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虎
倒
流
骨
法
術

Koto Ryu Koppojutsu
(Tiger knocking down school)



虎倒流骨法術

Kotō Ryū Koppōjutsu (Tiger Knocking Down School)

五法之位取

Gohō no Kurai Dori (5 Ways Of Taking Proper Position)

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Migi Seigan no kamae (Right Correct Eye Posture)

左正眼之構

Hidari Seigan no kamae (Left Correct Eye Posture)

平一文字之構

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当て身

Atemi (Strikes)

The strikes that are mainly used in the Koto Ryu are Shikan Ken and Fudo Ken. Always strike with the feeling of driving through the Uke. Keep your elbows bent for this. Never straighten your arms at any point – if you do, it will be very easy for the Uke to take your balance. When the Uke attacks, receive with your elbow bent with a feeling of sweeping the attack away or of opening the Uke up, and don't strike the attacking limb too hard. This is Uke Nagashi.

不動拳 (仁王拳)

Fudo Ken (Nio Ken) (Immovable Fist – Guardian Fist)

Use the knuckles of the index and middle finger for punching, and striking with the thumb on the outside of the fist. This is Fudo Ken.

When the knuckles of the little and ring finger are used for striking, it is called Nio Ken.

This can easily be turned into Boshi Ken also.

指環拳

Shikan Ken (Finger Knuckles Fist)

Use a fist similar to Fudo Ken, only use the second row of knuckles of your four fingers to strike the target.

表手刀 / 裏手刀

Omote Shuto/Ura Shuto (Outside/Inside Hand Sword)

Use the sides of the hands, with the hand open about 60 degrees, snapping the hand open on impact. (This strike is used a lot).

The energy for the strike comes from the elbow. If you try use power for the Shuto from your shoulder, then you could dislocate it.

From Seigan no Kamae, turn the hand over in front of the face to strike with Omote Shuto, sinking the knees down as you strike. With Ura Shuto, bring the fist to the opposite side ear, similar to the way that you would hold a phone receiver. This Shuto makes use of small but powerful movements.

前方蹴り

Zenpo Keri (Forward Kick)

From Shizen Tai lower your hips (do this by bending the knees) and bring the knee of the kicking leg to your chest. So, you kick with the feeling of the kick coming up and then out, straight through the Uke.

隠し蹴り

Kakushi Keri (Hidden Kick)

From Shizen Tai lower your hips (do this by bending the knees) and bring the foot straight up in an arc so as to kick along the centre line with the side of your big toe (toes point forward). It is also good to practice this in Kumi Uchi (grappling).

側方蹴り

Sokuho Keri (Side Kick)

From Shizen Tai lower your hips (do this by bending the knees) and bring the knee of the kicking leg to the side of your ribs. So, you kick with the feeling of the kick coming up and then out to the side, straight through the Uke. Keep the kick level with your hips. An important point to this is to use your peripheral vision (keep your eyes forward)

後方蹴り

Koho Keri (Backwards Kick)

2 Methods

When kicking high - From Shizen Tai lower your hips (do this by bending the knees) and bring your hands to the floor in front of you. Look between your legs to target the Uke and then kick out at the Uke (your leg should be linear with your back – change this angle if you wish to kick higher).

When kicking level – From Shizen Tai lower your hips (do this by bending the knees) and look back over your shoulder and spot your target (turn only the shoulder, not the hips) and lean forward at the same time. From this position, kick back.

For both of these methods, you are kicking with the flat/heel of the foot. Also, practice left and right sides.

五法之位取

Gohō no Kurai Dori (5 Ways Of Taking Proper Position)

右正眼之構

Migi Seigan no kamae (Right Correct Eye Posture)

From Hira no Kamae step back with the left foot. The feet are approximately 2 ½ to 3 feet apart with about a 1 inch gap between. The front foot (right) is angled very slightly to the left. This is not noticeable to the Uke. The back foot (left) points 45 degrees to the rear. Lower your centre of gravity as much as is comfortable (this takes time). Your knees should hide your feet if you are looking down (important point). Make sure the knees are not buckling inwards to take the strain. This will hurt initially but the pain is temporary and, if practiced correctly, will build strong legs. This is an important point. Your back needs to be straight. Make sure your backside is not sticking out. This is a common mistake and should be corrected from the start. Keep your shoulders relaxed and do not hunch them. Your right arm is slightly bent at the elbow and held out to the front with your fingers pointing towards the Uke's eyes. The fingers are together. Do not open them. The left hand is held in the shape of a Shuto fist and is held just above your left bicep with your palm facing your face. Remember, keep the shoulders relaxed. Your neck and head are straight and relaxed and pointing towards the opponent. Do not tilt your head to the side. This is a common mistake and should be corrected from the start. Fix your eyes on the Uke. Take all tension out of your body and relax. This is Migi (right) Seigan no Kamae.

Kuden

Stare into the Uke's eyes with the intention of using your will to make the Uke do as you wish.

左正眼之構

Hidari Seigan no kamae (Left Correct Eye Posture)

From Hira no Kamae step back with the right foot. The feet are approximately 2 ½ to 3 feet apart with about a 1 inch gap between. The front foot (left) is angled very slightly to the right. This is not noticeable to the Uke. The back foot (right) points 45 degrees to the rear. Lower your centre of gravity as much as is comfortable (this takes time). Your knees should hide your feet if you are looking down (important point). Make sure the knees are not buckling inwards to take the strain. This will hurt initially but the pain is temporary and, if practiced correctly, will build strong legs. This is an important point. Your back needs to be straight. Make sure your backside is not sticking out. This is a common mistake and should be corrected from the start. Keep your shoulders relaxed and do not hunch them. Your left arm is slightly bent at the elbow and held out to the front with your fingers pointing towards the Uke's eyes. The fingers are together. Do not open them. The right hand is held in the shape of a Shuto fist and is held just above your left bicep with your palm facing your face. Remember, keep the shoulders relaxed. Your neck and head are straight and relaxed and pointing towards the opponent. Do not tilt your head to the side. This is a common mistake and should be corrected from the start. Fix your eyes on the Uke. Take all tension out of your body and relax. This is Hidari (left) Seigan no Kamae.

Kuden

Stare into the Uke's eyes with the intention of using your will to make the Uke do as you wish.

平一文字之構

Hira Ichimonji no kamae (Flat Figure One Posture)

From Hira no Kamae step out to the side so that the feet are open slightly over shoulder width apart. Drop your weight a little to unlock the knees. The arms are held horizontally out to your sides with your elbows unlocked. The hands are held out in the shape of a Shuto, and slightly forward and raised to roughly the level of your eyes – you should just about see them in your peripheral vision. Your neck and head are straight and facing forwards. Take all the tension out of your body.

A variation of this Kamae is the same as above with the difference being your left foot resting on the inside of your right calf.

Kuden

The feeling of this Kamae is either gently wrapping the Uke up, allowing the Uke's force to go by, or confining the Uke's movements.

抱圍之構

Hōko no kamae (Encircling Receiving Posture)

From Hira no Kamae, step forwards slightly with your left foot and keep your body very upright – raise your arms up slightly above your head in Shuto with the palms of your hands facing towards you – your hands are about 6 inches in front of and slightly higher than your head (imagine that you are holding a large ball – this will give you the correct feeling of how to stand in Hoko). Head faces forwards. You should feel that you are able to leap in at any point with this Kamae.

Kuden – Stare into the Uke's eyes with a feeling of either repelling an attack from any directions, or of hugging in and of crushing.

防備之構

Bōbi no kamae (Defensive Posture)

This Kamae from the hips down is the same as Seigan no Kamae (right hand forwards). Your right hand is in Shuto held straight out towards the Uke (slight bend in the elbow to unlock the arm and the tips of the fingers are on the line of sight to the Uke's heart). Your left hand is in Fudo Ken and is placed at your left hip. Your upper body can either be side on or straight on to the Uke. Keep your head forwards.

Kuden – Stare into the Uke's eyes with a powerfull feeling of either sweeping away attacks from the Uke, or of smashing the Uke apart with the rear hand.

基本型

Kihon Gata (Basic Forms)

The main point of the Kihon Gata is to take and control the Uke's balance. Please perform these techniques with an emphasis on staying as low as possible. Always maintain eye contact with the Uke. This will make you appear menacing to the Uke and he will be hesitant to attack you. This will give you the psychological advantage over the Uke. Also maintain your peripheral vision.

起型

Moto Gata

右正眼之構

Migi Seigan no kamae (Right Correct Eye Posture)

The Uke and the Tori are in Seigan no Kamae (right hand forward). The Uke punches with a left Fudo Ken to the face. At the point when the Uke has committed to the attack, step off 45 degrees with the left foot and receive the attack with Uke Nagashi with the right forearm – this is to use your forearm to allow the attack to flow past you without striking the arm. The feeling is of pulling the attack past you. When you have done this, step in with the left foot (directly between the Uke's legs) and drop your hips – and at the same time strike to right side Uko (neck) with a left Omote Shuto to knock the Uke down in a straight line. Return to Seigan no Kamae and Zanshin.

左正眼之構

Hidari Seigan no kamae (Left Correct Eye Posture)

This is the same as the last technique, but done on the left.

平一文字之構

Hira Ichimonji no kamae (Flat Figure One Posture)

The Uke is in Seigan no Kamae (left hand forward). Stand in Hira Ichimonji no Kamae. The Uke punches with a right Fudo Ken to the face. At the point when the Uke has committed to the attack, step to the left side with the left foot (very slightly forward), rotate your hips clockwise and strike the Uke's right elbow with either a left Omote Shuto or a left Happa Ken (strike horizontally & push down slightly to take balance). At the same time, bring the right hand over head to prepare for Ura Shuto. Step in with the right foot (to the front of the Uke's right foot) and strike down to the back of the Uke's neck with a right Ura Shuto. Zanshin.

Do this on both sides.

抱圍之構

Hōko no kamae (Encircling Receiving Posture) (2 kata)

Depending on the distance of the attack, when you receive, you may also step in (the written technique is to step back) – use your own judgement for each individual situation.

その一

Soni Ichi (Number 1)

You are in Hoko no Kamae (left foot forward). The Uke is in Seigan no Kamae (left foot forward). The Uke punches with a right Fudo Ken to your face. Step slightly back with the right foot and sink down. Receive the punch with your left forearm at the Uke's elbow and rise up/push up to take the Uke's balance and step forwards with the left foot and strike to the Uke's neck with Omote Shuto. Zanshin.

Do this on both sides.

その二

Soni Ni (Number 2)

You are in Hoko no Kamae (left foot forward). The Uke is in Seigan no Kamae (left foot forward). The Uke punches with a right Fudo Ken to your face. Step slightly back with the right foot and sink down. Receive the punch with your left forearm at the Uke's elbow and rise up/push up to take the Uke's balance and step forwards with the left foot and strike to either Butsumetsu or Kimon with a right Fudo Ken. Zanshin.

Do this on both sides.

防備之構

Bōbi no kamae (Defensive Posture)

You are in Bobi no Kamae (right hand forwards). The Uke is in Seigan no Kamae (right hand forward). The Uke punches with a left Fudo Ken to either the face or the chest. Step out to the left with the left foot and sweep away the Uke's attack with Uke Nagashi. Now,

depending on the distance there are 2 ways of doing the next movement. If the Uke is close, turn your hips clockwise and punch the Uke's Suigetsu with a left Fudo Ken. If the Uke is not in range for this, then step in with the left foot and punch the Uke's Suigetsu with a left Fudo Ken.

捕手基本型

Torite Kihon Gata

In the Torite Kihon Gata, there are no official names for the Kata. They have become known by the first names listed here. They could also be called number one (Sono ichi), number two (sono ni) etc. These are the same as in the Gyokko Ryu, the only difference being the linear footwork.

その一 右表逆

Sono Ichi (No.1) Migi Omote Gyaku (Right Outside Wrist Reverse)

The Uke grabs your right lapel with his left hand. Cover this gently with your right hand. Come up onto the ball of your right foot and twist your hips in anti-clockwise towards the Uke and at the same time, drop your hips. This is to A: protect the groin and B: enter into a position to take the Uke's hand off your lapel. Grab the Uke's hand at the same time. Rise from the hips and use the push-up with your forearm under the Uke's arm to take the Uke's hand from your lapel. Change over to the other foot and raise onto the ball, again, to protect the groin (this is kind of a twisting motion). Pass the fingers of the left hand across the Uke's eyes as Metsubushi, and at the same time, twist the Uke's wrist up. Grip the Uke's left hand with both hands now in preparation of Omote Gyaku. Keep your elbows tucked in. Step to the left (Yoko Aruki) with the left leg and press the Uke's wrist down. As you finish Yoko Aruki, when the right foot lands,

drop your weight and press the Uke's wrist down to restrain/break the wrist (this will prevent the Uke from escaping with Taihenjutsu). Step back into Seigan no Kamae and Zanshin.

その二 左表逆

Sono Ni (No..2) Hidari Omote Gyaku (Left Outside Wrist Reverse)

This is the same as the last technique, but done on the left.

その三 右表逆突

Sono San (No.3) Migi Omote Gyaku Tsuki (Right Outside Wrist Reverse Thrust)

The Uke grabs your right lapel with his left hand. Cover this gently with your right hand. The Uke steps in with the left leg and punches with the right fist to Men. You step back with the right leg and drop low with the hips. Receive the attack with the left forearm with Uke Nagashi. Then, take the Uke's hand off your Lapel with your right hand, as with the last technique, and grasp it firmly with both hands. At the same time, raise the hips slightly. Keep your elbows tucked in. Step to the left (Yoko Aruki) with the left leg and press the Uke's wrist down. As you finish Yoko Aruki, when the right foot lands, drop your weight and press the Uke's wrist down to restrain/break the wrist (this will prevent the Uke from escaping with Taihenjutsu). Step back into Seigan no Kamae and Zanshin.

その四 左表逆突

Sono Yon (No.4) Hidari Omote Gyaku Tsuki (Left Outside Wrist Reverse Thrust)

This is the same as the last technique, but done on the left.

その五 右裏逆

Sono Go (No.5) Migi Ura Gyaku (Right Inside Wrist Reverse)

The Uke grabs your right lapel with his left hand. Cover this gently with your right hand. You cover the groin with the outside of the left knee by coming up onto the ball of the foot. Also use the fingers of the left hand as metsubushi to distract the Uke. You press the thumb of the left hand into the Kyusho between the thumb and the index finger.

Then press down with the right hand to release the Uke's grip.

Make sure that your right elbow is covering you from a potential attack. You drop the hips as you do this. Then, roll the hand into Ura Gyaku. Also switch the covering leg to the right leg. You apply Ura Gyaku. The Uke resists this throw. So, you change to Omote Gyaku. Reach in deep with the right hand to grab the Uke's hand. Roll the Uke's hand into Omote Gyaku. Also switch the covering leg to the left leg. Step to the left (Yoko Aruki) with the left leg and press the Uke's wrist down. As you finish Yoko Aruki, when the right foot lands, drop your weight and press the Uke's wrist down to restrain/break the wrist (this will prevent the Uke from escaping with Taihenjutsu). Step back into Seigan no Kamae and Zanshin.

その六 左裏逆

Sono Roku (No.6) Hidari Ura Gyaku (Left Inside Wrist Reverse)

This is the same as the last technique, but done on the left.

その七 右武者捕

Sono Shichi (No.7) Migi Musha Dori (Right Warrior Capture)

The Uke grabs your right sleeve. You step out to the right and stoop low. Roll the palm of your right hand under to the Uke's elbow and continue to roll to lock the arm. As you raise your hips, press onto the Uke's elbow from above with both hands.

The Uke's hand is caught in the crook of your outside elbow. Then, push to the Uke's left knee with your right foot to collapse the opponent to his knee - This is to break the knee. Maintain the pressure with the hands throughout this. Carry on your movement with a Yoko Aruki Movement.

Apply pressure to the Uke's elbow and take the Uke down to the floor with this pressure. This is to break the elbow/restrain. Zanshin.

This is the same as the Gyokko Ryu.

その八 左武者捕

Sono Hachi (No.8) Hidari Musha Dori (Left Warrior Capture)

This is the same as the last technique, but done on the left.

その九 右武剽捕

Sono Kyu (No.9) Migi Muso Dori (Right Warrior Destroy Capture)

The Uke grabs the end of your right sleeve. You pull back with the right leg and cover with the left hand to guard against a potential attack. Begin to wrap the Uke's arm with your right arm from above with a big wrapping movement. Also, adjust your feet so that you are

on the same line as the Uke. Your hands lock vertically as in a prayer. Your right thumb is on top. This will make a solid lock. Then, pull your right leg back and go onto the right knee while lifting your arms, raising your hands over the right shoulder. This is when you would break the Uke's shoulder. Zanshin.

This is the same as the Gyokko Ryu.

その十 左武薙捕

Sono Ju (No.10) Hidari Muso Dori (Left Warrior Destroy Capture)

This is the same as the last technique, but done on the left.

虎倒流初傳中極意急所圖

Koto Ryu Hatsuden Chugokui – Kyushozu

These are the names of the Kyusho from Koto Ryu Koppojutsu.

The names shown here were given to Hatsumi Sensei from Master Takamatsu who received them from Master Toda in March 1902

Ura Kimon 裏鬼門 - the gap between the 4th and 5th ribs right under the nipples

Yanagi Kaze 柳風 - The Adam's apple

Rangiku (Kasumi) 乱菊 - The temple

Hiryuran 飛龍乱 - Eyeball

Shi Shi Ran (Suigetsu 水月) 獅子乱 - The area just a bit lower than the pit of the stomach.

Kyosei 虎勢 (Suzu 鈴) - The testicles

Yugasumi 夕霞 - The soft area right below the earlobe

Ryumon 龍門 - The soft area on/near the clavicle

Jugiro 十字路 - The front part of the shoulder bone

Jinchu 人中 - The area below the nose, upper lip

Hachi-Yo 八葉 - The ear

Menbu 面部 - The face and forehead

Shoku Kotsu 独骨 - The Adam's apple

Itsuwa Tsuki Kage 五輪月影 - The right side of the area around the navel
(Gorin 五輪 along side the navel)

Itsuwa Inazuma 五輪稻妻 - The left side of the area around the navel
(Gorin 五輪 Along side the navel)

Sai 摧 [谷] - The inner thigh (Left thigh)

U-Sai 右摧 - The right inner thigh

Yaku 扼 - The calf

Murasame 村雨 - Area immediately below the Adam's apple

Hoshizawa 星沢 - The elbow joint

U-In 右陰 - Area immediately below the right eye

Sa-In 左陰 - Area immediately below the left eye

Tento 天頭 - Top of the head

Shinchu 心中 - The chest

Wakitsubo 脇壺 - The armpit and ribs in the immediate area.

Kenkotsu 健骨 - (root of the fist). This can also mean shoulder blade.

(Hatsumi has used an old and unusual word that is not in a Japanese dictionary)

Shikotsu 指骨- Root of the thumb

Butsumetsu 物滅 - The side of the ribs

Jyaku Kotsu 弱骨 (Hoshishita 星下) - The gap between the upper and lower bones of the arm at the elbow joint.

Daimon 大門- The gap near the shoulder joint

Asagasumi 朝霞- The chin

Hoshi 星- The armpit

Kimon 鬼門- The nipple

Kinketsu 禁穴- The ribs

Koshitsubo 腰壺- Inside the hip bones

Koe 声- The leg joint

Tenmon 天門- Above and below the eyes and nose

Amato 雨戸- Area where the lymph glands are, about 2 inches (5cm) below the ear.

Kyokei 強経 - The toes

Hadome (Kasumi Kaeshi) 齒止- One inch below the ear

初伝型

Shoden Gata

抑倒	Yokutō
押虐	Ō Gyaku
抗抑	Kōyoku
指倒	Shitō
捕捉	Hosoku
放擲	Hōteki
斜倒	Shatō
掛倒	Ketō
控撃	Saku Geki
擔撃	Tan Geki
拔技	Batsugi
折倒	Settō
指拍	Shihaku
拒技	Kyogi
括拷	Kakkō
浦波	Ura Nami
天地	Ten Chi
片卷	Kata Maki

Kuden

The techniques of the Shoden Gata teaches your body the straight-line movement which is characteristic of the Koto Ryu. Also important is to learn the correct Kyusho and also the correct directions of movement. Perform all these techniques on both sides making a total of 36 techniques.

抑倒

Yokutō (Scooping And Throwing)

Kuden – This techniques meaning is to scoop the Uke up with your shin and then to send the Uke sprawling. The important point is making the movement of pulling your right leg back big and straight, and at the same time to stretch out your left arm to create a straight line from foot to hand.

The Uke grabs your left lapel with his right hand and your right sleeve with his left hand (Kumi Uchi). Cover the Uke's right hand lightly with your left hand. Move your left heel to by your right foot's big toe (about a 2 inch gap between the 2) and at the same time press into Yugasumi with your right thumb – then kick to Suzu with your right shin with a swinging motion. Then step as far back as is comtable with the right foot and step forward with the left foot – and at the same time strike to Asagasumi with the palm of the left hand. Zanshin.

押虐

Ō Gyaku (False Push)

Kuden - The name of this technique means to press a vital point. The important point is to place and drive your thumb into Shichibatsu with accuracy.

The Uke grabs your left lapel with his right hand and your right sleeve with his left hand (Kumi Uchi). Cover the Uke's right hand lightly with your left hand. The Uke attempts to throw you with Koshi Nage (Hip Throw). As soon as he does this, pull your right leg and right hand back and push your abdomen forward, and drop your hips – then place your left thumb (your fingers face downwards) onto his right side Shichibatsu (you can also push your left knee into the back of the Uke's right knee to prevent the throw if he is stronger or more skilled than you). As you drive your thumb into Shichibatsu

(press forward and down), the Uke pulls his right leg back to escape the pain – this will open the Uke up. Then immediately strike with a right Fudo Ken to right side Kimon or with Boshi Ken to right side Butsumetsu – twist your hips counter-clockwise to strike. If the Uke is too far away to strike him, step in with your right foot to close the distance.

The meaning of Butsumetsu is the Uke will have problems standing for 7 days.

抗抑

Kōyoku (Resist And Scoop)

Kuden – The technique means to deny the the Uke an attack. The Densho says the throw can be of any type.

Both you and the Uke begin in Seigan no Kamae (left hand forwards). The Uke attacks with a right Fudo Ken to your face. Step off to the right with the right foot and receive the attack with a left Uke Nagashi. Then immediately strike to the Uke's right side Kimon with a right Fudo Ken (twist your hips counter-clockwise for this). Then bring your right foot forwards to adjust your distance to enter into Ganseki Nage – at the same time wrap the Uke's right arm from below with your left (at the point just above the Uke's elbow). Then pass your left leg through the Uke's legs (the back of your thigh should be in contact with the Uke's right leg). Lastly, twist your hips clockwise to throw the Uke with Ganseki Nage. Back to Seigan no Kamae and Zanshin.

指倒

Shitō (Fell A Tree)

Kuden – The meaning of the technique is to take the Uke down as if you were felling a tree. The main point of this technique is to use your entire body to put on Omote Gyaku – also use your left thumb to cause pain at the point between the thumb and the forefinger.

The Uke grabs your lapels with Hon Jime (his right fingers inside your left lapel and his left outside your right lapel – using the left forearm to choke). In response to this, raise your shoulders and tuck your chin in to the left (this will prevent the choke) and step back with your left leg. Cover the Uke's right hand with your left and place the second knuckle of your right thumb (Koppo Ken) on the left side Kasumi (Temple). To drop the Uke, twist the Uke's hand in Omote Gyaku and at the same time press with the knuckle of the thumb into Kasumi – and at the same time step back and down to the right knee to throw. Maintain pressure on the hand and Kasumi until the Uke has submitted fully to you. Then return to Seigan no Kamae and Zanshin.

You can also attack the temple with a 'scraping past' motion with Koppo Ken before using pressure.

捕捉

Hosoku (Taking And Dropping –Capture An Approach)

Kuden – The meaning of this technique is to capture the Uke. This techniques important point is to not for a moment take your eyes off the Uke.

The Uke grabs your lapel with his left hand and punches to your face with a right Fudo Ken (the Uke steps slightly forward with the left foot – no step with the right foot for this). Cover the Uke's left hand with your right and step off to the right side with your right leg, drop

your hips and receive the attack with a left Uke Nagashi. Without stepping, open up your thumb and forefinger of your right hand – palm down – and strike to the Uke’s left Koe with your thumb. This will make the Uke’s upper body come forward – also control the Uke’s right hand with your left forearm after Uke Nagashi. Then, with or without a step forward with the left leg (depends on the distance) strike the Uke’s face with Kikaku Ken (your forehead) with a feeling of striking through. Then Back to Seigan no Kamae and Zanshin.

Remember to maintain eye contact.

放擲

Hōteki (Scoop And Throw)

Kuden – The name of this technique means to scoop up and throw the Uke. The important point with this technique is to strike with the Shuto shooting up, and then to throw with Koshi Nage whilst grabbing Hoshi.

The Uke grabs your lapel with his left hand and punches to your face with a right Fudo Ken (the Uke steps slightly forward with the left foot – no step with the right foot for this). Cover the Uke’s left hand with your right and step off to the right side with your right leg – and slightly back so that your body angle mirrors the Uke’s. Drop your hips and stoop really low and receive the attack with a left Ura Shuto to the point called Hoshi on the right arm (the Shuto is upwards). Then push up with your right hand to the Uke’s left elbow (press into Hoshi with the thumb) and transfer your weight to the left leg. Then Yoko Aruki with the right foot (to about a foot away from the Uke’s right foot) and at the same time grab to the crease of the Uke’s right arm with your left hand (palm down). Then let your body re-align itself naturally by turning counter clockwise pivoting on the balls of your feet (as you turn you will end up facing the same direction as the Uke – the next movement is just before you reach this point). Move your right foot to the outside and slightly behind the Uke’s right foot

and throw with Koshi Nage. Finish with Seigan no Kamae and Zanshin

斜倒

Shatō (Diagonal Topple / Take Down Diagonally)

Kuden – This technique means to take the Uke down diagonally. The important point here is when you strike with the right Boshi Ken into Yugasumi, put all your body weight into it and at the same time to kick into Suzu.

The Uke grabs your lapel with his left hand and punches to your face with a right Fudo Ken (the Uke steps slightly forward with the left foot – no step with the right foot for this). Cover the Uke's left hand with your right and step off to the right side with your right leg – and slightly back so that your body angle mirrors the Uke's. Drop your hips and receive the attack with a left Uke Nagashi. Without stepping, lean your body weight to the left and strike the Uke's left Yugasumi with a right Boshi Ken. This will make the Uke lean diagonally (this is the special characteristic of this technique). Then immediately kick up to Suzu (the groin area) with your right shin. The back to Seigan no Kamae and Zanshin.

掛倒

Ketō (Hook And Topple – Attack And Kick Down)

Kuden – The name of this technique means to attack and knock the Uke down. The main point is to strike the Uke's Omote Gyaku (this is not the strike, it is the name of the Kyusho that refers to the middle of the backs of the hands between the wrist and the knuckles) with Nio Ken (with Nio Ken, for this technique strike with the second row of knuckles) whilst stepping back and dropping your weight – and then rebounding from this to kick and knock the Uke down.

The Uke grabs both of your lapels with both hands (right hand to left lapel and left hand to right lapel). As soon as he does this, Strike down to the backs of both hands powerfully and at the same time step back with the right leg and drop your hips low – maintain eye contact (this movement happens all at once). Then immediately push your hips forward and kick the Uke down with the right kick to Gorin (stomach) (use your right foot to help propel you forwards). Then back to Seigan no Kamae and Zanshin.

挫撃

Saku Geki (Wrenching Attack)

Kuden – The technique means to attack the Uke as though you were wringing him out. The important point of this technique is to strike straight up to Asagasumi whilst moving the right foot slightly forward and slightly to the right to take balance.

The Uke attempts to grab both of your Lapels (as in the previous technique). Before the Uke gets a chance to do this, move slightly forwards and slightly to the right with the right foot and strike straight up to Asagasumi with a right Boshi Ken to take the Uke off balance. Then immediately adjust your left foot to the correct distance (pull it slightly to your right) and kick with the right foot to his right Kaku (just above the knee) with the sole of your foot (like a sweeping motion – the kick travels across). Then return to Seigan no Kamae and Zanshin.

擔撃

Tan Geki (Bearing Intensity)

Kuden – This technique means to deceive and attack. The main point of this technique is when you enter into Hoko no Kamae, stare into

the Uke's eyes and emit the intention that you are going to attack with your hands.

The Uke begins in Seigan no Kamae (right hand forwards). You are not in any Kamae (Shizen – Natural). The Uke attacks with a left punch to the face – respond by shifting 45 degrees back and to the left with the left foot to evade. The Uke then attacks with a right punch to the face – respond by shifting 45 degrees back to the right with the right foot, drop your hips low, and enter into Hoko no Kamae to receive the attack (think of your left arm as a shield). Then, stare into the Uke's eyes and emit an intention to attack the Uke with your hands (an upper body attack) and suddenly kick the Uke with your right foot to Suigetsu (solar plexus). Then stand in Seigan no Kamae and Zanshin.

抜技

Batsugi (Removal Technique)

Kuden – The name of this technique means to draw the Uke out. The important point of this technique is to twist clockwise to take the hand in Omote Gyaku, and counter clockwise to strike with Goshi Ken.

The Uke grabs your lapel with his right hand. Place your left thumb on the back of his hand (to the point called Omote Gyaku) and your left hand fingers around the hand lightly. Step to the right with your right foot, twist your hips clockwise, and press into the Kyusho on the back of the hand and remove the Uke's hand from your lapel (keep hold of the Uke's hand). The immediately twist your hips counter clockwise, shift your weight to your left, and strike the left side of the Uke's face with the tips of your right hand's fingers (Goshi Ken – to the eye and cheek area) (Keep control of the Uke's right hand). Then move off to the left with the right foot in Yoko Aruki – bring your right hand to the other side of the Uke's right hand and push the Uke's right hand down vertically whilst dropping the hips – finish this movement by continuing the Yoko Aruki with the left foot to the left (the Uke hits the floor within this movement –

let him fall, do not keep hold of the hand. At this point it will be broken anyway). Then return to Seigan no Kamae and Zanshin. The last step of Yoko Aruki can be the step taking you back into Seigan no Kamae also.

折倒

Settō (Break and Knock Down)

Kuden – This technique means to take the Uke down diagonally. The important point here is to use use all your body weight for the strike into

The Uke grabs your lapel with his right hand. Cover the back of the Uke's right hand lightly with your left hand. Shift to the left with your left foot and strike to right arm Jakkin with a right Omote Shuto (Jakkin is located at the base of the bicep just above the crease of the arm – called Jyaku Kotsu / Hoshishita also) – this will open up the Uke's right side ribs. Then twist your hips clockwise and lean slightly towards the Uke as you strike with a left Boshi Ken to the Uke's right side Butsumetsu. Return to Seigan no Kamae and Zanshin.

If the Uke has not let go of your lapel, the strike again to Jakkin with Fudo Ken to break the Uke's elbow. Also, Boshi Ken can be weak if the strike is not conditioned, if this is the case, replace this strike with Shikan Ken.

指拍

Shihaku (Finger Clap)

Kuden – This technique means to capture the Uke's rythem. What is important here is to deceive the Uke into thinking that you are going to kick.

Both you and the Uke begin in Seigan no Kamae (right hand forwards). The Uke attacks with a left Fudo Ken to your face. Step back 45 degrees to the left with the left foot and receive the attack with a right Uke Nagashi. The Uke then attacks with a right Fudo Ken to your face. Step back 45 degrees to the right with the right foot and receive the attack with a left Uke Nagashi – sink low and pull your hips back. Then, bring your right leg up powerfully to make the Uke believe that you are going to kick him, then change and move forwards dropping down with the right foot and strike powerfully to the Uke's Suigetsu with a right Fudo Ken (strike at a 45 degree angle down). Then return to Seigan no Kamae and Zanshin.

The densho says that your final punch is a double punch. This does not mean that you punch at the same time, rather the punches come in one after the other, and with explosive power.

拒技

Kyogi (Whipping off Technique)

Kuden – This technique means to refuse the Uke any attacks / techniques. The important point of this technique is to have the same rhythm for Uke Nagashi, the attack to Toki and the Fudo Ken to Gorin – 1,2,3 – this can be done at fast speed, but the rhythm must be maintained.

Both you and the Uke begin in Seigan no Kamae (right hand forwards). The Uke attacks with a left Fudo Ken to your face. Step back 45 degrees to the left with the left foot and receive the attack with a right Uke Nagashi. The Uke then attacks with a right Fudo Ken to your face. Step back 45 degrees to the right with the right foot and receive the attack with a left Uke Nagashi. Shift your weight forwards to your left foot, then lift the foot slightly and stamp down with your heel powerfully to the Uke's right foot (this is very characteristic of the Koto Ryu). Finally, with or without a right step in, strike diagonally down and through to the Uke's Gorin with a

right Fudo Ken (rotate the hips counter clockwise for this). Then back to Seigan no Kamae and Zanshin.

括拷

Kakkō (Bind And Beat)

Kuden – The name of this technique means to strike and make the Uke concede. The important point with this technique is to put all of your body weight into the kick and the strike.

Both you and the Uke begin in Seigan no Kamae (right hand forwards). The Uke attacks with a left Fudo Ken to your face. Step back 45 degrees to the left with the left foot and receive the attack with a right Uke Nagashi. The Uke then attacks with a right Fudo Ken to your face. Step back 45 degrees to the right with the right foot, pull your hips back and lower them and receive the attack with a left Uke Nagashi. Then immediately kick with the top of your right foot into the Uke's right inner thigh (Sai). As the Uke looks down to see what is happening, strike with a right Goshin Ken to Itto Nitto Santo with a feeling of pushing the strike through – and at the same time, drop your right leg down from the kick. Keep your back straight. (Itto Nitto Santo is an attack to the throat with 3 fingers and is as follows – your middle finger goes to the point Toki No Atari which is on the top of the bone just below the adams apple. Ring finger to the point called Ichiji which is on top of the point where the left collar bone starts, and your index finger goes to the point called San Atari which is on top of the point where the right collar bone starts. Your hand movement for this is similar to the way a cat strikes with it's paw. As you kick, place your fingers at the same time). Then return to Seigan no Kamae and Zanshin.

浦波

Ura Nami (Inlet Waves)

Kuden – This techniques name means an inlet where the waves are quiet. The important point of this technique is to kick to Yaku which will bring the Uke's head towards you which will make the strike to the Uke's neck more effective.

Both you and the Uke begin in Seigan no Kamae (right hand forwards). The Uke attacks with a left Fudo Ken to your face. Step back 45 degrees to the left with the left foot and receive the attack with a right Uke Nagashi. The Uke then attacks with a right Fudo Ken to your face. Step back 45 degrees to the right with the right foot, pull your hips back and lower them and receive the attack with a left Uke Nagashi. Then immediately kick with the ball of your right foot to the point called Yaku (inside of the calf muscle) with a sweeping motion on the Uke's right leg and at the same time shift your weight to your left leg. As your right foot comes to the floor, strike (place and press more than a strike) the Uke to both sides of Uko (located at the sides of the neck) with either Boshi Ken or Koppo Ken (left thumb to right Uko and right thumb to left Uko) – the feeling for this is of falling directly in front of the Uke with the right foot and striking to Uko, and continuing with a feeling of pushing on a downward diagonal line, straight through. Finish with Seigan no Kamae and Zanshin.

天地

Ten Chi (Heaven And Earth)

Kuden - The reason this technique is called 'Heaven And Earth' is because you attack high and then low. The important point of this technique is to use Kakushi Geri (using your toes) so that the Uke cannot see it.

Both you and the Uke begin in Seigan no Kamae (right hand forwards). The Uke attacks with a left Fudo Ken to your face. Step back 45 degrees to the left with the left foot and receive the attack with a right Uke Nagashi. The Uke then attacks with a right Fudo Ken to your face. Step back 45 degrees to the right with the right foot, pull your hips back and lower them and receive the attack with a left Uke Nagashi. Then immediately kick to Suzu with Kakushi Geri (use the side of your big toe / inside edge of the right foot) and at the same time shift your weight to your left leg – this brings the Uke’s face forwards. As your right foot comes to the floor, strike the Uke’s face with a right Shako Ken (use the thumb to strike Jinchu and the ring and index fingers to strike the eyes. Strike with the tips of the fingers, not the palm of your hand). Return to Seigan no Kamae and Zanshin.

片卷

Kata Maki (Single Sided Wrap)

Kuden – The name of this technique means you wrap the Uke up with one arm. The important point of this technique is to get inside and stop the Uke with both hands.

Both you and the Uke begin in Seigan no Kamae (left hand forwards). The Uke attacks with a right Fudo Ken to your face. Step back 45 degrees to the right with the right foot and receive the attack with a righthand Uke Nagashi. The Uke then attacks with a left Fudo Ken to your face. Bring your right leg to a point in front of the Uke’s left leg and deflect the Uke’s left arm with a right Uke Nagashi (this movement feels more like meeting the attack rather than moving away from it). From this position, take the Uke’s left arm into Musha Dori (only use your right arm to do this). Lastly, as you sink to your left knee strike the Uke’s Kimon or Butsumetsu with a left Boshi Ken with a feeling of driving it through. Then back to Seigan no Kamae and Zanshin.

中伝型

Chūden Gata

飛打	Hida
飛掙	Hisaku
飛鳥	Hichō
飛倒	Hitō
括飛	Kappi
捫飛	Monpi
反倒	Suitō
魁飛	Go Hi
撒飛	He Hi / Heppi
擲返	Teki Gaeshi
喉倒	Kōtō
攫飛	Kakuhi

Kuden – The Chūden Gata is training for making the body movements nimble. This level's special characteristic is Hichojutsu which is the ability to jump freely between movements – so in this level you should perform all techniques with this in mind with a strong emphasis on the timing of your movements. Also, perform the techniques from any Kamae (or no Kamae), any attack, and also with you approaching the Uke or the Uke approaching you.

As with the Shoden, practice all of these techniques on both sides making 24 techniques in total.

飛打

Hida (Flying Strike)

Kuden – The techniques name means jumping / leaping or flying and then striking. This is the feeling you should use when doing this technique.

The Uke approaches you. When he is in range leap in with your right foot forwards and the left to the rear (hips rotate counter clockwise) and strike the Uke's right Kasumi with a right Ura Shuto (this will transfer the Uke's weight to his left leg as he falls). Then immediately place the balls / toes of your right foot to the Uke's left Suzu and whilst matching the timing of the Uke as he falls, leap / step in with him to crush Suzu as your foot lands (this is called Kaki Taoshi). The feeling for this is as if you were leaping / hopping from one foot to the other (this IS difficult). This is not pushing or kicking – it is following and landing onto (the foot remains in contact with Suzu though).

As you strike with Ura Shuto, your right foot should already be coming up to Suzu. This is the correct timing.

飛控

Hisaku (Fly And Wrench)

Kuden – The techniques name means to leap and constrict / bind. The important point is to strike Uko then to constrict the body with your legs.

The Uke approaches you. When he is in range leap in with your right foot forwards and the left to the rear (hips rotate counter clockwise) and strike the Uke's left Uko with a right Boshi Ken. Then immediately grab the Uke's shoulders with both hands and leap up and wrap your legs around the Uke's waist. At this point hook your own feet together and choke the Uke's body with your legs. Then

keep the pressure on the waist and allow your upper to drop (not to the floor at this point) and wrap around the Uke's legs with your arms. Slide to the floor and pull the Uke's ankles from under him to make him fall to the floor – keep your right arm where it is. Whilst covering from a potential attack and also helping the restraint of the Uke's left leg with your left arm, wrap your right arm around the Uke's lower left leg so that your right wrist is against the back of the lower muscle and lean your body back to constrict the leg (this is very painful to the Uke). This will bring the Uke's torso up – as it does, kick with your right heel down to the Uke's chest as you escape with Koho Kaiten.

飛鳥

Hichō (Crane)

Kuden – The meaning for this technique is to move in a nimble manner, like a flying bird. The important point of this technique is to knock the Uke over with Shako Ken and then a right kick to Gorin.

The Uke approaches you. When he is in range leap in with your right foot forwards and the left to the rear (hips rotate counter clockwise) and strike the Uke with a right Shako Ken to the face – thumb to Jinchu and index and ring fingers into the eyes. Then immediately jump up, your right foot kicks the Uke into Gorin and your left leg folds so that the foot is under your buttocks. Both feet land at the same time. Back to Seigan no kamae and Zanshin.

飛倒

Hitō (Flying Fall)

Kuden – The name of this technique means to leap and to knock the Uke down.

The Uke approaches you. When he is in range leap in with your right foot forwards and the left to the rear (hips rotate counter clockwise) and strike the Uke with the right hand's ring, middle and index fingers (tips together – also known as Sanshitan Ken) to the Uke's left side Kimon from above (this will make the Uke slump). Finish him by leaping up and striking with both feet (toes) to the Uke's right and left Butsumetsu simultaneously. From this, drop down into Koho Kaiten (backwards roll) and come up into Seigan no Kamae and Zanshin.

括飛

Kappi (Bind And Leap)

Kuden – This techniques name means to leap and wrap up / finish the Uke in an instant.

The Uke approaches you. When he is in range leap in with your right foot forwards and the left to the rear (hips rotate counter clockwise) and strike the Uke with right Ura Shuto to Uke's right Uko – then leap clockwise on the spot bringing the left foot to the front and the right to the rear and strike with a left Ura Shuto to the Uke's left Uko. Finish by leaping back to the rear into Seigan no Kamae and Zanshin.

捫飛

Monpi (Grasp And Leap)

Kuden – This techniques name means to leap, twist and crush.

The Uke approaches you. When the Uke gets close enough, step in with the right foot (slightly to the right), drop your hips, and grab the flesh around the Uke's left Butsumetsu with your right hand and at the same time drive your right thumb into the Kyusho – twist the flesh clockwise to cause extreme pain and press in / down to make

the Uke slump to his right side. At this point, the Uke's weight is on his right leg and the Kyusho on the Uke's right leg called Koe is now exposed – jump up and kick across to the Uke's right Koe with your right foot (toes / ball of the foot). Land with both feet at the same time and go into Seigan no Kamae – Zanshin.

反倒

Suitō (Opposite Topple)

Kuden – The meaning of this technique is to reverse and to counter-throw the Uke. It is important to drop your body low enough to throw the Uke.

Both you and the Uke begin in Seigan no Kamae (left hand forwards). The Uke attacks with a right Fudo Ken to your face. Step back 45 degrees to the right with the right foot and receive the attack with a left Uke Nagashi. The Uke then attacks with a left Fudo Ken to your face. Step back 45 degrees to the left with the left foot, pull your hips back and lower them and receive the attack with a right Uke Nagashi. From this position leap back whilst staying in Kamae (do not leap high, rather low and far). The Uke follows by leaping in with the left foot forwards to the front of your body, his left arm goes around your neck and right hand grabs your right sleeve – the Uke is now ready to throw you with Kubi Nage (neck throw). Respond by immediately leaning back and pushing your hips forward (drop your weight slightly). Then strike the Uke's right Butsumetsu with a right Koppo Ken and then immediately strike the Uke's right side face with a right Koppo Ken also (do this with your right arm behind his back – both strikes are fast, one after the other). Then reach behind your neck with your right hand and grab the Uke's left sleeve (by the wrist is preferable) and lift his arm over your head to your front (your left hand also grabs his sleeve at this point). Your right elbow is against his elbow. Then step in front of the Uke's left leg with your right leg and pull your left leg back – twist your body counter clockwise and bring the Uke's hand to your left hip to throw the Uke (do this by putting pressure on the elbow). Then, finish in Seigan no Kamae and Zanshin.

飛 龍

Go Hi (Leap / Fly)

Kuden – This techniques name means to use your right hand in the same manner that a cat catches a mouse.

The Uke approaches you. When he is in range leap in with your right foot forwards and the left to the rear (hips rotate counter clockwise) and strike the Uke with right Sanshitan Ken to Itto Nitto Santo to drop the Uke – sink your hips and lean in slightly as you strike. Then stand in Seigan no Kamae and Zanshin.

飛 撒

Heh Hi (Lash And Leap)

Kuden – This technique means to leap, strike and divide.

The Uke approaches you. When he is in range leap in with your right foot forwards and the left to the rear (hips rotate counter clockwise) and strike the Uke with right Sanshitan Ken to Itto Nitto Santo - then leap clockwise on the spot bringing the left foot to the front and the right to the rear and strike with a left Goshi Ken (Shako Ken) to the right side of the Uke's face. Then leap back to a distance of about 6 feet into Seigan no Kamae. Zanshin.

返 擲

Teki Gaeshi (Renounce And Send Away)

Kuden – This technique means to strike, throw and turn over.

The Uke approaches you. When he is in range leap in with your right foot forwards and the left to the rear (hips rotate counter clockwise) and grab the Uke with your right hand underneath the armpit and press your thumb into Wakitsubo and lift him – drop your hips when doing this (this will make the Uke lean to his right). Then jump up and Kick the Uke diagonally to his right Sai with the top of your right foot – both feet land together. Then enter into Seigan no Kamae and Zanshin.

喉倒

Kōtō (Throat Topple)

Kuden – This name means to strike to an important place to defeat the Uke.

The Uke approaches you. When he is in range leap in with your right foot forwards and the left to the rear (hips rotate counter clockwise) and strike the Uke with right Sanshitan Ken to Itto Nitto Santo. Then, without letting the Uke recover from this, kick with your right foot to Gorin / Suzu – this is done at the point the Uke loses his balance. Then return to Seigan no Kamae and Zanshin.

攪飛

Kakuhi (Stir Up And Leap)

Kuden – This technique has the feeling of knocking the Uke down all at once.

The Uke grabs your left lapel with his right hand. Grab the Uke's right sleeve with your left hand, step in with your right foot and strike to Asagasumi with your right palm (keep it there). As the Uke loses balance, turn counter clockwise, bring your left foot to your right - slightly to your rear (pull the Uke's sleeve and push the Uke's

chin at this point) and kick upwards to the Uke's left Sai with your right foot (backwards kick with the heel) to throw the Uke in the manner of Uchi Mata Nage. Return to Seigan no Kamae and Zanshin.

奥伝型

Okuden Gata

攢當	Santō
攢倒	Santō
虎倒	Kotō
神剪	Shinsen
桐飛	Kompi
如摺 手摺	Sho Setsu
抓摺	Sō Setsu
抓倒	Sōtō
扣鬼	Kōki
鬼門	Kimon
乱雪	Ransetsu
裏鬼門	Ura Kimon

Kuden – The main emphasis of the Okuden Gata is on Taihenjutsu (body movement). When performing these techniques, you must focus all of your intention and your spirit at the Uke with a feeling of no beginning and no end as far as the techniques go – ie, think about the before, and the after. When you have finished each technique, you remain in a state of readiness to deal with numerous enemies whilst at the same time keeping your focus on the Uke (Zanshin) – this is an important part of the Okuden level.

攢當

Santō (Gather And Hit)

Kuden – This technique means to strike and crush an enemy who approaches in a croud.

The Uke leaps in, grabs your left lapel with his right hand and your right sleeve with his left hand and attempts to throw you with Uchi Mata Nage. As he turns, pulls your right arm and raises his leg to kick, allow your upper body to follow the pull – strike the Uke’s right leg to Kaku with your right fist – use Tsui Ken – like regular Fudo Ken but strike as though your hand was a hammer (the momentum from the Uke pulling on your sleeve will make this easy for you – be sure to do this before the Uke has a chance to actually connect with the foot). Then raise your hips and strike upwards powerfully to the Uke’s right arm with your left forearm to smash it away from you (you can also strike with the right knuckles upwards to Hoshi instead). Lastly leap back into Seigan no Kamae and Zanshin.

攢倒

Santō (Gather And Topple)

Kuden - This technique means to defeat an enemy who approaches in a crowd.

The Uke is in Seigan no Kamae (left hand forwards) with a Shoto (short sword) at his right hip and attack you with a Chuden Tsuki (thrust to your midsection). You are in Seigan no Kamae (right hand forwards). As the Uke thrusts, pivot on your front foot and move the back foot to your right – thus pivoting the whole Kamae. Do this so you are facing the side of the Uke’s shoto (between 45 / 90 degrees from the original position). Then, place your left palm against the Uke’s right wrist to cover, then, either strike with your finger tips or the palm of your right hand to the Uke’s right Hoshi to damage / shock the Uke’s elbow. Then, grab the Uke’s wrist with your left

hand (lean in to catch) and then strike the Uke's right hand with a right Fudo Ken or Ura Shuto (strike from underneath your left wrist – the Uke will drop the Shoto) – step in slightly with your left foot as you do this. Then with your right hand, reach over to grab the Uke's right hand in Ura Gyaku (your left hand also holds the Uke's right) and step slightly to the right with the right foot and bring the Uke's wrist to your chest in Ura Gyaku. Then kick with the left toes to the Uke's left Sai (middle inner thigh), then drop this foot to the floor and push the Uke's right wrist forwards to make him fall to the floor (kick – drop and push at the same time – match the speed of the Uke's fall). Enter into Seigan no Kamae and Zanshin.

虎倒

Kotō (Tiger Topple)

Kuden – The techniques name means to defeat a tiger (to use a technique against an enemy who is stronger than you).

The Uke is in Dai Jodan (left hand forwards) with a Shoto (short sword) above his head and attacks you with a downward cut. You are in Seigan no Kamae (left hand forwards). As the Uke cuts down, leap slightly to the left with the left foot leading (do not move forwards) then strike the Uke's right Hoshi with either an upper cut with Fudo Ken or a horizontal Omote Shuto to make the Uke drop his Shoto. Then, immediately leap counter clockwise to the front of the Uke and strike with Ryote Happa Ken to Yo (palm slap to both ears). Finish the Uke with a right shin strike up to Suzu. Return to Seigan no Kamae and Zanshin.

神剪

Shinsen (God Clip / God Cut)

Kuden – This has the meaning of a severe technique (a God who destroys).

The Uke approaches and attempts a choke with Ryu Mune Dori – right hand grabs your right lapel (palm towards and thumb inside the lapel) and the left hand grabs your left – push with the right (rotating the wrist counter clockwise) and pull with the left – this is Ryo Mune Dori. Step back with your left foot, drop your hips, and tuck your chin in, and to your left, to stop the choke (before he has a chance to apply the choke) and strike Happa Ken with both hands to Yo – lift your hips as you strike. Finish the Uke by slamming into Jinchu with Kikaku Ken (forehead strike) – drop your hips and arms as you strike. Return to Seigan no Kamae and Zanshin.

相飛

Kompi (Surrounding Jump)

Kuden – This technique means to divide inside and outside. The important point is to strike at the instant the Uke comes forward.

Begin in Seigan no Kamae (right hand forwards). The Uke approaches – at the moment he is in range (from 1.5metres away), or the moment that you feel that he is a threat to you, leap in with your left foot landing by his right foot (your right foot travels about 220 degrees, with it landing to the rear in this leap so that you are ending up with your body at a 45 degree angle to the Uke's right side). As you land, strike to the Uke's right side Uko with Omote Shuto powerfully. Finish by leaping away on the same 45 degree angle and remain in Kamae (low and far for the leap) and Zanshin.

姦摺

Jo Setsu (Confuse And Crush)

Kuden – This technique means to disrupt and crush the enemy.

As the Uke approaches you, wait until he is in close range and simultaneously kick with your right foot to Suigetsu and strike with an upper cut with Fudo Ken to the left cheek bone (between the nose and the eye). An important point is as you strike, drop and rotate your hips counter clockwise, and lean your torso back slightly to allow both strikes to travel on a diagonal. The feeling is of swinging the hips in to create power. Then return to Seigan no Kamae and Zanshin.

抓摺

Sō Setsu (Grab And Twist Out Of Place)

Kuden – This technique means to grab and discourage.

The Uke approaches you with his hands out as if he may grab you. You feel threatened by this and respond – drop low with your hips, step in with your right foot and grab to both sides of the Uke's ribs (grab the flesh) and press your thumbs into Butsumetsu and lift your hips (grab the flesh, press the thumbs in and raise with the hips in a way that has the Uke on his toes, thus taking the balance). Then, when the Uke's balance has been taken, twist your hips counter clockwise and drop back to your left knee and throw the Uke over past your left side with your hands in the same place – as though you were turning a big wheel counter clockwise. Finish by entering into Seigan no Kamae and Zanshin.

抓倒

Sōtō (Hold And Fall)

Kuden – This techniques name means to grab and throw down.

The Uke approaches you. When the Uke is in range, grab the Uke's shoulders with both hands and push into Ryumon (located between the clavicle and the trapezius – the hollow in between) with your thumbs to cause pain and to make the Uke slump. Then step in slightly with the right leg and slam your forehead (Kikaku Ken) into Jinchu. Then, drop straight down to the floor and slide your left leg through the Uke's legs and place your right foot onto the Uke's left side Koe – throw the Uke with Tomoe Gaeshi (straight up and over you landing onto his back). Follow the Uke's momentum and stick with him as if doing Koho Kaiten to end up astride the Uke (hands still on his shoulders). Finish by changing with your hands to Ryo Mune Dori to choke the Uke. When the Uke has admitted defeat, get up and enter into Seigan no Kamae, Zanshin.

扣鬼

Kōki (Strike A Demon)

Kuden – The meaning of this technique is to smite a demon.

The Uke approaches you. When he gets into range, step in with your right foot, lower your hips and strike the Uke with Happa Ken to Yo. Straight away leap into the air and strike with both feet into Suigetsu. As both feet drop down at thew same time, roll back with Koho Kaiten straight into Seigan no Kamae, Zanshin.

鬼門

Kimon (Demon Gate)

Kuden – The techniques name means that you grab the Uke’s Kimon to throw.

The Uke approaches you. When he is in range, step in with your right foot and grab under the Uke’s left armpit with your right hand and press your right thumb into Kimon (push in and down to make the Uke slump and lose balance). Then, grab the Uke’s sleeve at his right elbow with your left hand, step to the left with your left foot, and forwards with the right foot – your right foot should be just behind the Uke’s right foot to his outside. Step back and down with your left foot to a kneeling position, pull his right elbow and press to Kimon to make the Uke fall over your right leg to throw him down (in reality you make him fall in such a way that he lands on his elbow to break it). Then return to Seigan no Kamae and Zanshin.

乱雪

Ransetsu (Crazy Snow)

Kuden – The name of this technique means the way snow blows wildly around in the wind.

The Uke approaches you. When he is in range, step in with your right foot and grab under the Uke’s left armpit with your right hand and press your right thumb into Kimon (push in and down to make the Uke slump and lose balance) and at the same time, cover from any potential attacks with your left hand. Then immediately, step in through the Uke’s legs with your left foot and straight through with your right leg – the feeling is of slipping through (this is called Tate Nagare) and pull the Uke down by his armpit – use your left hand to control the Uke’s body. This technique is a type of technique known as Sutemi (to sacrifice). Then, back to Seigan no Kamae and Zanshin.

裏鬼門

Ura Kimon (Inside Demon Gate)

Kuden – This technique means to kick to Ura Kimon (other name for Gorin – just above the navel).

The Uke approaches you. When he is in range, step in with your right foot, drop your hips and strike down into Ura Kimon with a right Shako Ken, with the feeling of grabbing. Then immediately kick to the same place with your right foot to knock the Uke down. Return to Seigan no Kamae and Zanshin.

壁刀型捌型

Hekitō Gata (Sabaki Gata)

蹴扑	Sokuboku
扑返	Bokuhen
打扣	Damara
手力	Shuriki
跂望	Kibō
跋扈	Batsu Yo
跖力	Seki Ryoku
跨飛	Kuahi

Kuden – The important point of this level is to move in a clockwise direction – this will make it difficult for the Uke to cut towards you.

蹴扑

Sokuboku (Simple Kick)

Kuden – This technique means to kick the Uke to take him down.

The Uke begins in Bikenjutsu Dai Jodan no Kamae. Begin in Seigan no Kamae (right hand forward). The Uke cuts straight down – respond by moving your left leg 90 degrees to the left (circular) and kicking to the Uke’s hands with your right foot to kick his sword from his hands. Your right foot lands from the kick to the inside of the Uke’s right foot and turn your hips counter clockwise – then strike the Uke to the face (Ganmen) with Goshin Ken (your 5 finger tips) to knock the Uke down. Then, enter in Seigan no Kamae and Zanshin.

扑返

Bokuhen (Simple Reply)

Kuden – This technique’s name means to strike back.

The Uke is in Bikenjutsu Chudan no Kamae. Begin in Hira Ichimonji no Kamae. The Uke cuts to Do (from the point of view of the swordsman – step in with the left foot and cut horizontally from left to right across your enemy’s stomach). Respond by leaping back and slightly to your left in a clockwise motion (your left foot is forwards when you land – also make sure that you are off the Uke’s centreline) – remain in Hira Ichimonji no Kamae but with your head / eyes pointed directly at the Uke. At this point the Uke raises the sword to Bikenjutsu Dai Jodan no Kamae – as he does this, step in deep with your right foot with your hips low and grab the Uke’s left elbow with your right hand – press into left Hoshi with you right thumb and press the Uke’s left arm up (pull your left foot slightly forwards to help with the push and to aid the next movement). Then, kick to the Uke’s Suigetsu with your right foot to knock him down. Then return to Seigan no Kamae and Zanshin.

打扣

Damara (Strike And Peace)

Kuden – This technique means to strike to match the Uke.

The Uke begins in Bikenjutsu Chudan no Kamae. Begin in Hoko no Kamae (left foot forwards). The Uke thrusts with Chudan Tsuki (stabs to Suigetsu). Respond by stepping forwards to the left with your right foot (your right foot is in front of your left foot) in Yoko Aruki and twist your hips clockwise. Control the Uke's wrist lightly with your left hand – finish Yoko Aruki by moving left along the same line with your left foot and smash down to the Uke's hands with a right Fudo Ken to make the Uke drop his sword. Immediately catch the Uke's right hand with both your hands. Now, step back and down to your knee with your left leg and throw the Uke down with Omote Gyaku. Then stand up and go into Seigan no Kamae – Zanshin.

手力

Shuriki (Sword Hand)

Kuden – This techniques name means to defeat the Uke with the power of your hand.

The Uke begins in Bikenjutsu Dai Jodan no Kamae. Begin in Bobi no Kamae (right hand forward). The Uke cuts straight down – respond by moving your left leg 135 degrees to the left (circular) and strike the Uke to right Nagare (forearm muscle) with a right Ura Shuto – strike in such a way that the Shuto brushes down his arm and ends by striking the base of his thumb bone – this will make the Uke drop his sword. From this position move off with your right foot as if walking past the Uke's right side and strike with a right Omote Shuto to the Uke's eyes / bridge of the nose to take him down. Finish in Seigan no Kamae or Bobi no Kamae and Zanshin.

跋望

Kibō (Standing On Tiptoes And Gazing Into The Distance)

Kuden – This technique means to stand on tiptoes and gaze into the distance.

The Uke begins in Bikenjutsu Dai Jodan no Kamae. Begin in Seigan no Kamae (left hand forward). The Uke cuts straight down – respond by moving your right leg 135 degrees to the right (circular), cover the Uke's wrists with your left hand and twist your hips counter clockwise and strike across to the Uke's right Jakkin with a right Ura Shuto or Fudo Ken to make the Uke drop the sword (lean into this strike). From here, kick to the Uke's Suigetsu with your right foot to knock him over. Then back to Seigan no Kamae and Zanshin.

跋扈

Batsu Yo (Walking Through Mountain Fields)

Kuden – The name means to walk proudly through hills or fields with high spirits – you should step with this feeling.

The Uke is in Bikenjutsu Chudan no Kamae. Begin in Bobi no Kamae (right hand forwards). The Uke cuts to Do (from the point of view of the swordsman – step in with the left foot and cut horizontally from left to right across your enemy's stomach). Respond by stepping forwards very slightly to the left to evade the cut (your body should be close to his hands enough to prevent the Uke from cutting again). As you move in with this movement, turn your right hand into a Fudo Ken and strike the Uke's Jinchu with the feeling that he is running into the strike. Return to Seigan no Kamae or Bobi no Kamae and Zanshin.

踏力

Seki Ryoku (Strong Step)

Kuden – This technique means to step in powerfully.

The Uke begins in Bikenjutsu Dai Jodan no Kamae. Begin in Hoko no Kamae (left foot forwards). The Uke cuts straight down. When you see that he has committed to the cut, step in powerfully with the left foot and drop to your right knee – keep your left hand raised as in Hoko no Kamae to protect your head, and strike powerfully with a right Fudo Ken to the Uke's Suigetsu. Finish by entering into Seigan no Kamae and Zanshin.

跨飛

Kuahi (Straddle And Fly)

Kuden – The name of this technique means to leap in with both feet.

The Uke is in Bikenjutsu Seigan no Kamae. Begin in Hira Ichimonji no Kamae. The Uke thrusts in with a Tsuki to your chest. Evade this movement by pulling your right leg back and shifting your weight to the right leg also (your hips don't twist – keep your upper body in the same position, just move it back away from the cut). The Uke then raises the sword and steps in with the left foot and cuts to Do. Respond by dropping to the floor in front of the Uke (your hands are by his left foot) – then immediately leap up from this position and strike in with both of your feet (toes / balls of the feet) to Suigetsu to drop the Uke. Finish by returning to Seigan no Kamae and Zanshin.