right foot, with a Chudan Tsuki with the Shoto. Tori steps forwards, and out to the right. The left foot, comes across to the left, and steps behind the right. Tori brings the Hanbo up striking just above the elbow on Ukes grabbing arm.

2. TSUKI OTOSHI

Uke has the shoto in his right hand and steps forward with his left leg and grabs tori's collar with his left hand. Uke then steps forward with his right leg and executes a tsuki with the shoto, tori responds by stepping back with the left leg and brings the right side of the hanbo up to uke's left elbow releasing the grab (all in one movement). Then tsuki the right end of the hanbo at uke's chin (move the body forward when striking the chin).

HENKA

The start is the same as Katate Uchi. After the strike up with the Hanbo, Tori releases the left hand, and turns the Hanbo over to the right. Catching again with the left hand, Tori strikes with the tip of the Hanbo into Ukes throat. Tori moves forward for the Tsuki.

3. UCHI WAZA

As uke steps in to tsuki with shoto, tori steps back 45 degrees with his left and turns the hanbo so that the left side strikes the wrist, the left hand releases the hanbo, the right side moves horizontally around so that the right end is caught in the left hand, slight step forward and tsuki to right kasumi.

HENKA

Uke steps forward with a Chudan tsuki. Tori steps out to the left. The right end of the Hanbo strikes down on top of Ukes hand. Uke releases the left hand, and turns it so that he can catch the right end of the Hanbo. Tori does a slight step forward, and a Tsuki to Kasumi.

4. NAGARE DORI

As uke steps in to tsuki with shoto, tori steps forward with his right foot releasing the hanbo with his left hand the hanbo strikes the inside of the elbow (the hanbo is vertical with the hand at the top) the left hand grabs right hand controlling the shoto, the right hand comes down moving the hanbo and uses koshi ori (breaking the hip). The left leg moves back anti-clockwise, applying pressure to the arm and takes uke down.

HENKA

Uke steps forward with a Tsuki. Tori steps forward with the right foot, on Ukes inside. Tori releases the left hand. With the Hanbo vertical (hand is at the top) Tori strikes with the length of the Hanbo into the inside of Ukes elbow. At the same time Toris left hand grabs Ukes hand with the Shoto. Tori rotates the Hanbo (keep contact with the elbow), until it is again vertical with the hand at the top, and the Hanbo under the arm, and partial across the back. Tori steps back with the left leg, pulling on Ukes arm with his left hand, and applying pressure with the hanbo. Finish with Uke on the floor.

5. KASUMI GAKE

As uke steps in to tsuki with shoto, tori steps to the left to the outside of the attack and releases the hanbo with the right hand, the left hand holds the hanbo vertical with the hand on top, the right hand grabs the wrist controlling the shoto, then step forward with the left foot and slam the hanbo into uke's butsumetsu and is left across the front of uke's chest taking tsuke iri (inserting the stick between the arm and body) moving the right leg to the rear clockwise, taking the arm down to the ground.

HENKA

Uke does a Tsuki with the Shoto. Tori steps out to the left, and releases the right hand on the Hanbo. The right hand takes hold of Ukes wrist with the Shoto. Tori strikes up to Ukes Kasumi from under the outside of his arm with the top tip of the Hanbo (left hand at top, hanbo is vertical). Tori lifts the right hand, and steps across the front of Uke with the left foot (under the arm). The right foot follows. Tori pulls on the right hand, throwing Uke.

6. IKI CHIGAE

As uke steps in to tsuki with shoto, tori moves to the left and releases the hanbo with the right hand and takes hold of uke's wrist controlling the shoto. The hanbo is brought up under the armpit, the arm is raised and tori passes under with the hanbo still vertical at the face. The left leg is placed across uke's right leg and the hand is pulled down throwing uke. Move to the left to avoid uke falling on you. The hanbo is rotated and the right end is brought down on uke's face.

HENKA

Uke does a Tsuki with the Shoto. Tori steps to the left, and releases the Hanbo with the right hand, and takes hold of Ukes wrist with the right hand. The Hanbo is brought up under the armpit, and strikes Uke in the face (only if possible). Tori lift up the right hand, and passes under the arm, throwing Uke.

7. KAO KUDAKI

As uke steps in to tsuki with shoto, tori steps to the left and releases the hanbo with the left hand. The left end of the hanbo comes up and over to the right the left hand catches hold of the other end of the hanbo, as the hanbo rotates, it comes down striking the top of shoto or the kote. The right hand slides to the right end of the hanbo, the left hand releases the hanbo then step forward with the left leg and the hanbo is rotated and brought down vertically on top of the head.

HENKA

Uke steps forward with the right foot, and does a Chudan tsuki with the Shoto. Tori steps back to the left 45 degrees, and releases the left hand on the Hanbo. The Hanbo is rotated to the right, with the left hand catching the other end, as it strikes the top of the Shoto, or the top of the wrist.

Tori pulls the Hanbo through the right hand with the left hand, releases the left hand, and with a left step forward, and strikes with a Katate Tendo Uchi to Men.

8. ATE KAESHI

Uke holds the shoto in doko no kamae and attacks with jodan kiri. Tori drops the left knee to the rear releasing the hanbo with the left hand, then turns the hanbo and catches the other end with the left hand and tsuki with the hanbo to the ribs reach out when striking.

HENKA

Uke holds the Shoto in Daijodan, and Jodan Kiri. Uke drops to the left knee, and releases the Hanbo with the left hand. The Hanbo is rotated over so the left hand can catch it again. The tip of the Hanbo is struck into Ukes throat, knocking him back.

9. SAKA OTOSHI

As uke steps in to tsuki with shoto, tori blocks the tsuki upwards and moves 45 degrees back to the right. Yoko aruki to the left and sankaku jime. Drop on to left knee dropping uke backwards across the knee.

HENKA

Uke steps forward with a Jodan Kiri. Tori lifts the Hanbo up, blocking the Shoto either on the blade, or at the forearm (be careful with this as the Shoto may be released, and drop down on you). Tori then does Yoko Aruki to the left, steps around the back of Uke placing the Hanbo across the front of Ukes chest. Tori pulls on the Hanbo, applying pressure to the chest. Tori then drops to the right knee, taking Uke down.

CHUDEN NO KATA

Tori is in Munen Muso no kamae
Uke attacks with a Daito

1. KOTE GAESHI

As uke cuts with the katana. tori steps out to the right and does a figure of eight strike downward with the hanbo striking the kote.

HENKA

As Uke cuts down with jodan Kiri. Tori steps out to the right, and does a figure of 8 downwards on top of the Hanbo striking the Kote.

2. SAKA OTOSHI

As uke cuts from daijodan, tori holding the hanbo in the right hand steps back with the right foot so that he is side on to uke and strikes with the top tip of the hanbo (the hanbo is virtually horizontal across the body). Step forward with the left foot and deliver a second strike to uke's kasumi (all in one flowing motion).

HENKA

Uke cuts with Jodan Kiri. tori has the hanbo in the right hand, steps back to the right, so that he is side on to Uke (on the outside). He then strikes up with the Hanbo under the arms. Tori then steps forward with the left foot, and strike with the top tip of the hanbo, into the kasumi.

3. HARAI WAZA

The start is the same as Kate Gaeshi. After the strike to the Kote, Tori steps to the left, and strikes with another figure of 8 to kasumi.

4. SOTO WAZA

Uke cuts with Jodan Kiri. Tori steps out to the right, and strikes down with a figure of 8. Tori then steps in and does a Tsuki to Kage.

OKUDEN NO KATA

Tori is in otonashi no kamae.
Uke attacks with a daito.

1. HANE OTOSHI

Uke cuts with jodan Kiri. Tori steps out to the left and does a kuri kaeshi to the kote.

2. MATA GAKE

Uke cuts with Jodan Kiri. Tori steps out to the left, and strikes upward to the Kote. Tori then steps in with the right foot, and strikes with Katate Age Uchi to Rin.

3. KOTE HARAI

Uke cuts with Jodan Kiri. Tori steps out to the left, and a Kuri Kaeshi. Tori then steps out to the left. With the right side Tori strikes the kasumi, with kasumi Uchi.

KUKISHINDEN RYU BOJUTSU

KOTSU

1. All movements with the Bo are done with the body, i.e. arms alone are not used, neither weight changing, stepping or twisting of the body.
2. Keeping elbows tucked into the body, this gives a stronger movement and all resistance is against the shoulder, not the elbows, also more impact against Uke.
3. Using the full length of the Bo for striking. Use the last inch, and edge of the Bo when striking.
4. The Bo Kotsu is about controlling distance i.e. moving in to attack, and then out quickly, to avoid speed of Ukes sword. Length of Bo fully especially when doing a Tsuki. This is to keep out of Ukes range. In, and Out.
5. Switch step, and striking together quickly, with a slight jump in between.

REIHO

Tori, and Uke face one another, the Rokushaku bo is in the left hand. the Bo is changed from the left to the right hand. both move into Seiza, and lay the bo on the ground on the right side of the body. Uke, and Tori bow to each other, the take the Bo in the right hand, raise to the right knee. The Bo is held so that it is vertical with one end on the ground. Leaning the body forwards, and sliding the hand down the length of the Bo, it is slammed onto the ground forwards. They do not wrap the fingers around the Bo, so as not to break them. The Bo is then pulled back on the right side, and the left hand takes hold of the Bo, as Tori, and Uke come up onto their feet, into Kamae.

BOJUTSU KAMAE

1. HIRA ICHIMONJI NO KAMAE.

Stand with the feet shoulder width apart. The Bo is held in both hands in front of the body.

2. ICHIMONJI NO KAMAE.

From Hira Ichimonji, turn side ways with the lead foot, pointing in the direction of Uke. The Bo is still held as before.

3. JODAN NO KAME

Lift the Bo so that it is held above the head, with the rear hand above the crown of the head. The Bo is angled down forwards.

4. IHEN NO KAMAE

Drop the Bo to the side of the body, with the rear hand at the side, but away from the ear. The Bo is angle down, but across to the front of the body.

5. CHUDAN NO KAMAE

The Bo is placed under the armpit, with the rear arm over the top of the Bo holding it close to the body. The Bo is horizontal. The knees are bent.

6. SEIGAN NO KAMAE.

The rear hand drops to the level of the belt, and the Bo is angled upwards, with the front tip in the direction of Ukes face.

7. GEDAN NO KAMAE

The Bo is slide form Seigan through the hands, so they hold the top end of the Bo. The rear tip is on the floor. The hands are at the level of the belt.

8. HEITO NO KAMAE

The Bo is pulled back to the central position, and is held 90 degrees across the back.

9. TENCHIJIN NO KAMAE

The Bo is held to the right side of the vertical. The right hand is palm flat against the Bo, at head height, and the left hand holds the Bo at belt level.

BOJUTSU STRIKING POINTS

1. AGE UCHI

Strike upwards

2. KASUMI UCHI

Strike to the temple

3. TENTO UCHI

Strike to the top of the head from above

4. DO UCHI

The Bo strikes to the mid section.

5. ASHI BARAI

The Bo sweeps the legs away

6. KOTE UCHI

The Bo strikes the wrists.

7. TOKI UCHI

The Bo strikes to the top of the Foot.

8. TSUKI

The Bo strikes with a thrust

9. FURI

The Bo is used to twirl when striking. Side, and above the body.

KIHON GATA

1. UKEMI GATA

Uke, and Tori face each other in Hira Ichimonji no kamae. Uke steps forward with the right foot, and strikes with tento Uchi. Tori steps forward a little with the left foot, and brings the Bo up above his head, with the left arm higher than the right. The Bo is angled. The right hand, has the palm flat against the Bo, so when Ukes bo strikes and slides down to the right, it will not break the fingers.

2. ASHI BARAI

Uke and Tori face each other in Hira Ichimonji. Both step forward with the right foot, and meet in the middle with Ashi Barai. The left hand is released, grabs again below the right hand. The right hand slides to the top. Switch step, and Ashi Barai. Repeat etc.

3. SHI HO BO FURI

Tori Furi's the Bo, and strikes at random at the uke that surround him. A good flow of body movement is required to maintain a good control of the Bo.

4. MEN UCHI HARAI

Uke, and Tori are both in Ichimonji. Stepping forward they strike with ashi Barai, followed by kasumi Uchi (no step). Pulling back the Bo to Gedan on the left side. switch step, and Ashi Barai. The right hand releases, and the Bo is rotated, with the right hand catching, Ashi barai. The whole movement is repeated again.

5. TSUKI HANE

Both Uke, and Tori are in seigan. Uke does a Tsuki with the Bo. Tori also does a Tsuki to the Top of Ukes hand, and then quickly does a right step forward with age uchi. Tori without moving his feet turns clockwise, from the hips up, hooks the Bo up, and through to the top of Ukes wrist, knocking him over.

KEIKO SABAKI GATA

1. GOHO (Five methods)

Tori starts in Hira Ichimonji no kamae, and steps back to Ichimonji no kamae. Tori then does a Furi four times, switch stepping as he moves the Bo. With a right step forward, Tori strikes with Ashi Barai, then straight up on the right with Kasumi Uchi. Tori slides the Bo back on the left to Gedan no Kamae. Tori then steps forward with the left foot, striking with Ashi Barai, Tori pulls the Bo back on the right, and throws a Tendo Uchi at Uke. Tori then without moving the legs does a Ashi Barai on his left.

2. URA GOHO

Tori is in Hira Ichimonji no kamae, and steps back to Ichimonji no kamae. Tori then does a furi four times, switch stepping as he moves the Bo. Uke is in Seigan, but as the last comes he steps to Daijodan. Tori has the Bo on the right, and does a Tsuki to the stomach. Tori pulls the Bo back on the right, and with a switch step strikes with Kasumi Uchi. Tori pulls the Bo back on the left to Gedan, switch steps, and strikes with Age Uchi. Tori lifts both hands high, and drops the front of the Bo. Tori releases the right hand, and catches the Bo below the left hand (Bo is on the right). Tori then does a switch step, and Kasumi Uchi.

NOTE

For the Age Uchi, the hand is palm up, the Bo is held a little like a sword for the final Kasumi Uchi.

3. SASHI AI

Tori is in Ihen no kamae. Uke is in Seigan no kamae. Tori does a left step forward, and Tsuki. With the Bo still on the right, Tori steps forward with the right foot, and a Kasumi Uchi. Tori drops to the left knee, and at the same time drops the level of the front end of the Bo. Tori if need be shifts forward, and lifts the front end of the Bo to strike with Age Uchi to the groin.

4. FUNE BARI

Tori is in Gedan no kamae. Uke is in Seigan no kamae. Tori steps forward with the right foot, and strikes with a Do Uchi. With the Bo on the left, Tori switches step, sliding the hands slightly on the Bo (in central position rear end strikes). Tori has the Bo on the right, and as he switches step, strikes with Ashi Barai. Tori again switches step with Tendo Uchi.

5. TSURU NO HITOASHI

Tori is in Tenchijin, Uke is in Seigan. Tori steps forward with the right foot, drops to the left knee, and slams the Bo on the ground. Uke escapes by jumping back. Tori slides down, and slides the Bo back to Gedan, and with no step does Ashi Barai. Uke comes up into Hicho (no block). Comes up off his knee, with the Bo on the left. He does a left step forward and a Kasumi Uchi. Tori now has the Bo on the right, and throws a Tendo Uchi. Tori then pulls the Bo back on the right to Gedan. Tori then does a right step forward, and does Kasumi Uchi. Tori then releases the left hand, and brings the Bo across the front of the body, catches with the right hand, and does a Do or Kasumi Uchi (shift both feet forward).

6. URA NO HITOASHI (URA ISSOKU)

Tori is in Gedan, Uke is in Seigan. Tori does a right step forward, and a Ashi Barai. With the Bo now on the left, he release with the left and catches below the right hand. Tori steps forward with an Ashi Barai. Tori releases the right, and catches below the left hand in the central position on the right side of the body. Tori then does a Tento Uchi with a left step back. Tori repeats the complete sequence again. Finish with a Tsuki.

7. SUSO OTOSHI

Tori is in Chudan, and Uke is in Seigan. Tori does a Tsuki, and then with a right step forward does a over the head Do Uchi. Tori the steps back with the right foot, with the Bo on the right side, and throws the Bo forwards in a stretching Tento Uchi, letting go, and catching again with the right hand. Tori then pulls the Bo back to a chest high Ichimonji, Tori then does a right step forwards with a Ashi Barai.

NOTE

When the Tento Uchi is thrown, the Bo is held as if holding the sword, but with the right hand at the bottom. Before doing the Ashi Barai the left hand which is at the front of the Bo is palm up, and the right which is at the rear is palm down.

8 URA SUSO OTOSHI

Tori is in Chudan, and Uke is in Seigan. Tori does a slight left step forward and a Tsuki, he then pulls the Bo back a little and with a right step forward does a Ashi Barai. After the Ashi Barai the left hand releases as the Bo passes a little to the left, and catches again below the right hand, switch step, and a Ashi Barai, switch step, Ashi Barai, switch step, Ashi Barai. The left foot is now forward, Tori releases the right hand ,and turns the Bo over for a Tento Uchi. Tori then pulls the Bo back on the right, and does a Tsuki.

NOTE

keep switching hands before each Ashi Barai. When Tori does the Tsuki, he slides the Bo through the hands, keeping it at chest level. Final Tsuki the left palm is upwards.

9. IPPON SUGI

Tori is in Tenchijin no Kamae, Uke is in Seigan no Kamae. Tori does a right step forwards, place the left knee down, and slams the Bo onto the ground. The left foot comes to the right foot, the left hand takes hold of the Bo in front of the right hand. Then with a right step forward, Tori does a low Ashi Barai, Bring the body back to normal height, Tori does a over the head Do Uchi with the Do finishing on the left side of the body. As he does the Do Uchi, Tori shifts to the right side of Uke. Tori steps with the left foot forwards, and with the hand sin the central position, he does a Tento Uchi as he moves. The whole body shifts back to the left as he does the tento Uchi. The Bo is now on the right, and releasing with the right hand, he turns the Bo over for a Tento Uchi.

10. TAKI OTOSHI

Tori is in Chudan no Kamae. Uke is in Seigan. Tori does a left step forward, and a Tsuki sliding the Bo through the left hand, pulling the Bo back to the original position. The left foot steps back to the same position as the right foot. Tori moves the Bo over to the left side of the body. The

right hand releases, and the Bo is passed behind the body, so the left hand is at the belt, and the right goes to the right shoulder to catch the Bo. Tori grabs with the right hand, and releases with the left, and with a right step forward, does a form of Bo Furi strike (similar to a Tendo Uchi). Tori then steps back with the right, or forward with the left depending on distance, and repeats the move on the right side. Finish in Chudan.

NOTE.

When the Bo lies across the back, make sure the tip of the Bo is pointing at Uke.

11. KOKU

Tori is in Chudan. Tori does a left step forward, and does a Tsuki. Uke is in Seigan, and as the Tsuki comes in, he blocks the Tsuki upwards, knocking it up into the air. As this happens, Tori does a left step forwards to the side of Uke. From the block Uke is in Daijodan. Uke does a Jodan Kiri, Tori moves in to Ukemi (from Kihon Gata), Tori then drops his left hand down, with the Bo dropping onto the back of Ukes neck.

12. KASA NO UCHI

Tori is in Seigan with the Bo on the left side of the body. Tori does a left step forward with a Do Uchi, Tori switches step, and does another Do Uchi on the right side. Tori steps back with the right foot, and lifts the Bo almost vertical, and switches hands on the Bo. Tori then steps forward with the left foot, and does Age Uchi.

NOTE

As he does the switch step Toris hands slide from one end of the Bo to the other. The Age Uchi strikes between the hands, to the inside of the right hand between the wrist, and the sword handle.

13. TACHI OTOSHI

Tori is in Ichimonji. Uke steps forward with the left foot from Seigan to Daijodan. Uke then steps forward with Jodan Kiri. Tori shifts to the right, and lifts the Bo up to Ukemi (Kihon Gata). Tori then steps back with the left leg, and releases the left hand, and rotates the Bo clockwise in front of the body. The left hand catches again, the body has dropped, and the tip of the Bo points towards Ukes face.

14. HARAI

Uke, and Tori are both in Seigan no Kamae. Uke steps forward with the left foot, and turns the Seigan into a Daijodan, cutting with Jodan Kiri. Tori steps across to the right with the right foot, and the left comes across to the right behind the right foot. The rear of the Bo comes over, to strike down on top of Ukes Kote. Tori does a switch step, and strikes up with Age Uchi to the Kote. Tori then slightly shifts the right foot to the right, and rotates the Bo over the head to strike with a Do Uchi to the top of the thigh.

15. KOTE ZUKE (Yama Te Tsuke)

Uke is in Seigan. Tori is in Chudan no Kamae. Tori shifts the left foot forward, and a Tsuki. The doing a switch step Tori does a Do Uchi (the Bo finishes on the left). Tori then throws a Tendo

Uchi over to Uke, holding the Bo at the end similar to a Katana. Tori pulls the Bo back on the left, and with a left step forwards, strikes with a Age Uchi

16. MOKU ZUKE

Uke is in Seigan, Tori is in Ihen no Kamae (rotate rear hand while in Kamae). Tori steps forward with the right foot, and strikes with a Tendo Uchi. Doing a Bo Furi, Tori rotates the Bo, and switch steps, until the Bo is on the right, in Seigan. Tori then switch steps, and strikes with a Tendo Uchi,, and rotates the Bo over, with switch steps, until the Bo is back on the right again. Tori then rotates the Bo on the right, and a Tendo Uchi with a right step forwards.

NOTE

Instead of switch stepping, Tori can advance on Uke, making Uke retreat.

17. KEAGE (Shu Ken)

Tori is in Ichimonji no kamae. Tori throws a Tendo Uchi, and releases the right hand, as he does this. With a switch step, Tori takes hold of the Bo again (the Bo is on the left). Tori repeats this on the left, the right, the left. Then with a right step forward Tori rotates the Bo overhead, and strikes with a Do Uchi.

18. GEKI RYU

Tori is in Seigan no kamae. With a left shuffle step forwards, Tori does a Tsuki, and then a small Tsuki. Tori steps back on the left, moving the Bo around with him to the left side. With a left step forwards, Tori strikes with Age Uchi, with a right step, Tori then does a Kasumi Uchi.

NOTES

The Bo is held in the central position, until the Kasumi Uchi.

19. TSUKE IRI

Tori is in Seigan on the left side. Tori does a right step forwards, and a Tsuki, pulls the Bo back on the left side, and with a switch step, does a Do Uchi. In a Seigan no kamae, on the right side, Tori steps forwards with the left foot, and a Tsuki.

20. GORIN KUDAKI

Tori is in Jodan no kamae, and moves to Ihen to Jodan etc. Tori steps forward with the right foot, and a Do Uchi. The switch steps, and a Do Uchi on the left side, another switch step, and a Do Uchi on the right side.

21. TENCHIJIN

Tori is in a left Tenchijin no kamae. With a left step forwards, Tori swings the Bo down and up in Age Uchi. Continuing the advance with left steps, Tori does a Tsuki to the face, and with out pulling it back, but stepping forwards with the left foot, strikes to kasumi on the left side. The right foot, comes in with a forwards Yoko Aruki, and back again. As the right foot, comes to the ground, Tori does a Tsuki to Men.

NOTE

The Yoko Aruki forward, does not move the Bo, this stays where it is. When Tori comes back he pulls the Bo with him, sliding it through the left hand. This will invite Uke to attack him, then Tsuki. Keep low when doing this technique.

22. MAE HIRIO

Tori is in Chudan no kamae. Tori does a right step forwards, and a Do Uchi, without stepping, Tori does a Tendo Uchi. Tori then steps back with the right foot, to Tenchijin no kamae, and drops to the right knee, with a Toki Uchi. Tori takes hold of the Bo with the left hand in front of the right hand, and does a Tsuki to Suigetsu.

NOTE

when doing the final Tsuki. The right knee is raised, and the left dropped. They are at 90 degrees to each other, and the left foot is raised on the toes.

23. RYO KOTE

Tori is in Chudan no kamae. Tori steps forwards with the right foot, and a Age Uchi. With no step, and the hands in the same place (do not move them), Tori releases the left hand, and rotates the Bo with Tendo Uchi, catching with the left hand again. Tori steps forward with the left foot, and Age Uchi. Tori then steps back with the left foot, and a Ashi Barai / Age Uchi.

24. URA NAMI

Tori is in Ichimonji no kamae. Tori does a left step forward, and a Tsuki, steps back with the left foot, and rotate the Bo over for a Tendo Uchi. Tori then pulls the Bo back on the left, and a Tsuki. Tori then steps back with the left foot, and brings the Bo behind the back (horizontal). The right hand goes over the top of the Bo, and brings it around (release the left hand) for a Do Uchi.

25. TAMA KAESHI

Tori is in Jodan no kamae, moving to Ihen no kamae. With a left step forwards Tori does a Tsuki. Left step forwards, and another Tsuki. Tori pulls the Bo back on the right, and with a right step forwards strikes with a Do Uchi. Tori rotates the Bo over the head, with Do Uchi. Tori quickly drops the Bo for a Ashi Barai, then dropping the right knee, lifts the Bo up for Age Uchi to Suzu.

BOJUTSU SHODEN NO KATA

1. CHUDAN KANGI

Tori is in Chudan no kamae, and does a right step forward, and releases the Bo with the left hand, rotates the Bo over head, and strikes with Do Uchi (catch the Bo). Tori steps back with the right foot, pulling the Bo back to seigan. Tori rocks the body forward, releases the Bo with the right, and throws a Tendo Uchi. Tori pulls the Bo back, drops to the right knee, and Tsuki.

2. GEDAN KANGI

Tori is in Gedan no kamae, Tori is in Seigan. Tori steps forward with the right foot, and does Ashi Barai. The Bo comes up for Kasumi Uchi on the right. Tori switches step, and slides the hands up the Bo, to Ichimonji (on the right). Tori steps a little to the left, Tori releases the left, hand turning the Bo over, and catches again. Tori then steps forward with the right foot, and strikes with Do Uchi.

NOTE

For the final Do Uchi hold the Bo the same way as holding a sword.

3. IHEN KANGI

Tori is in Ihen no kamae. Tori fakes a Tsuki, and then lifts the Bo above the head, and rotates it, releasing, and catching again with the left hand, and strikes with Kasumi Uchi on the right side (step forward with the right foot. Tori steps forward with the left foot, sliding the right hand to the end of the Bo. This brings the Bo over to the right side, and Tori then strikes up with Age Uchi to Suzu, Tori steps back to Ihen no kamae.

4. JODAN GOGI

Tori is in Jodan no kamae. Tori does a right step forward, and Age Uchi, and then slides the Bo back on the left to Gedan. Tori steps forward with the left foot, and Age Uchi, and brings the Bo back on the right to Ichimonji. Tori does a Tendo Uchi. Tori pulls the Bo back to Jodan.

5. ICHIMONJI GOGI

Tori is in Ichimonji, and changes to Ihen, by moving only the right hand. As he changes his Kamae, Tori circles Uke to the right. Tori does a fake Tsuki. Tori then steps forward, with the right foot, and rotates the Bo over the head to the left side. The holding the Bo almost in the central position Tori does Tendo Uchi. Uke blocks by lifting the Katana in both hands. Tori then pulls the Bo back, drops to the left knee, and does a Tsuki.

NOTE

Tori keeps shifting the Kamae as he circles Uke

6. HIRA ICHIMONJI GOGI

Tori is in Hira Ichimonji no kamae. Uke is in Seigan, and moves to Daijodan. Tori drops straight down, and does a Tsuki to the throat. The standing up Tori does a Kasumi Uchi on the right side. With a switch step, and moving over the left, Tori strikes with Do Uchi.

7. ICHIMONJI KOGI / HAKUGI

Tori is in Ichimonji no kamae. Tori strikes with a Tento Uchi three times, with a step forwards, Then jumps back to Ichimonji no kamae.

8. SEIGAN KOGI / HAKUGI

Tori is in in Seigan no kamae. Tori steps forward with Tento Uchi, three times. On the last Tento Uchi when the Bo is vertical, Tori steps forward with the right foot, and does a Do Uchi instead. Tori then shifts back, and steps forward with the left foot, with Ashi Barai. Tori shifts the back back (no step), and a Tento Uchi. Tori then jumps back to Seigan no kamae.

9. TENCHIJIN KOGI / HAKUGI

Tori is in Tenchijin no kamae, stepping back with the left foot, strikes with a right Do Uchi (use the momentum of the step). Pulling the Bo back to Seigan, Tori turns the hand over, and releases with the rear hand for a Ashi Barai, and shifts back to Seigan, turning the hand over. Tori then strikes with a Tento Uchi, with no step. Tori pulls the Bo back, and turning to the right into Kamae.

Tori is in Tenchijin no kamae, steps back with both feet then forwards with both feet. Tori steps forward with the right foot, and strikes with Do Uchi, stepping back with the right foot, Tori releases his left hand, turns it so he can catch the top of the Bo with the left hand. Tori steps forward with the right foot, striking with ashi Barai. With the Bo on the left, Tori steps forward with the left foot, and strikes with Tento Uchi.

CHUDEN NO KATA

1. JODAN NAIGI

Tori is in Ihen no kamae, Tori circles Uke, and moves the Bo into a vertical Jodan. Tori releases the left hand, rotates the Bo over his head, steps forward with the right foot, and down to the left knee and up into Age Uchi (hold the Bo above the head as the Age Uchi strikes. Tori releases the left hand, rotates the Bo, and strikes Ukes foot (palm is down on the Bo), knocking him to the ground.

2. GEDAN NAIGI

Tori is in Gedan no kamae, and circles Uke to the right. Tori strikes with Yoko Men, and jumps back to Tenchijin no kamae. Tori steps forward with the left foot, and does a Toki uchi. Tori steps forward with the right foot (still kneeling), and does a Ashi Barai to Yaku, and jumps back to Kamae.

3. HIRA ICHIMONJI NAIGI

Tori is in Hira Ichimonji no kamae, and does Ashi Barai (Mawashite Ashi Barai), and hit straight up to Kasumi without srtepping (bend the lead knee). Do uchi (Mawashite Do Uchi) with a step. Finish in Kamae.

4. CHUDAN JUGI

Tori is in Chudan no kamae, and circles Uke to the right. With a right step forward Tori fakes a Tsuki (half a Tsuki), and quickly pulls the Bo back when Uke goes to block, and straight away, while stepping to the right, strikes with a Tsuki. Tori moves to the right, kneels, and strikes with a Yoko men uchi. Tori then steps back to Kamae.

5. ICHIMONJI JUGI

Tori is in in Ichimonji no kamae. Tori does a Tsuki, and then steps to the right, bringing the Bo across the back, and strikes down with Kubi Sugi (to the point where the neck, and shoulder meet), Tori jumps back into Kamae.

6. IHEN JUGI

Tori has the Bo in Yoko Ichimonji, and moves to Ihen. Tori releases the left hand, and strikes with a over the head Do uchi on the right. Uke blocks by bracing the Katana, against the side of the arm. Tori steps to the left holding the bo in the central position, striking upwards with Age Uchi. Tori brings the Bo down to the right side. releases with the left hand (right hand palm down), catches the Bo with the left hand, and Tsuki to the stomach.

7. SEIGAN SAIGI

Tori is in a left Seigan no kamae, and moves to the right. As Tori is stepping to the right, he strikes with a Yoko men Uchi (mawashite Yokomen Uchi). Tori then strikes with Hane Age (Age Uchi, with hands in central position), as he steps back with the right leg. Tori rotates the Bo over into Seigan no kamae, and steps back in the Kamae.

8. TENCHIJIN SAIGI

Tori is in Tenchijin no kamae, and circles Uke to the right. Tori steps out to the right, and slides the Bo for a Hane Age. Tori then shifts back to the left, to a right Tenchijin no kamae. Tori steps out to the left, and slides the Bo for Hane Age. Then Tori shifts forwards then back with a Tsuki. Tori moves the Bo behind the back, and grabs it over the shoulder with the hand, with the right hand. Tori then steps out to the right, and releases the Bo from the back, and strikes with a Tendo Uchi. Tori then jumps back into Kamae.

9. ICHIMONJI SAIGI

Tori is in Ichimonji. They circle each other slightly. Tori lifts the front end of the Bo, and does a over the head Do Uchi or Kasumi Uchi. Tori releases the left hand, and rotates the Bo in front of the body anti clockwise, and strikes on the right with Do Uchi. Left step forward (Bo on the right), and a Tsuki, pushing Uke to the ground.

OKUDEN NO KATA

1. JODAN SOGI

Tori is in Jodan no kamae. As they circle each other. Tori throws a Tento Uchi (no step). Tori pulls the Bo back on the right to Gedan.

2. GEDAN SOGI

Tori is in Gedan no kamae, and strikes with a Tento uchi (no step). Tori pulls the Bo back (the lead palm is up). Tori steps to the right with the right foot, and Yoko Aruki to the right, and Tsuki. Tori again steps to the right with the right foot, and then Yoko Aruki to the right, Tsuki. Tori then jumps back into a kamae.

3. HIRA ICHIMONJI SOGI

Tori is in Hira Ichimonji no kamae. Tori steps back with the left foot, and a Tsuki to Hara. Then back to Hira Ichimonji no kamae, steps back with the right foot, and a Tsuki to hara. Tori goes down on his right knee, and a Tsuki (This is under Ukes Jodan Kiri, dropping to the knee as he comes in). Tori jumps back to kamae.

4. CHUDAN KAKUGI

Chudan no kamae. Slide the right hand to the rear of the Bo and Tsuki. Tori steps to the left moving the Bo to the left side, and across the back from the left hip to the right shoulder, in Bo Furi. Tori drops the Bo to mid bicep on the right arm, Takes hold of the Bo with the right hand, releases the left hand, and with a right step forward, strikes with Ashi Barai. Tori steps back with the right foot to Chudan no kamae, Tori then fakes a Tsuki, and strikes with a Tento Uchi Yoko Men. Tori steps back with the right foot, and drops to the right knee. Pulls the Bo back, and as Uke comes in with Jodan Kiri, strikes with a Tsuki.

5. ICHIMONJI KAKUGI

Tori is in Hidari ichimonji no kamae. Tori steps forward with the left foot, and drops to the right knee, with a Tsuki. Tori stands and steps to the right moving the Bo behind the back (top on the right side). Grab the Bo with the right hand, and feint a strike twice. The grip is changed for a Do Uchi, and steps to the right (or kneel)

6. IHEN KAKUGI

Tori is in hidari Ihen no kamae. Tori releases the left hand, and does a mawashite Age Uchi to the kote, and regrabs the Bo. Tori releases the left hand and grabs above the right hand, and steps forward with the left foot, striking with a Yokomen Uchi. Tori shifts back and does a Tsuki. Tori steps to the right, and spins the Bo to the back and grab with the right hand. Tori then steps out with the right foot, and a Yokomen. Release the left hand, pull back ,and jump back to kamae.

7. SEIGAN YAKUGI

Tori is in Seigan no kamae. Tori steps out to the right with the right foot, and forward with the left with a Tsuki. Tori pulls back the Bo steps forward with the right foot, and a Yoko Men uchi. Tori pulls the Bo back and strikes with a Tendo Uchi (no step). Step forward with the left foot, and lift the Bo up with the right hand, and let the Bo slide down through the left foot a yokomen Uchi to the other side. Pull back to Seigan no kamae.

8. TENCHIJIN YAKUGI

Tori is in Hidari Tenchijin no kamae. Steps forward with the left foot, and kneel on the right for a Toki Uchi. Pull the Bo back while standing and Tsuki. Right step forward, and Ashi Barai. Shift back and with no step a Tendo Uchi. Spin the Bo as you step back into Kamae.

9. HEITO YAKUGI

Tenchijin no kamae, left step forward, and kneel with a Toki Uchi. Pull the Bo back as you stand, and Tsuki. Tori then Yoko Aruki to the right, and at the same time move the Bo behind the back, and grab the top of the Bo with the right hand. Twice feint a Do Uchi, change the grip and strike with Yoko Men Uchi.

BO NUKE

1. KUBI NUKI

Tori is trapped with 4 Bo around the neck in a grid pattern. The Bo's that are underneath are at the sides of the neck. Tori hunches his shoulders, and turns to his left. As he continues to turn, keeping the shoulders raised, Tori will start to spiral out of the trap. When the head has dropped far enough Tori can make a sudden move, and escape the trap.

2. BENKEI NUKI

Tori is held down by two Bo. One across the chest trapping the arms to the side so of the body, and the other across the shins. Tori turns his toes inward's so that they touch one another, and raises his elbows. The left knee is bent, the wrists come up to the stomach. The body turns to the left with the right foot pushing the body, and the right hand lifts the Bo to the level of the head. The body then continues to roll escaping the trap