

Asayama Ichiden Ryū Taijutsu

浅山一伝流体術



# ***Asayama Ichiden Ryū Taijutsu***

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Asayama Ichiden Ryū Taijutsu Densho

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# The Origins of Jūjutsu

In order to find the origins of martial arts in Japan we must look far back into the past. The people of ancient Japan, finding themselves in conflict with others, would have probably created *taijutsu* out of necessity, and we can also imagine that they would have used pieces of wood and stones as crude weapons. One can also imagine that, in due course, those possessing greater skill or strength would have taught their skills for the protection of their tribe or personal development. In the beginning, advances in the martial arts were based on actual experiences, and while reflecting the social conditions of the times they increased in kind and developed through the implementation of original ideas and the systemization of their contents. And so, modern *jūjutsu* includes such ancient systems as *sumō*, *gyakudori*, *jūjun*, *yawara*, *taijutsu*, *hoshu*, *yoroi kumiuchi*, *kogusoku*, *koshinomawashi*, and *kenpō*.

The *jū* in *jūjutsu* means 'gentle' or 'flexible.' It signifies the method of making the forms part of your self through the use of these qualities, and is the reason the art was named *jūjutsu*. As stated in the I Ching, *jū* means suppressing one's self and submitting unresistingly to people's nature. Therefore, we say that, giving form to neither body nor spirit, if they push, you turn, if they fall back, you follow. We call this 'the freedom of a body that changes.' The true value of *jūjutsu* lies in whether or not this state is attained.

It is the difference between violence and self-defense.

It is not a matter of winning or losing.

It is learning to integrate the mind, body, and spirit through the transition between strength and weakness, hardness and softness, for if we learn to

control the hardness and softness in our spirits, we can achieve wondrous things. *Jūjutsu* could also be thought of as disciplining one's spirit to know one's heart. However, when you only understand these principles with your head and don't discipline your body, it won't result in anything useful. And although *jūjutsu* is a 'disciplining of the spirit,' just learning the forms of *jūjutsu* will also not result in anything useful, as your spirit will be unbalanced. If you only discipline your body and don't understand these principles with your head, it will only unbalance your mind and spirit and won't result in anything useful. If you integrate the mind, body, and spirit, the principles of *jūjutsu* will not be hindered; your body will not be hindered, and through the principles of hardness and softness, you will be able to change spontaneously and adapt unlimitedly. Therefore, even when you are training you should always be aware that the truth of *jūjutsu* is simply being able to respond appropriately and defend oneself skillfully.



# Hardness and Softness, Strength and Weakness

Hardness is not strength; it is the person that excels at only one thing. It is a feeling of being restless and distracted, out of harmony with nature.

Softness is not weakness; it has the virtue of being supple and flexible. It is a feeling of being relaxed, at one with one's self and in harmony with nature.

These qualities: hardness, softness, strength, and weakness, could all be thought of as moods. If we try to fit the mood, there is a danger that we will fail and will be unable to do *henka*. As the old saying goes, "A great martial artist should not try to break hardness or to envelop softness." Therefore, one should confront strength with weakness and hardness with softness. For the forces of true strength and true weakness will invariably be broken; and the forces of true hardness and true softness will invariably destroy. Walking the right path is a matter of being neither hard nor soft. In other words, you should learn to differentiate and control the transition from hardness to softness. It is essential to study and internalize these four qualities.



# The Immovable Spirit

The immovable spirit is a spirit that remains unmoved by any thing or person. A spirit that is imperturbable and free of ego or avarice. The immovable spirit is not a spirit that is kept in one place but a spirit that flows like water. An immovable spirit makes *henka* free, and, in turn, *henka* being free makes the spirit immovable. There are still not many people who have attained this ultimate goal. It is no good to consciously try to stop your spirit from moving, because it will not be immovable if you do, and if your spirit is unmoving, like a mountain, it is not going to be good for anything.

If we relate this to *jūjutsu* when many opponents surround us, our spirit is moving; and when our spirit is moving, only the opponents can be seen, and we are nothing. It's as if there is a person but the spirit can't be seen. Then, without moving, calm and composed as if the water was reflecting the moon, our body and spirit will be able to work in four and eight directions. After handling one opponent our spirit will throw away any trace of working, and without stopping will be ready to work again. So even if there are many opponents our *henka* will be free. We call this moving without movement, or the immovable spirit. If we give another example – and if you've ever seen a person ride a bicycle you'll understand this – people who ride bicycles often ride unhurriedly, with a calm mind, and do not disobey the nature of their vehicle, even if they are on a long journey. Still, without movement, this is 'spirit.' Moving and responding, this is 'using the spirit.' Although we move, we remain calm; although we are calm, we do not fail to move. This we call 'stillness in movement.' Without stopping our spirit, without casting a reflection, applying the principles of nature with our body and spirit, we become the water and moon. When a person moves with strength, however, they are dragged down by moving and lose themselves. Then, when they are still,

they are obstinate and foolish and cannot respond to anything. When one can't do *henka* freely, we see it as evidence of immaturity and call it *dō* (movement).

Thinking neither of moving nor of being still; neither of stopping the spirit nor of moving it; entering without form and withdrawing without trace; being at one with nature; with an unconcerned but resolved heart; free of distracting thoughts. This is the immovable spirit.



# Meikyōshisui

## (The moon reflecting on still water)

*Meikyōshisui* is the likening of spontaneous, 'no mind' response to the water and the moon. Both the water and the moon are unthinking, therefore the moon does not think about reflecting on the water, and the water does not think about being reflected upon. If you scoop up the reflection of the moon in a container, it's obvious that the water is still going to hold the reflection. We can think of a person's spirit reflecting on things as being the same as the moon reflecting on the water. Mirrors also reflect, and in the same way that everything held in front of a mirror is reflected, a person's spirit will reflect everything held in front of it. However, if something was casting a reflection and we placed our body in the reflection, our spirit would be taken by it. Therefore, with an empty, calm mind, we produce no reflection, just as if we face a mirror into a mirror; there will be no reflection in between. We can think of this as being in an extremely aware state of mind where we can react spontaneously and naturally with no distracting thoughts, for, although we call this state *mushin* or 'no mind,' it doesn't mean 'not thinking,' it means 'free of distracting thoughts.' However, neither the moon nor the water is duty bound to speak by means of the water's purity or impurity. Also, although the moon reflects on the surface of the water, if we search the bottom of the water and find no moon, this is the end. It's simply the mind and heart that reflects the same as a still lake or a clear mirror. The moon has shape and color. The mind has neither shape nor color. By using the visible we provide a metaphor for the invisible.

# Why Keep the Techniques Secret?

"Keeping techniques a secret is for the sake of the beginners and if we don't keep them secret we won't gain their trust," is nothing more than one method. Therefore, once you start keeping them secret, it is the end to all things; for the *gokui* (secrets) of the teachings are not, by nature, the hidden techniques. If the beginner listens carelessly, however, and misunderstands the teachings, that is another matter. In that case, while it may on the contrary be harmful for the student, it will in no way be beneficial for them. Therefore, if the student is one who is unable to understand, he or she should not be taught carelessly. Even when it comes to the depths of the art, even if it's not a student, as long as it's a serious, enthusiastic person, there should be no need to hide the techniques. However, even though it's not necessary to hide the techniques, it can be dangerous if they are disclosed, so some secrecy may be necessary, depending on the technique. In fact, much of the secrecy is the way that the art of war should be. Also, some teachers may hide the techniques because they dislike them being seen and evaluated by others. Anyhow, this is not something that can be judged sweepingly, and in the end it's not easy to say whether keeping techniques a secret is right or wrong.



# Kokoro, Ki, and Waza

There are various elements that are necessary in order to produce techniques, if one is to be able to display one's ability at its fullest. The main elements are *kokoro* (heart, mind), *ki* (spirit), and *waza* (technique). Through the unification of these three, one is best able to vary and adapt his or her techniques. However, these three elements are invisible to the human eye, and when they are seen it is just as the result of an application. And so, all movements of the body are due to the workings of the spirit, with the spirit following the mind and technique following the spirit. Therefore, when one's spirit is full, the application of techniques is light; when it is empty, application of techniques is heavy and slow. Because this 'spirit' is merely *inyō* or *kyojitsu*, the truth of the human heart shows itself due to the purity or impurity of the *shitan* (four virtues found in Confucianism): *jin* (humanity), *gi* (righteousness), *rei* (gratitude), and *chi* (wisdom). However, the martial arts require us to train our mind, spirit, and technique, and to differentiate the use of hardness and softness.

## On *kokoro*...

*Kokoro* is the origin of knowledge and volition with no color or shape, the inside of which is stillness and movement. When one's *kokoro* is empty, one is prone to act rashly and the principles that form the basis of the techniques are disrupted. The only thing that one can do to suppress those rash acts is to foster one's conscience. By fostering one's conscience, the rash acts vanish naturally, and because one's spirit is enlivened the use of the *kokoro* is liberated.

## On *ki*...

*Ki* is the movement and stillness that gives shape to the duality of all universal forces on both the inside and the outside, with the *kokoro* as the center. We think of free-flowing *ki* as *yō* (the positive side of the Yin-



Yang principle). *Ki* in this state results in fast, free-flowing movement. We think of blocked *ki* as *in* (the negative side of the Yin-Yang principle). *Ki* in this state results in blocked, lethargic movement. Therefore, *inyō* is five of *yō* and five of *in* made one, and the cultivation and harmonization of the ten results in the free use of one's *ki*. Also, when one's *ki* is depleted, one's movement will be lethargic, when one's movement is exhausted, one's *ki* will become null.

On *waza*...

*Waza* is the outer working of the principles of stillness and movement. It obeys *ki* and *kokoro*. Although this principle has no visible shape, signs of it appear due to a person's ability – if there is no ability, the principles will not be seen. *Waza* could be thought of as doing all of the application of one body with great spirit. It is self-acquisition through the discipline of one's self. *Waza* is obtaining natural form through the integration of technique and principle, and including the greatest of principles within the forms.

It is no good to just learn this through books and trust in the forms contained therein, or to just listen to and trust in what people say; you must train in these techniques and principles yourself. We call the former kind of learning learning by hearsay and through the hearsay of reason alone one cannot learn how to apply one's body. Furthermore, if you don't know anyone but yourself, you will end up contented with inadequate knowledge, and because this will result in looking down on other people you will end up being unable to reflect on yourself. All learning and art is based on these principles. You must learn *kokoro*, *ki*, and *waza* through personal experience.



# The Principles of Jūjutsu

*Jutsu* is the training of one's *waza*. *Waza* is the application of the spirit expressed through form. Form that includes principles we call 'the law.' The law is the method of countering an attack using the core principles of *jūjutsu*. The core principles of *jūjutsu* are principles unique to the counter-offensive that the practitioner of *jūjutsu* must obey.

When we use the law we must obey these principles, and the principles themselves are to be found in the law. The law could be described as the manipulation of truth and falsehood.

When counter-attacking, it is important to use *sabaki*, which means taking up a position in the space between the opponent and yourself at a fixed angle in relation to the opponent's body. If this is done correctly, you will be in a position to act effectively; therefore, *sabaki* is indispensable for *jūjutsu*. After *sabaki*, it is important to strike the opponent's *kyūsho*, take their balance, or manipulate their joints, with the goal being to apply *gyaku* to their joints (to reverse their joints). In other words, to apply pressure to the opponent's strained, unnatural body posture. To this end we can use the following methods:

## **Extending the Joint**

In this method we extend the joint to an extreme degree and then apply pressure to it.

## **Compressing the Joint**

In this method we bend the joint to an extreme degree and then apply pressure to it.

## **Twisting the Joint**

In this method we twist the joint to an extreme degree and then apply

pressure to it.

### **Applying *hongyaku* to the Joint**

In this method we twist the wrist joint in the opposite direction that it naturally bends and apply pressure. In the process of doing this the elbow joint should also be reversed. Therefore, we could describe *hongyaku* as a method of causing pain to both the wrist and elbow joints simultaneously.

When using these methods, one must not rely on strength or technique. This is because when one relies on strength or technique, traces of form appear and the wondrous workings of nature are not found in form without principle. On top of that, the enemy may be able to attack that place where form is present. Therefore, these methods center on *sabaki* and are controlled by the elbows and waist area. In other words, we produce the law by including principles in the forms and we call this *kata*. We call the learning of this *shugyō* (training).



# The Importance of Henka in Jūjutsu

In *jūjutsu* one learns to respond to the movements of the opponent through the use of forms and techniques. Until the *jūjutsu* practitioner becomes accustomed to moving his arms and legs as one, however, he or she will be unable to respond or control the opponent's *henka*. The wondrous use of nature appears through the transition between *in* and *yō*, and through this wondrous use one can understand the opponent's *kyojitsu*. This *kyojitsu* varies infinitely. Looking at the places where it varies we can understand the place where it is the same: the base. When we don't know the base, the techniques won't be clear and we won't be able to do applications or *henka*. Therefore, we need to know or see the base to be able to respond to the opponent's *henka*. It is important not to commit to any one specific technique when responding to the opponent's attack. If one responds solely in defense without understanding of form, one ends up hindering oneself and cannot respond or adapt. On the contrary one ends up being taken in by the opponent's *kyojitsu*.

Therefore, by entering without form and withdrawing without trace, being neither concerned with defending nor attacking, following the laws of nature, without strength, throwing away any trace of oneself, one can ride on top of the opponent's form. You should think of this as being like riding on top of a wave that is at its peak. We call this the 'log floating on the wave.' Just as if you were floating on a wave, you will be able to feel the opponent's center of balance. Using your hips and the forces of gravity to destroy that place where it is felt, then using *sabaki* to move in the direction it is destroyed, we can perform an appropriate *kata*. This *kata* is the same as the standard opening moves in the Japanese game of *Go*. However, although I say 'standard moves,' the substance is completely different. This 'substance' is the subtlety in *henka* where the inside and outside are one, and by acquiring a sense for this subtlety, we

can freely use the wondrous workings of nature. The object of *henka* is but one: to throw away any trace of your self, ride on top of the enemy's form, do *henka* based on the direction of that form, and then return to the beginning.



# The Way of Deliverance

1. When you want to attack from the right side, strike from the left side first.
2. When you want to step forward, follow with the leg behind.
3. When you want to turn your body, properly use the principle of hardness and softness.
4. When your hair is grabbed, strike the *sanmyaku*.
5. When you want to strike the opponent, break the balance of the legs of the opponent.
6. When the opponent reaches around your waist, hug around the back of the opponent.
7. When the opponent does *ogoru*, attack the lower half of the opponent's body by reaching around.
8. When you are grabbed from behind, strike the face of the opponent with the back of the head.
9. When you are hugged from the front, kick the testicles.
10. When your neck is choked from the side, push down the waist of the opponent.
11. When your body is held up, strike the face of the opponent.
12. When you can't move your legs, attack the throat of the opponent.
13. When the opponent comes close to you, keep your mind calm and maintain your courage.
14. When the opponent steps back from you, walk towards the side.
15. When the right side is blocked, you should move slightly to the left.
16. When you want to attack the legs of the opponent, attack the arms first.
17. When you kick up into the legs of the opponent, follow with the leg behind.



18. When your hand is twisted, use the tips of the fingers.
19. When your sleeve is grabbed, use *kante*.
20. When the bottom of the *gi* is pulled, escape by using your knee.
21. When your foot is stepped on, use your hand.
22. When you want to step on the foot of the opponent, cover the opponent.
23. When you want to kick the opponent, use your hand first.
24. When the body posture of the opponent is low, do not use your legs.
25. When the body posture of the opponent is high, enter by reaching around the waist.
26. When the opponent attacks you from the top, attack from the bottom.
27. When your hair is pulled, use your fingernails.
28. When your throat is being choked, use *koppō* to tear apart.
29. When your throat is strangled with rope, bend your neck at the point of the knot.
30. When the opponent walks towards you swaying, be aware he might kick you.
31. When you and the opponent face to each other, *suigetsu* to *nashi* or *suku ranai koto*.
32. When the opponent uses the principle of hardness, use the principle of softness.
33. When you use both your hands and legs at the same time, your body moves as a hawk flying freely in the wind, and even if the ground shakes like a wave you can balance your body as floating wood on the wave.

**By** using the above techniques, you deprive the *ki* of the opponent, and **invade** the opponent's body parts, and can protect yourself.

# Sonshiden

## (Sun Tzu)

If you know the opponent and yourself, you will not have difficulties even if you fight a hundred times. If you don't know the opponent, and only know about yourself, then one wins and one loses. If you don't know anything about the opponent nor yourself, you will have difficulties every time you fight. Therefore, it is said that you first mature the mind, then discipline the body so that you are mature enough to be able to create *henka*. In other words, you have the ability to make the opponent submit without even fighting. That is the master of *hyōho*.







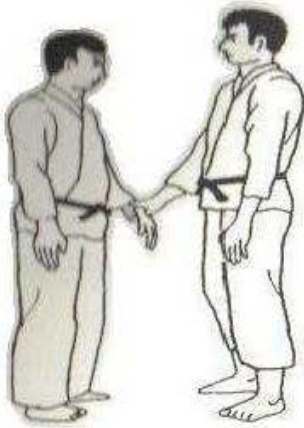
TEHODOKI SHODEN

手  
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# 霞解

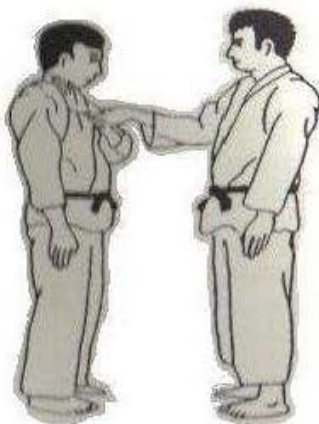
## Kasumi Hodoki



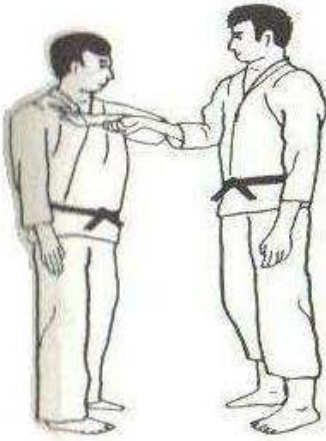
Uke: Hold *tori's* left wrist with your right hand.



Tori: Extend your hand held by the *uke*, and then twist with your palm towards the inside while lightly extending towards the right side of your waist.



Bring your hand towards your right shoulder by bending your elbow (the side of your thumb should touch your shoulder).



Quickly strike *uke's* right arm from below with your left elbow.



#### HENKA

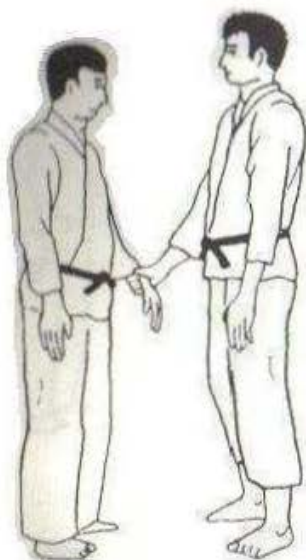
When your wrist is pressed down, you can escape by stepping backwards with the right foot and applying forward pressure.



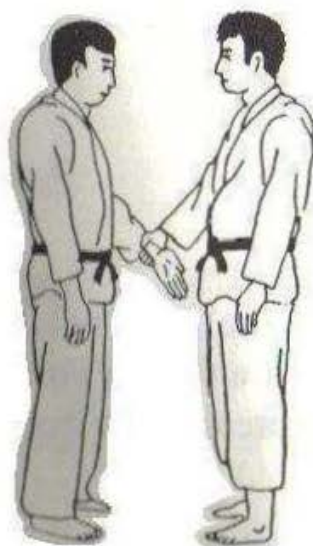
Tori: At the same time, turn your waist to the right and turn your left arm, in order to break away from the opponent.

# 順手卷

Jun Temaki

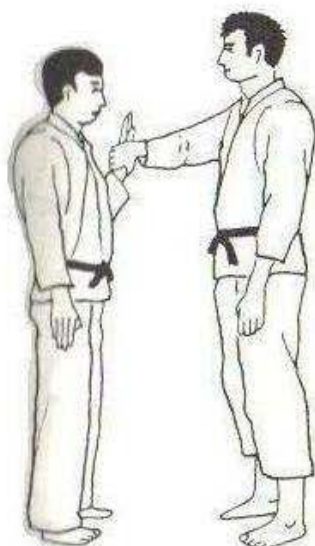


Uke: Hold *tori's* left wrist with your right hand.

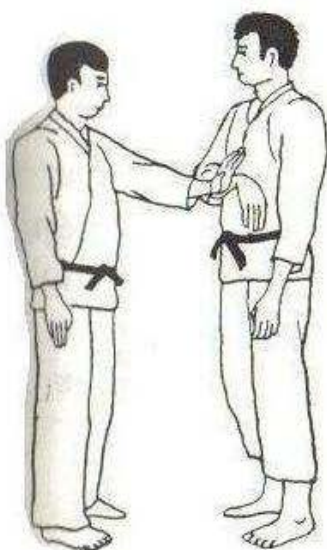


Tori: Turn your hand held by the *uke* so your palm is facing up.





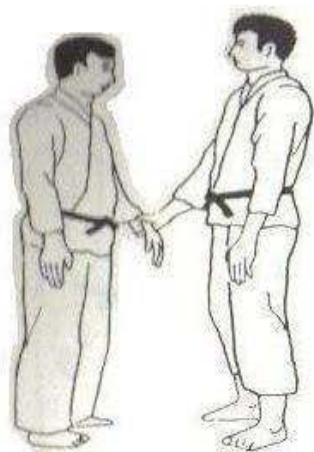
Twist *uke's* wrist and bring it toward your chest by bending your elbow upwards.



Push *uke's* wrist towards his chest with your left hand.

# 片甲返

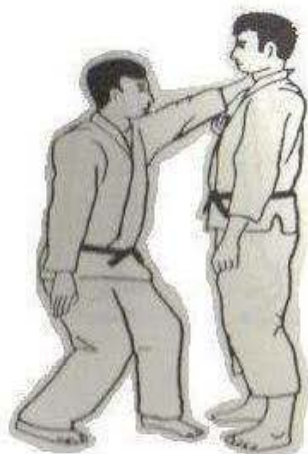
## Katakō Gaeshi



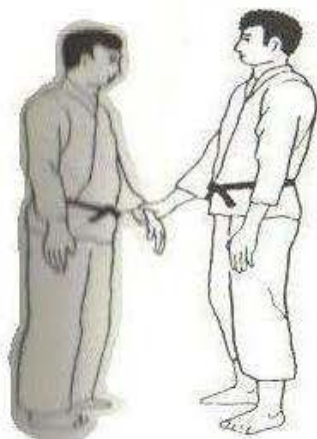
Uke: Hold *tori's* left wrist with your right hand.



Tori: Turn your hand with your palm towards your left chest, as if washing a small bucket.



Step forward, lowering your waist, and extend your elbow, striking with your left fingertips on the right side of *uke's* neck. (At that time, make sure the palm of the hand is facing up.)



Uke: Hold *tori's* left wrist with your right hand.



Tori: Extend your hand held by the *uke*, pressing *uke's* hand towards the right side of *uke's* waist while stepping forward with your left leg.

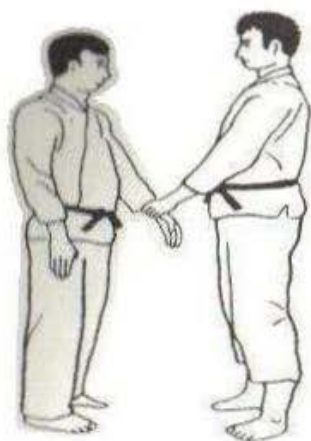


Step back towards the left with your right leg while lowering your waist at the same time, making your arm horizontal with your chest, as if hitting *uke's* right wrist with your left elbow.

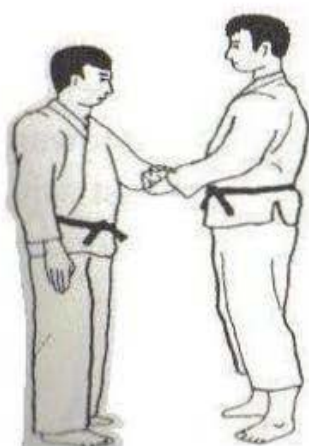


# 綾横拔

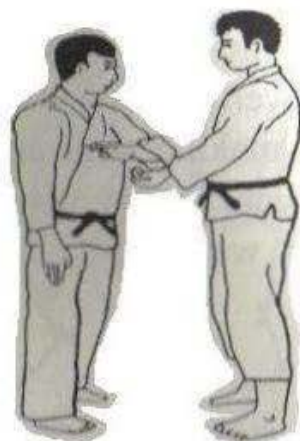
## Ayayoko Nuki



Uke: Hold *tori's* left wrist with your left hand.



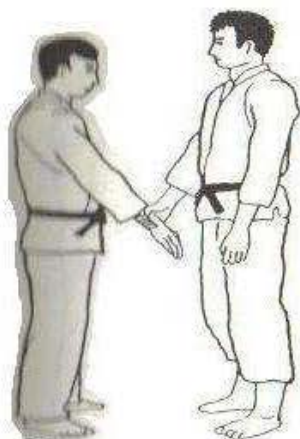
Tori: Face the outside of your hand downwards and make a circle from the outside with your palm facing down.



Move your fingertips towards the right side of your chest with your palm facing down, as if hitting *uke's* body with your left elbow.

# 綾手巻

## Ayate Maki



Uke: Hold *tori's* right wrist with your right hand.



Tori: Extend your hand, and while making a circle from the inside (as if washing a bucket), bring your hand in front of the right side of your chest with your palm facing up.



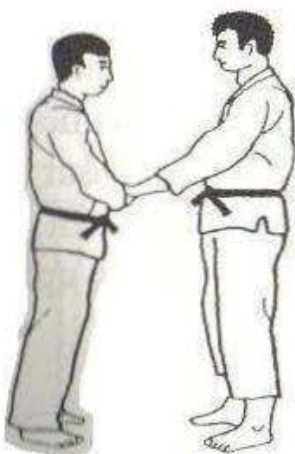
At the same time, push *uke's* wrist with your pinky while pressing with the back of your hand and turn the hand, pressing towards *uke's* chest with the palm of your hand.

# 横拔

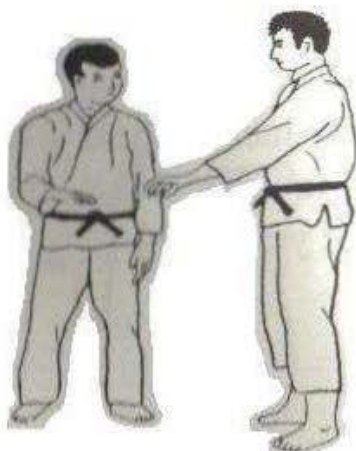
## Yoko Nuki



Uke: Hold *tori's* right wrist with your left hand as shown in the illustration.



Tori: Extend your hand to the left with the back of your hand up and the arm horizontal.

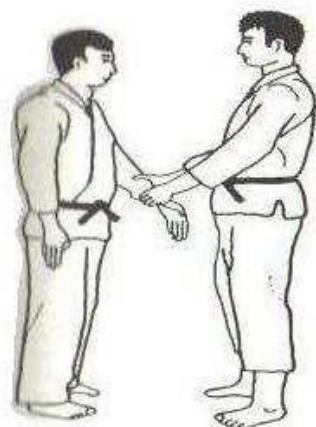


Step backwards, behind your left leg, with your right leg, and while turning cut open the base of *uke's* thumb.



# 片手差

## Katate Zashi



Uke: Hold *tori's* left wrist with both hands as shown in the illustration.



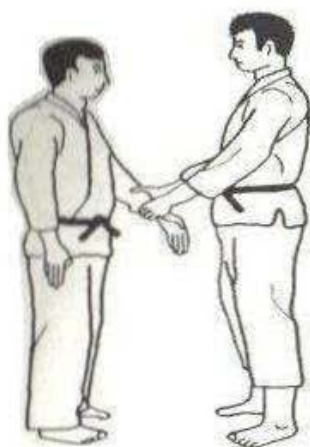
Tori: Extend your hand and step forward with your left leg while breaking *uke's* balance.



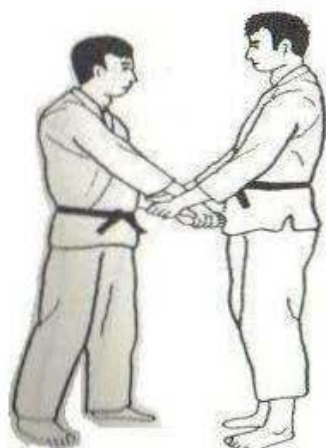
While lowering your waist, strike between *uke's* legs as if you were hitting *tsurigane*.

# 上聯

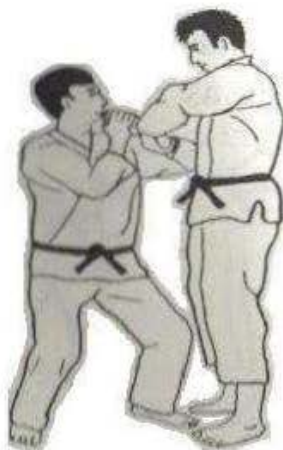
## Jōren



Uke: Hold *tori's* left wrist with both hands as shown in the illustration.



Tori: Extend your hand and step forward with your left leg. Hold your own left hand from above (held by the *uke's* hand) with your right hand.



While lowering your waist, do *sabaki*, break *uke's* left *kote* with your right *kote*, and then strike up into *uke's* *suigetsu* with your left elbow.

# 下聯

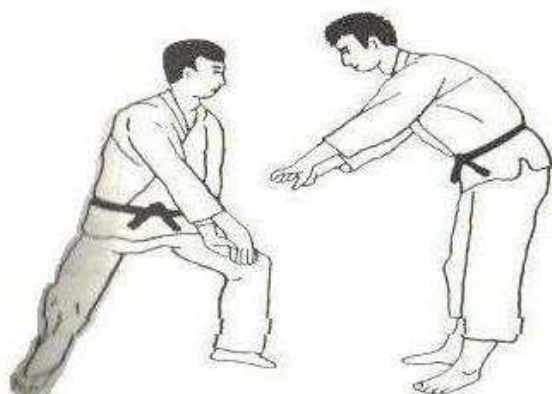
## Karen



Uke: Hold *tori's* right wrist with both hands, as shown in the illustration.



Tori: Extend your hand and step forward with your left leg, holding your own right hand (held by the *uke*) from below with your left hand.

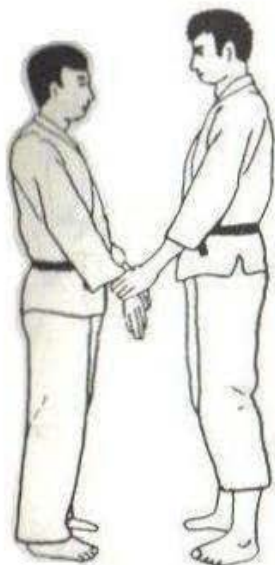


While lowering your waist, at the same time step backwards with your right leg and smash open both of *uke's* thumbs with your right *kote*.



# 両甲返

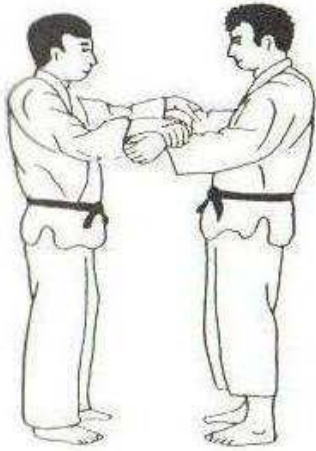
## Ryōkō Kaeshi



Uke: Hold both of *tori's* wrists with both of your hands as shown in the illustration.



Tori: Turn both of your hands so your palms face up.



Turn both of your wrists from down to up and place each thumb inside *uke's kote*.



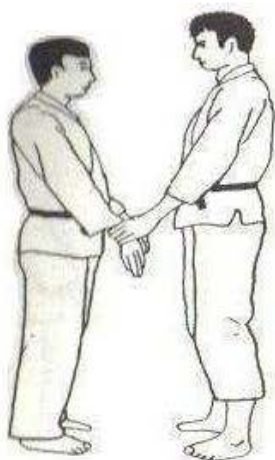
At the same time, lift *uke's* right arm up and pull his left hand down. You shouldn't grab *uke's* wrist; just lightly hold it with your thumb and four fingers.



Push down on *uke's* back with your right hand.

# 両手差

## Morote Zashi



Uke: Hold both of *tori's* wrists with both of your hands as shown in the illustration.



Tori: Open your hands and extend them, with the palms facing upwards.



At the same time, lower your waist and insert both hands by crossing them. At this time, strike the first joint of *uke's* left thumb with the inside of your right wrist.

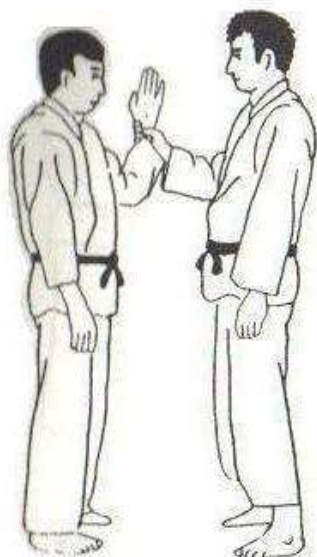


TEHODOKI OKUDEN

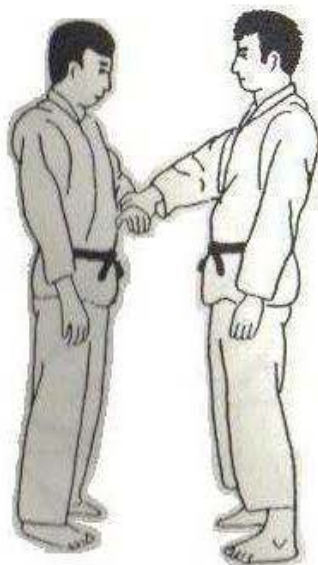
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# 睦月

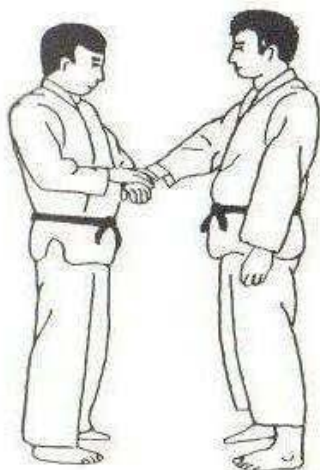
## Mutsuki



Uke: Hold *tori's* left wrist with the right hand, as shown in the illustration.



Tori: While extending the hand held by the *uke*, drop your arm to the right, keeping your arm horizontal with the back of the hand facing up.



While pushing the back of *uke's* hand with the right hand, press *uke's* pinky with your thumb.



Place your left elbow on *uke's* right *kote*.

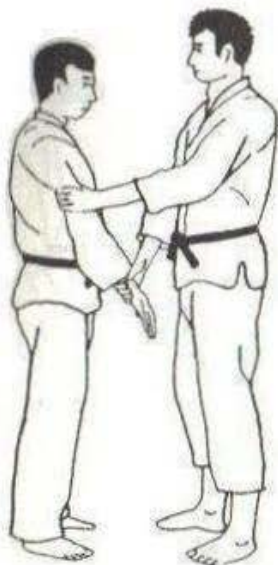


While lowering your waist, step back and to the left with the right leg.

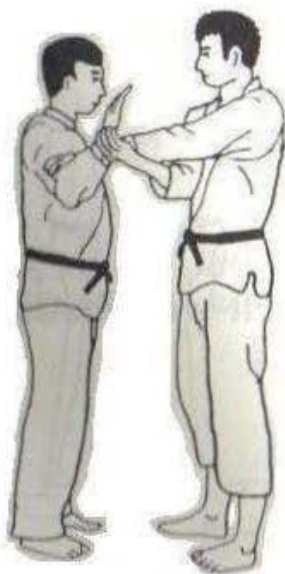


# 如月

## Kisaragi



Uke: Hold *tori's* right wrist with your right hand and grab his right upper arm from outside with your left hand.



Tori: After extending your wrist and making circle from the outside, place it onto *uke's* left wrist.



Place your left hand onto *uke's* right hand, bring *uke's* left wrist towards your chest and twist.



Step forward with your right leg, and while pushing with your right chest twist *uke's* wrist joint even farther.



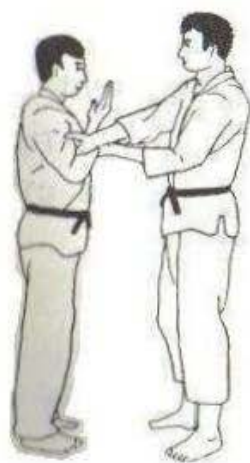
Place your left hand on *uke's* right hand. At the same time, place your right hand onto *uke's* left shoulder and push down.

# 弥生

## Yayoi



Uke: Hold *tori's* right wrist with the left hand and grab the right upper arm from inside with the right hand.

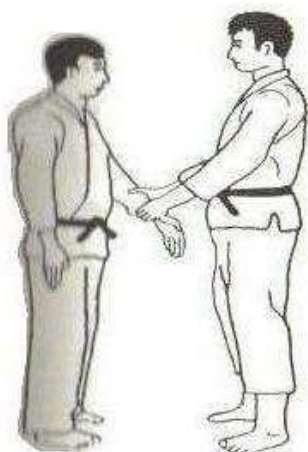


Tori: Extend the wrist held by the *uke*, and while making a circle from the inside, place it onto *uke's* right wrist and twist.

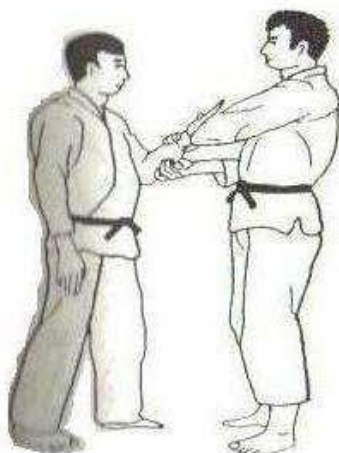


While stepping forward with the right leg, twist *uke's* wrist joint even more. At the same time, place your left hand onto *uke's* right upper arm and push down.





Uke: Hold *tori's* left wrist with both hands, as shown in the illustration.



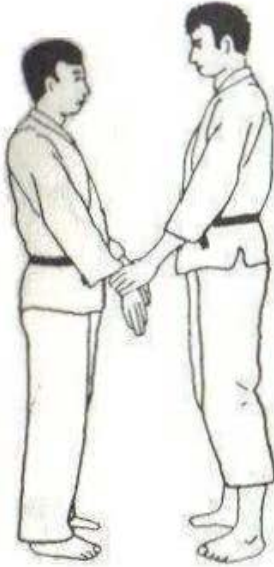
Tori: Extend your left wrist held by the *uke*. While making a circle from the inside, turn your hand in front of the left side of your chest, as in *Katakō Gaeshi*. Then, while stepping forward with the left leg, break *uke's* balance.



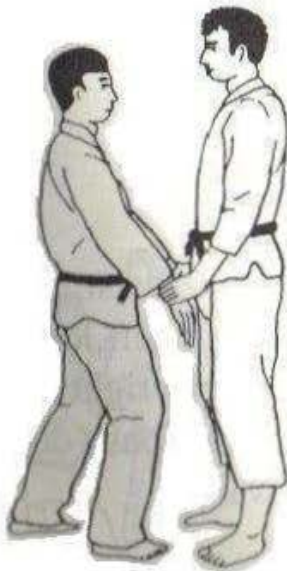
While lowering your waist, step more forward with your left leg. At the same time, place your right hand onto *uke's* left elbow and push down while raising your waist.

# 皐月

## Satsuki



Uke: Hold both of *tori's* hands with both of your hands, as shown in the illustration.



Tori: Extend both of your wrists while stepping forward with your right leg. Unbalance *uke* by extending your arms to the outside of his waist.



Turn your hand so your palm tilts upward.



While making a circle from the outside, lower your waist (bringing both of your elbows to your body) as though you were closing the sleeves of your kimono.

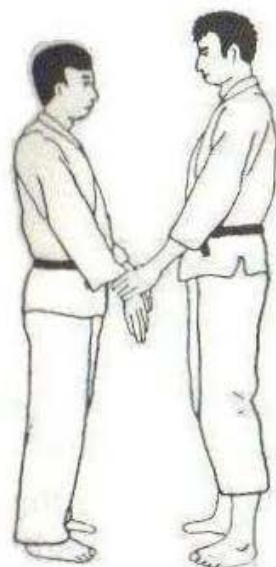


Cross both hands in front of your chest. At the same time, step forward a little with your right leg and push down.



# 水無月

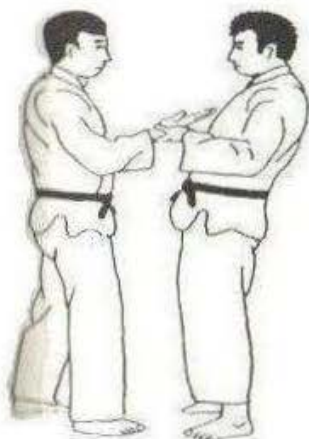
Minazuki



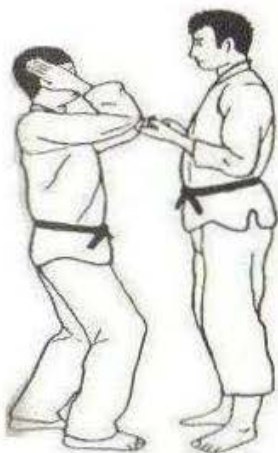
Uke: Hold both of *tori's* hands with both of your hands, as shown in the illustration.



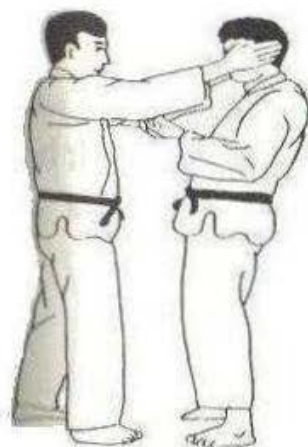
Tori: Extend both wrists held by *uke*, and then turn both hands by making a circle from the inside, as if washing a bucket.



Keeping the tips of your fingers and elbow as they are, step forward and unbalance *uke's* body with the tips of your fingers facing towards *uke's* chest.



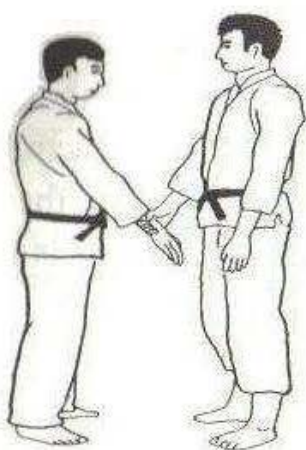
While bringing both of your hands to each side of *uke's* head, place each elbow near *uke's* arms and place your hands on both of his ears.



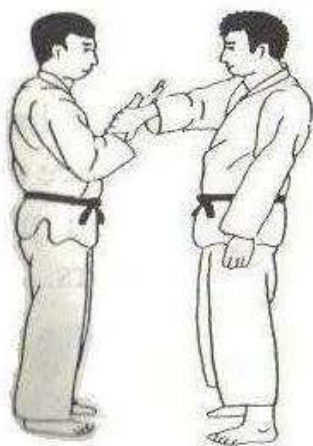
Strike both of *uke's* ears with each hand.

# 文月

## Fumizuki



Uke: Hold *tori's* right wrist in *ayate* with your right hand.



Tori: Extend your right wrist held by the *uke*, turn your hand over (in front of your chest) while making a circle from the inside.

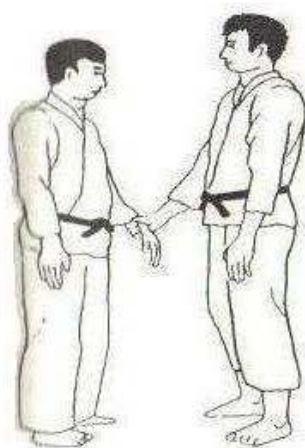


Tori: While quickly pushing *uke's* right pinky with your left hand, hold *uke's* pinky with your fingers and twist.

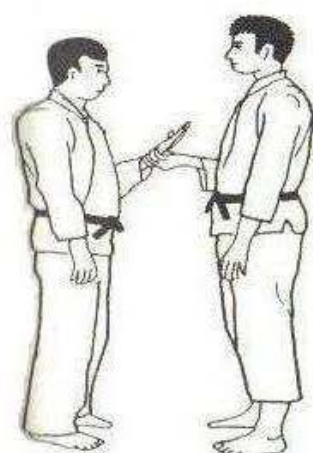


# 葉月

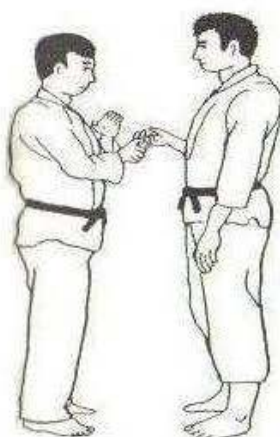
## Hazuki



Uke: Hold *tori's* left wrist with your right hand.



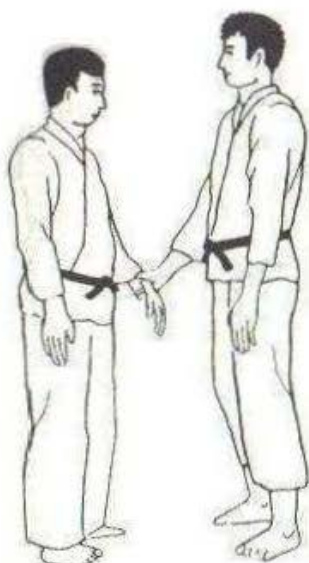
Tori: Stretch your left wrist held by the *uke*. Turn your hand over (in front of your chest) while making a circle from inside.



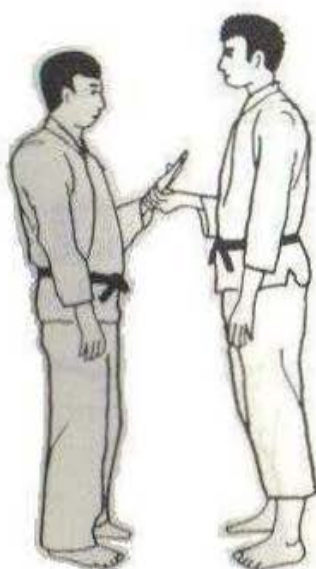
Quickly hold *uke's* right ring finger between your thumb and index finger and twist.

# 長月

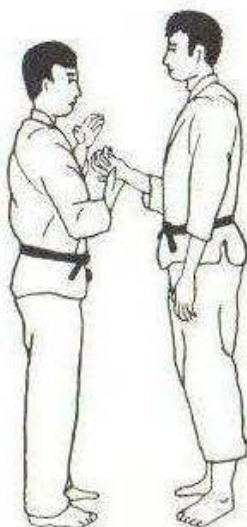
## Nagazuki



Uke: Hold *tori's* left wrist with your right hand.



Tori: Stretch your left wrist held by the *uke*, and turn your hand over (in front of your chest) while making a circle from the inside.



Hold *uke's* thumb between your thumb and forefinger with your thumb on the back of his *ekimon* (hand), and then let go of your left hand.



Hold *uke's* right elbow with your left hand and push it very hard with your thumb.

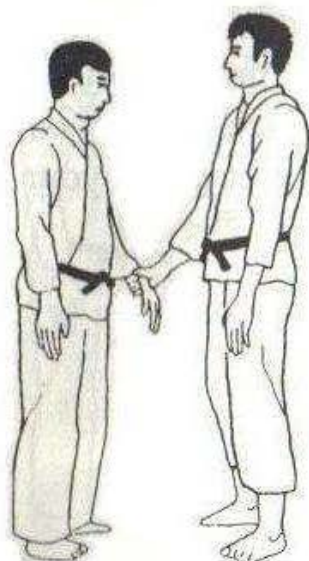


While pushing *uke's* elbow downward, twist your body to the left and kneel down with your left knee to throw the *uke*.

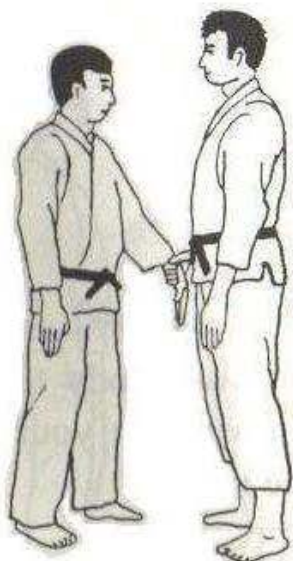


# 神無月

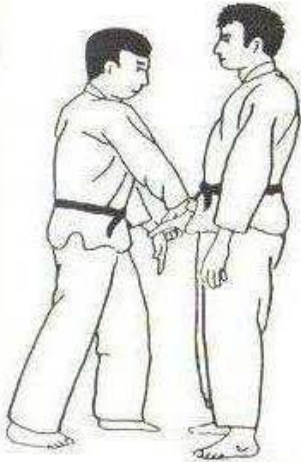
## Kannazuki



Uke: Hold *tori's* left wrist with your right hand.



Tori: While extending your left wrist held by the *uke* and stepping forward with your left leg, unbalance *uke* by extending your left arm.



Place your right thumb onto the bottom of *uke's* right thumb and take the side of his pinky with your four fingers.



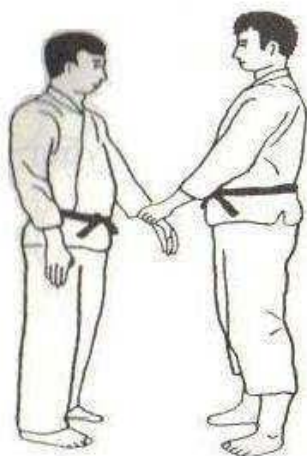
While bringing your left elbow up, hook *uke's* right *kote* with the fingers of your left hand.



While lowering your waist, hold up the side of *uke's* pinky towards his face, and at the same time push down on *uke's kote* with the fingers of your left hand.

# 霜月

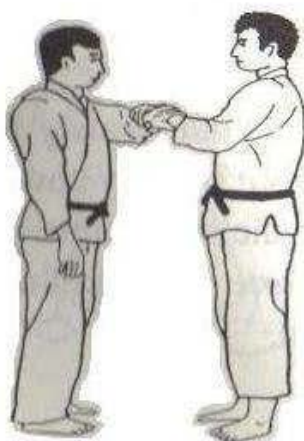
## Shimozuki



Uke: Hold *tori's* left wrist in *ayate* with your left hand.

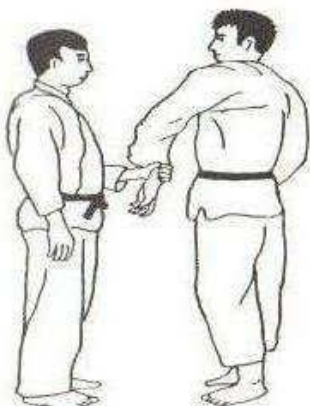


Tori: Extend your left wrist held by the *uke*, turn your hand over (in front of the left side of your chest) while making a circle from the inside.

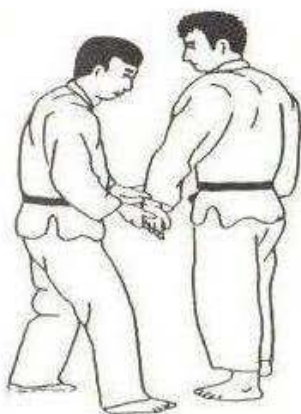


While raising your elbow, take *uke's* left wrist by turning your wrist.





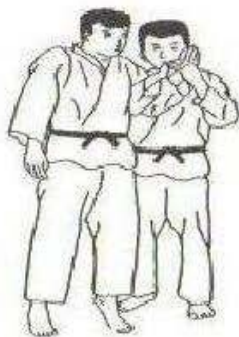
Lower your elbow by twisting.



Hold *uke's* hand upside down from the side of the pinky with your four fingers on the outside of *uke's* hand and your thumb on the *tanagokoro* of his hand, and then step forward with your right leg.

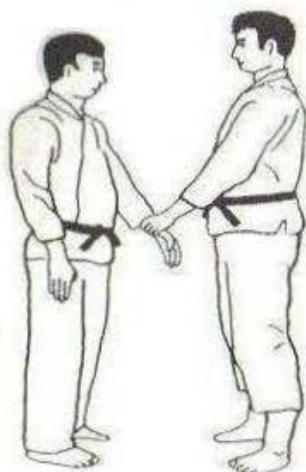


Lift *uke's* left arm towards the front of your body (as if holding it in) and lift up. At the same time, place your left hand onto *uke's* left hand and step backwards with your left leg, twisting *uke's* left hand with the inside of his hand towards your left shoulder.

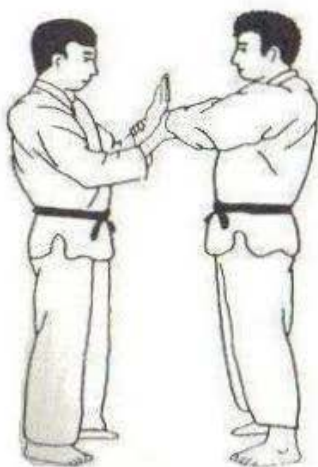


# 極月

## Gokugetsu



Uke: Hold *tori's* left wrist in *ayate* with your left hand.



Tori: Extend your left wrist held by the *uke*, turn your hand over (in front of left side of your chest) while making a circle from the inside. At the same time, take *uke's* left wrist from the bottom with your right hand and push the back of his left hand.



Twist your left wrist and hook it onto *uke's kote*, push downward and twist by stepping backward with the right leg.

JŌDAN NO KURAI

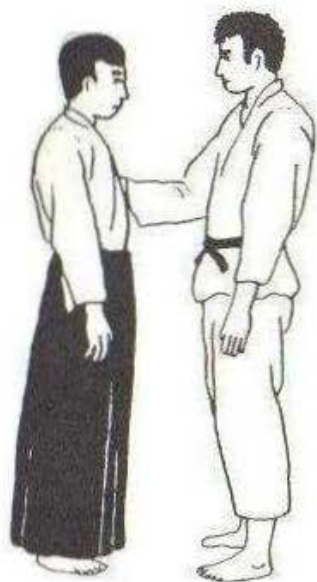
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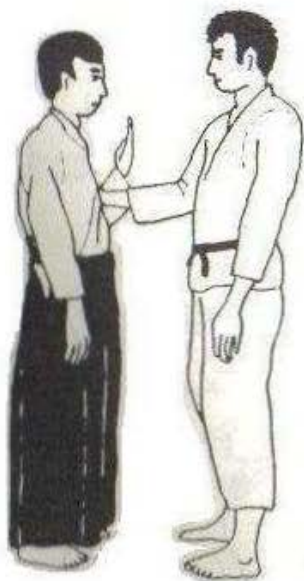
# 引落

## Hiki Otoshi

Uke: Grab the middle of *tori's* left sleeve.



Tori: Hook your left wrist onto *uke's* right wrist from the outside.





Hold your left wrist with your right hand.



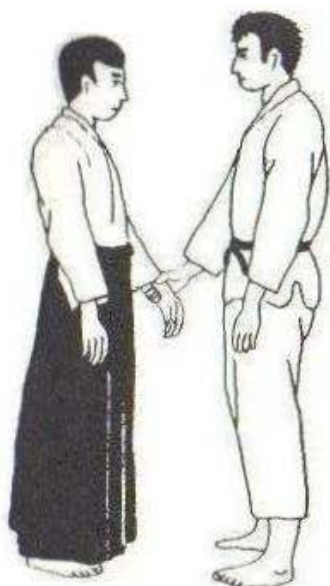
Bend your body forward and push down while stepping back with your right leg.



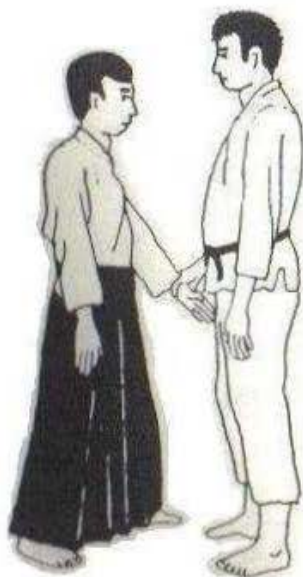
Twist *uks*'s right wrist.

# 抱込

## Kakae Komi



Uke: Hold *tori's* left wrist with your right hand.



Tori: Step forward and to the left with your left leg.





Reach underneath *uke's* right hand with your right hand.



Hook your left wrist with your right hand.

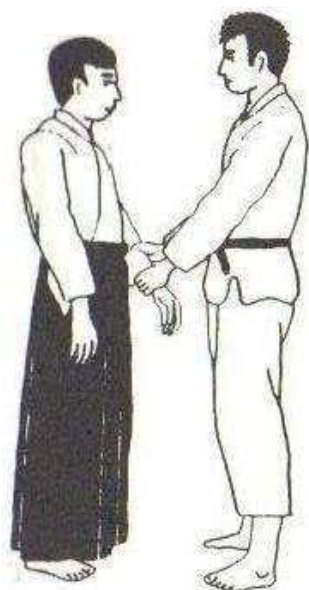


Twist *uke's* wrist by leaning back with your body.

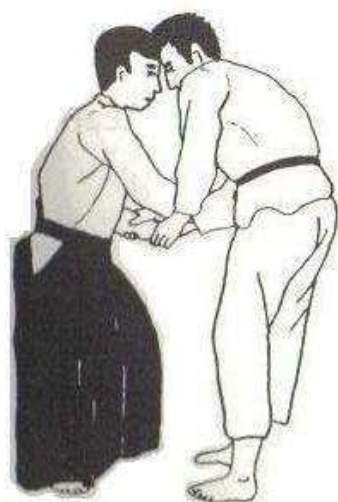
# 小手返

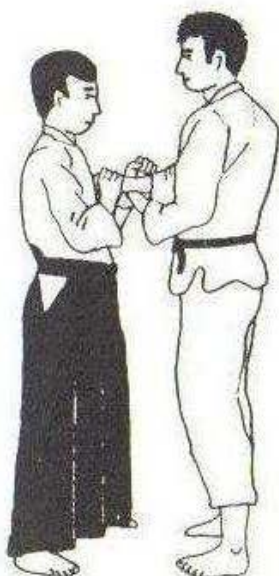
## Kote Gaeshi

Uke: Hold *tori's* left wrist with both hands.



Tori: Press down on *uke's* right wrist from above with your right hand while lowering your body and making a fist with your left hand.





Place the outside of *uke's* right hand onto your chest.

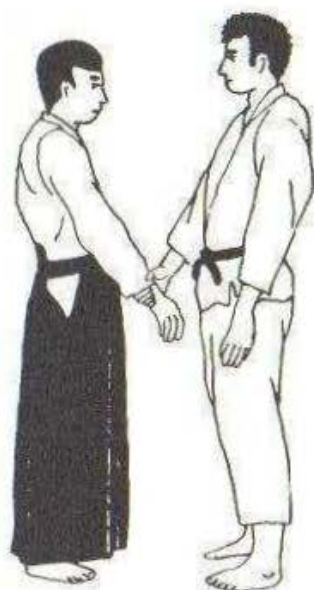


Twist *uke's* wrist by stepping back with your right leg and bending your body forward while pushing down.

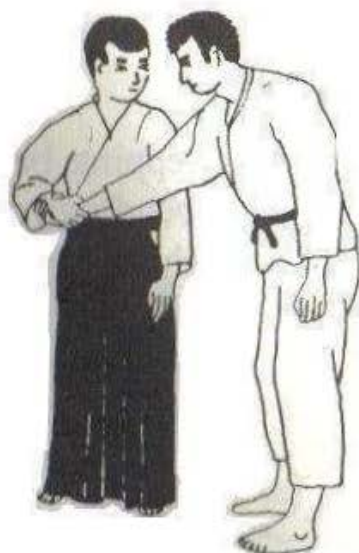


# 入違

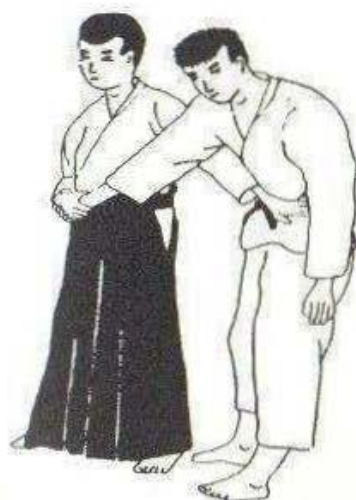
## Iri Chigai



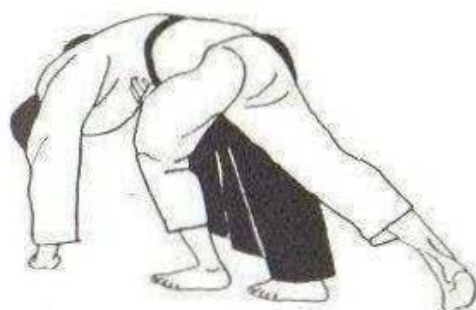
Uke: Hold *tori's* right wrist with your right hand.



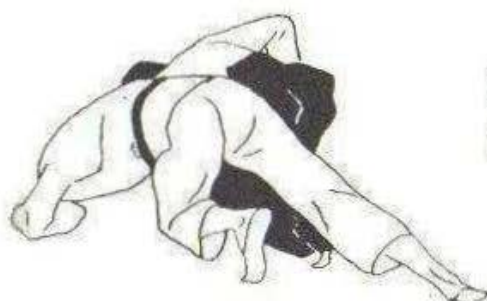
Tori: Shift your body to the right while holding *uke's* right wrist with your right hand and bringing the hand to your stomach.



Place the palm of your left hand onto *uke's* stomach by reaching underneath his right arm with your left hand.



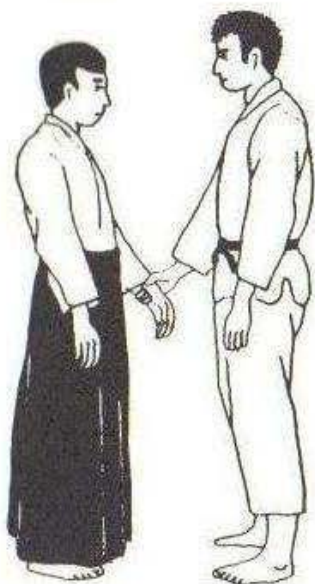
Turn your body to the right and lower your shoulder.



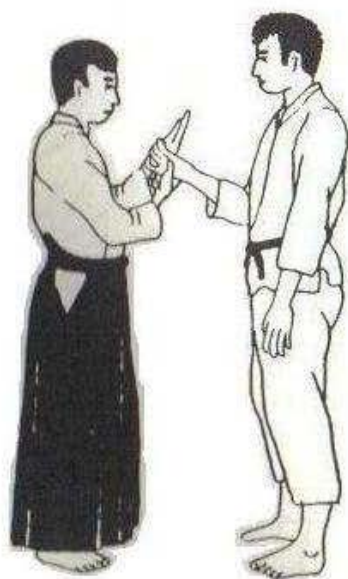
Break *uke's* right elbow by bending your body forward.

# 猿手投

## Ete Nage

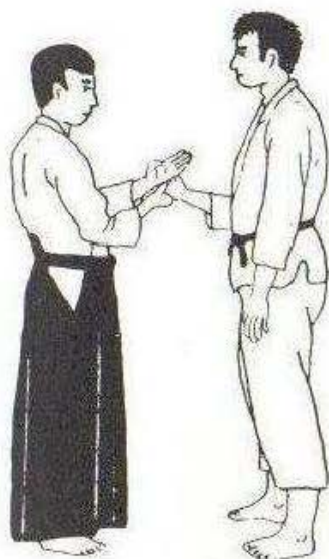


Uke: Hold *tori's* left wrist with your right hand.



Tori: While lifting your left elbow forward (raising your left arm), turn your hand up. Then, hold *uke's* right wrist from below with your right hand by grasping his right thumb with your four fingers and hooking the outside of his hand with your thumb.





Pull your left hand out of the grasp of *uke's* right hand and place your left hand onto *uke's* right hand.



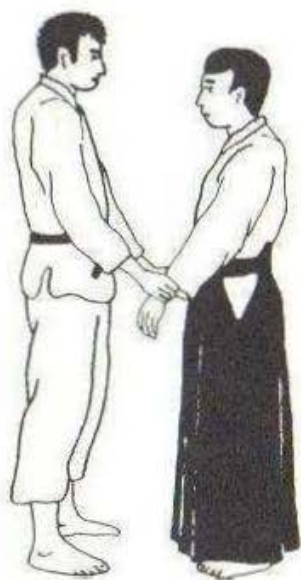
Drop down forward and twist.



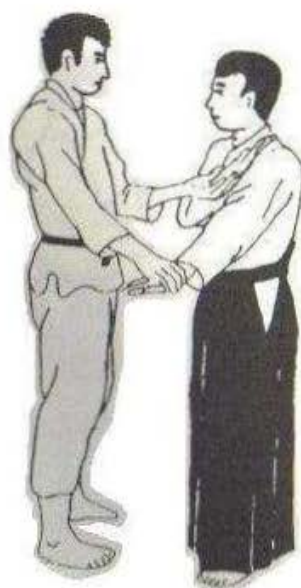
Throw.

# 両手取

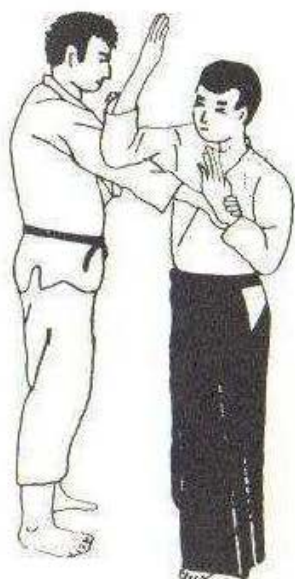
## Ryōte Dori



Uke: Hold both of *tori's* wrists with both hands.



Tori: Pull your right hand from *uke's* grasp by bringing the outside of your right hand to your chest.



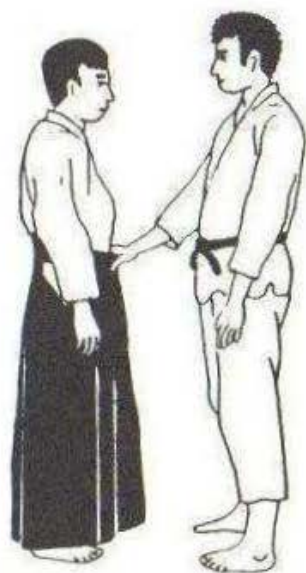
Turn your left hand from the outside.



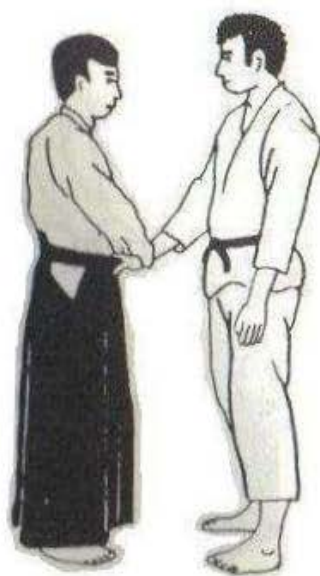
Drop and strike *uke's* right elbow with your elbow, and then strike *uke's* right *kasumi* with your right hand (keeping the fingers straight).

# 折木

## Oriki

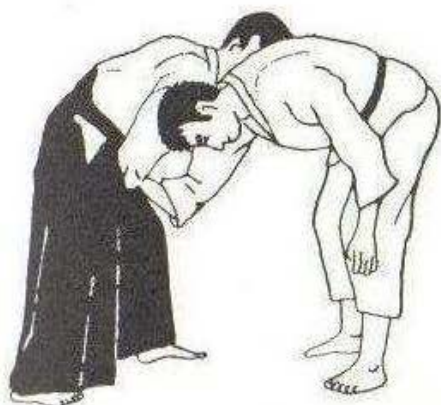


Uke: Grasp the front of *tori's* belt with your right hand (keeping the outside of your hand upwards).



Tori: Hook *uke's* right *kote* with your right *kote* from above in *Ichimonji*.





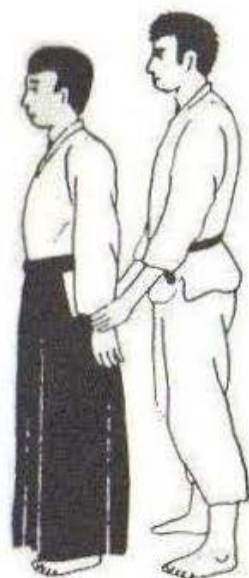
Place your left hand onto the right wrist and push down.



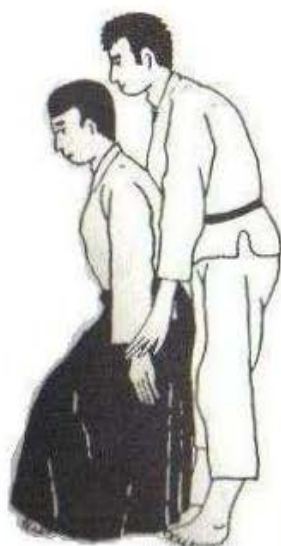
Finish by kicking up between *uke's* legs (in the testicles).

# 逆身落

## Sakami Otoshi



Uke: Hold both of *tori's* wrists from behind with both hands.



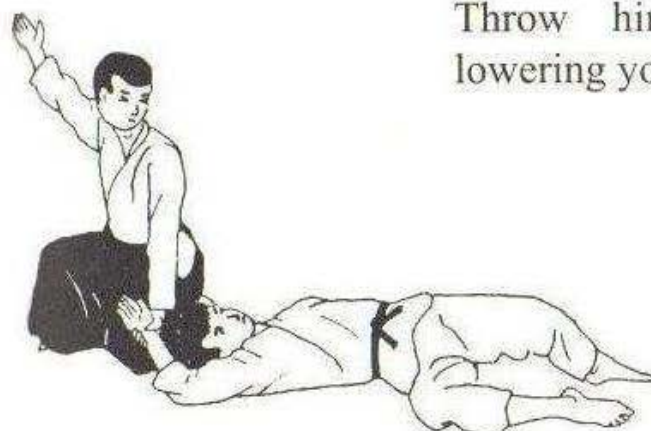
Tori: While lowering your waist...



Bring both of your hands overhead from the sides and grasp *uke's* right wrist while holding his right hand with your left hand.



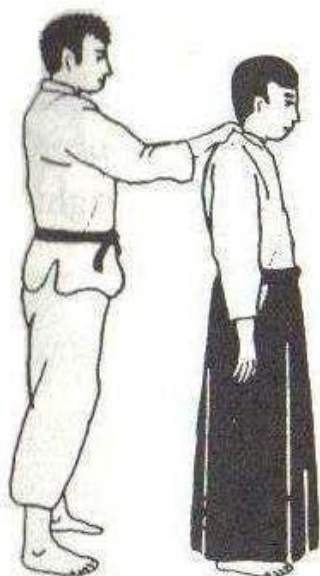
While taking a big step to the left with the left leg and kneeling down on the ground.



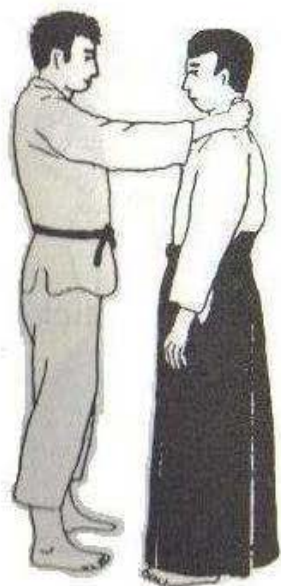
Throw him down quickly by lowering your body.

# 襟引

## Eri Hiki

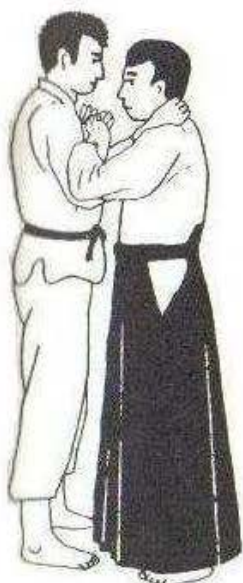


Uke: Hold the back of *tori's* collar from behind with the right hand.



Tori: Step backwards with the left leg and face the *uke* by turning around.





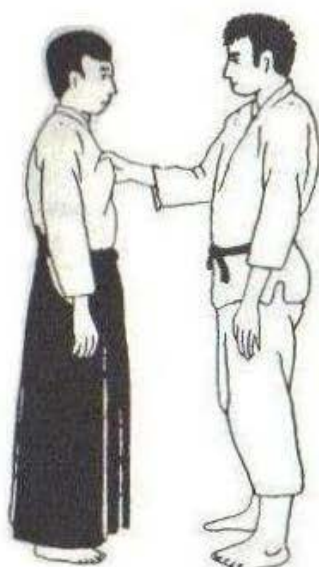
Step forward with the right leg and hook *uke's* right elbow from above with your right arm and cross with the left hand.



Break by bending your body down and forward.

# 霞返

## Kasumi Gaeshi



Uke: Hold *tori's* lapel with the right hand.



Tori: Grasp your left lapel with your left hand and grasp the outside of *uke's* right hand with your right hand.



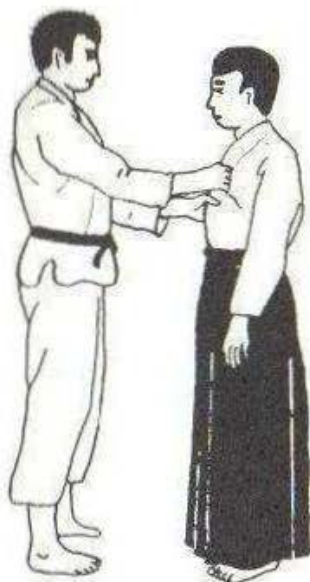
Turn your lapels out, putting both hands together.



Break by pushing down.

# 両胸取

## Ryō Mune Dori

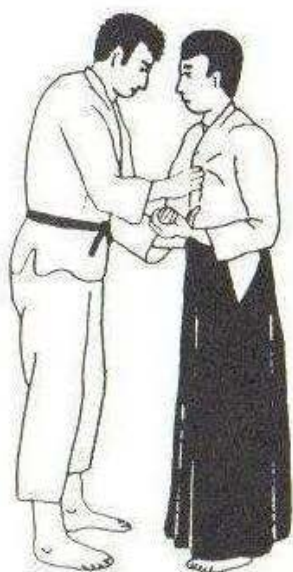


Uke: Hold both of *tori's* lapels by grasping the top of his lapel with your right hand and the bottom of his lapel with your left hand.



Tori: Insert your right hand in the space between *uke's* hands while keeping your hand straight.





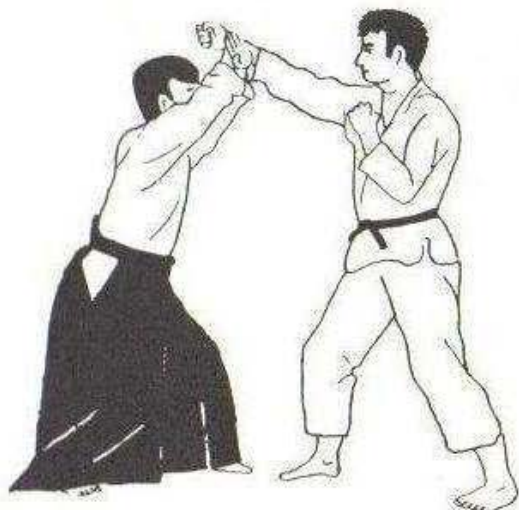
Place your left hand onto *uke*'s right hand.



Break by bending your body forward and pushing down, as in *Hiki Otoshi*.

# 打落

## Uchi Otoshi



Uke: Hit *tori's* head with **your** right fist.



Tori: Block by using *yamakage* while lowering your waist. Quickly close both hands and hook the **arm** joint of *uke's* right arm from above.



Break by simultaneously stepping straight back with your right leg, bending, and pushing downward.

CHŪDAN NO KURAI

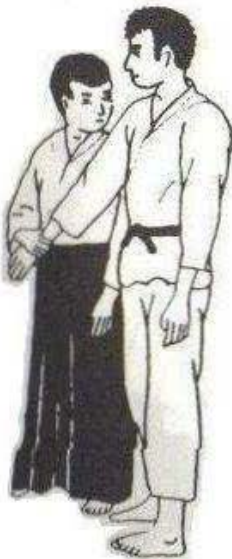
中段之位

# 引立

## Hiki Tate

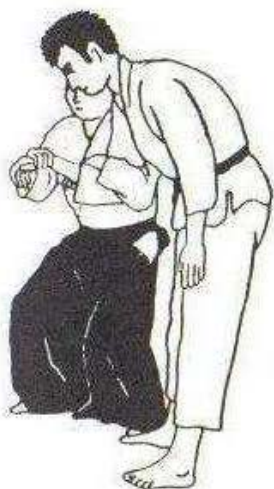


Uke: Hold *tori's* right wrist with the right hand.

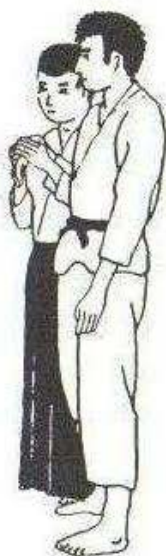


Tori: Shift your body to the right and grab *uke's* right wrist.





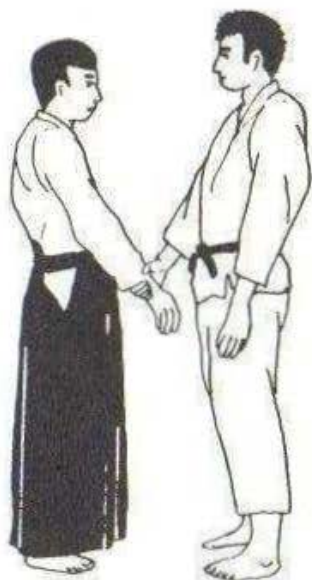
Hook *uke's* right arm from the bottom with the left hand.



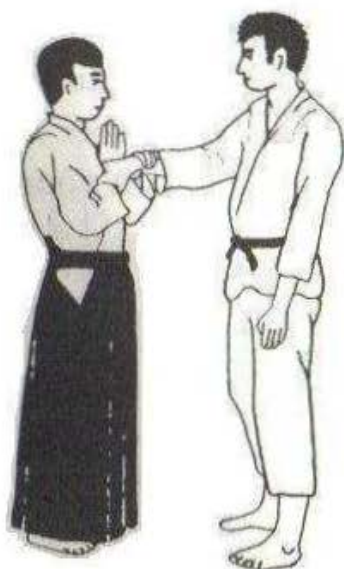
Twist *uke's* wrist by the hooking the outside of his hand with the fingers. Break *uke's* hand using *kote hishigi* by hooking his fingers on your right wrist.

# 丸身

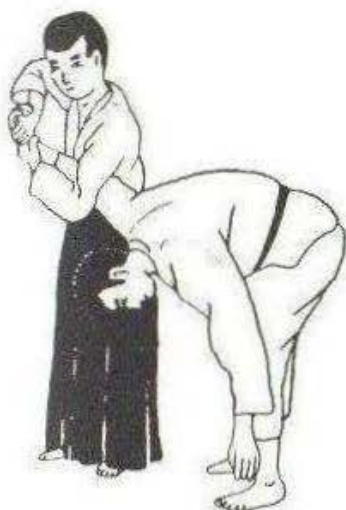
## Marumi



Uke: Hold *uke's* right wrist with the right hand.



Tori: Bring your right hand held by the *uke* close to your body (place next to your body), keeping the right hand straight.



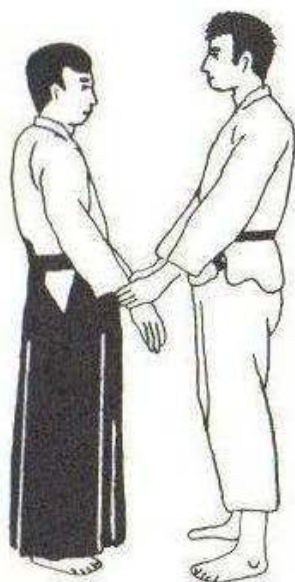
Grasp *uke's* right wrist with the left hand and shift your body to the right. Hold *uke's* right arm underneath your left arm.



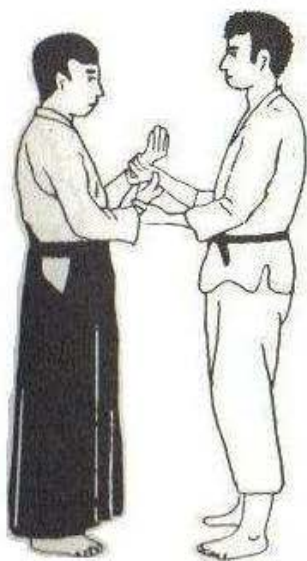
Break by pushing down.

# 逆手投

## Gyakute Nage



Uke: Hold both *tori's* wrists with both hands.



Tori: Turn the hand up while bending the left elbow, and then hold *uke's* right wrist from below with the right hand by grasping *uke's* right thumb with your four fingers and hooking the outside of the hand with your thumb.





Pull your left hand out of the grasp of *uke*'s right hand and place the left hand onto the right hand.



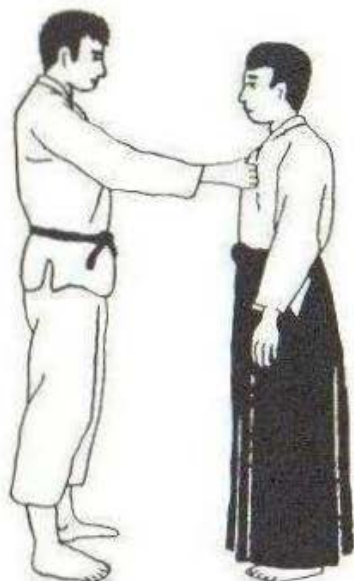
Twist and drop down forward.



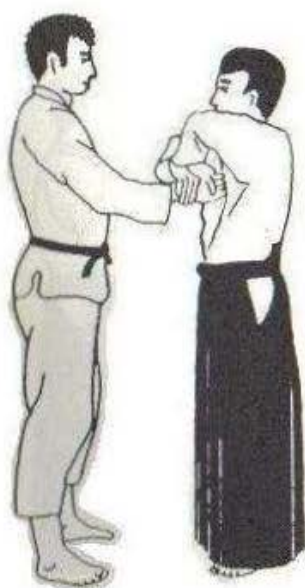
Throw.

# 捩里返

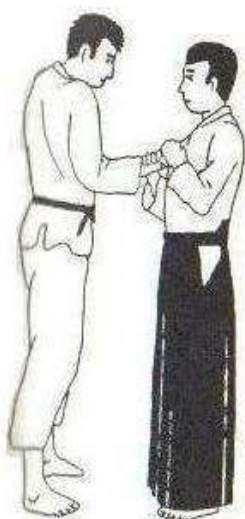
## Mojiri Gaeshi



Uke: Hold *tori's* lapel with the right hand.



Tori: Hold *uke's* right wrist with both hands.



Twist *uke*'s wrist while lowering the elbows.

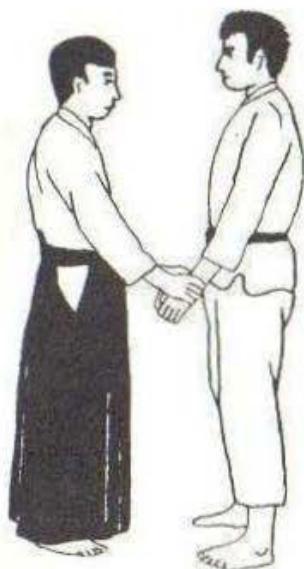


While stepping back with the left leg, take *uke* down towards the outside using both hands to twist the right wrist.

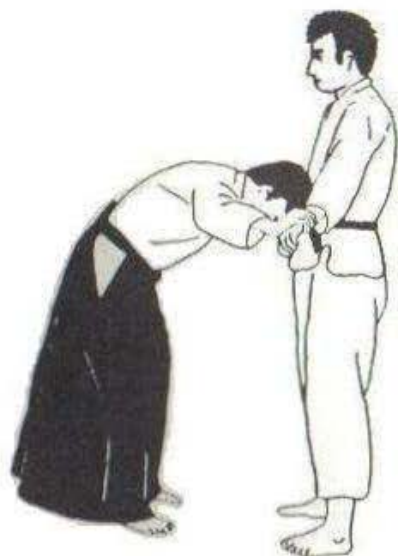


# 一文字

## Ichimonji



Tori: Hold both *uke's* wrists with both hands.

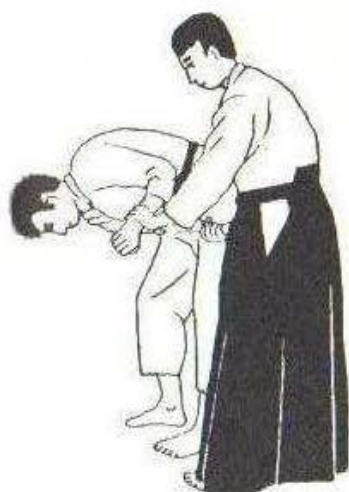


Spread your arms wide and thrust into *uke's tsukikage* with your head.





Lower yourself so you are underneath your hands.



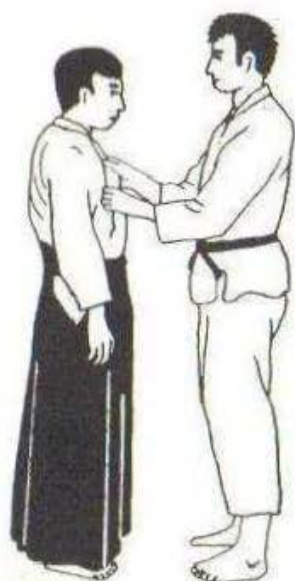
Cross arms into *natagake* and twist.



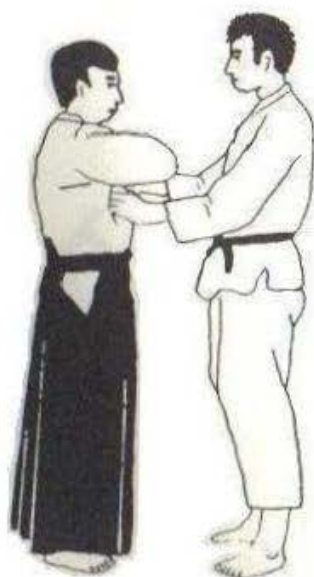
Throw.

# 逆胸取

## Gyaku Mune Dori



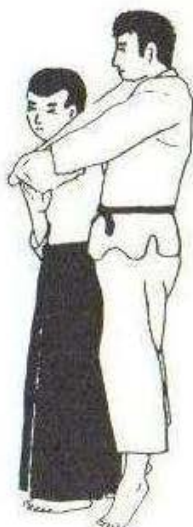
Uke: Hold *tori's* lapel with both hands (the right hand is on top and the left hand on the bottom).



Tori: Hook the right hand onto the outside of *uke's* right hand.



While lowering the left shoulder and hand, put the left hand underneath both of *uke's* arms.



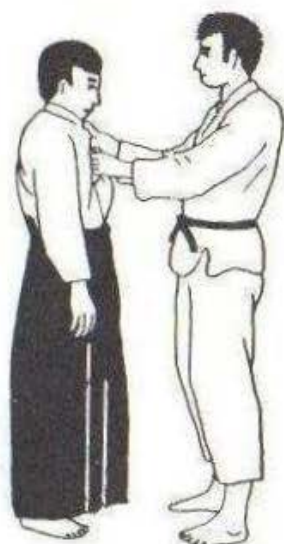
Place both of *uke's* hands on your own left shoulder and press down on both of *uke's* wrists with both hands.



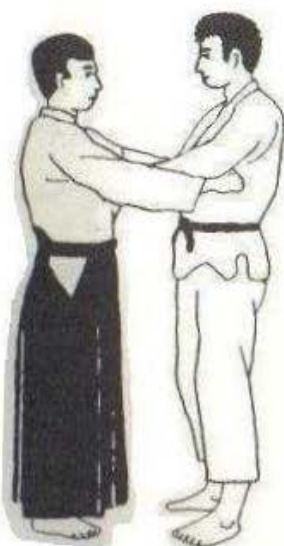
Throw.

# 襟締

## Eri Jime

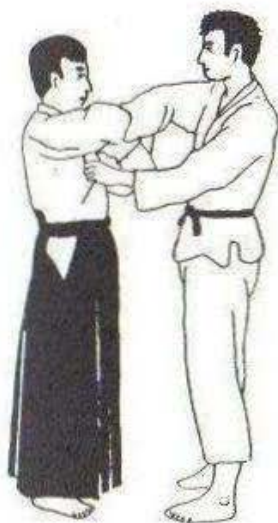


Uke: Choke *tori's* neck from the front.



Tori: Strike both sides of *uke's* ribs with both fists.





Take *uke's* right elbow with the left hand and hold his wrist with the right hand.



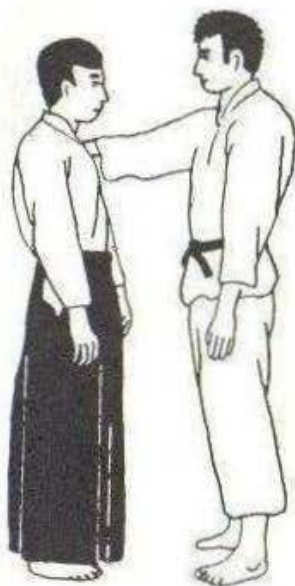
Shift your body to the left and hold *uke's* right arm underneath the armpit.



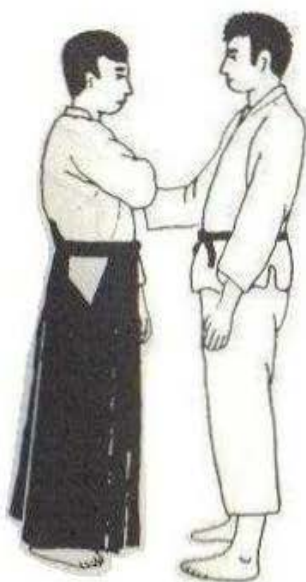
Take *uke* down and twist.

# 前肩取

## Mae Kata Dori



Uke: Grab the top of *uke's* **left** shoulder with the right hand.



Tori: Press down on the outside of *uke's* right hand with the right hand.



Raise your left arm and shift the body to the right.



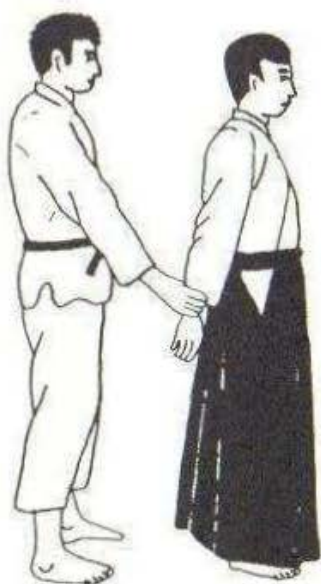
Lower your left hand toward your *tsurigane*.



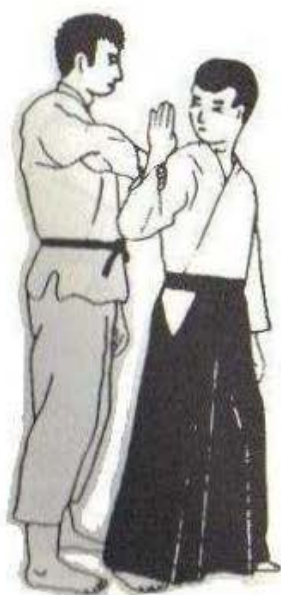
Twist *uke's* right wrist.

# 帰投

## Kaeri Nage



Uke: Hold *tori's* right wrist with the right hand from the back.

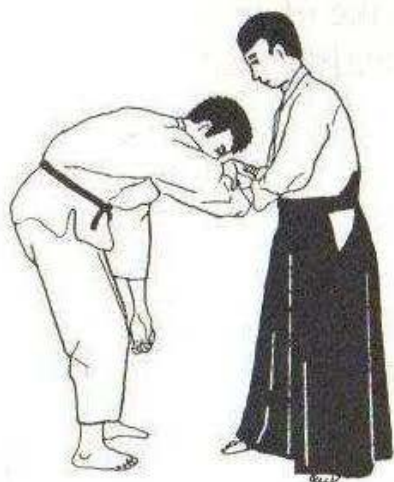


Tori: Raise your right hand by bending the elbow, and then turn around by stepping back with the right leg.





Hook *uke's* right wrist with the left hand.



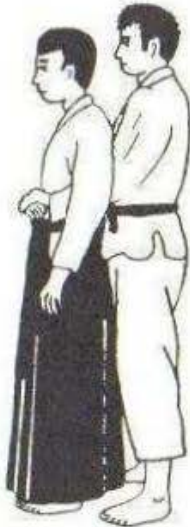
Twist *uke's* wrist by pressing down and forward.



Keep pressing while taking *uke* down.

# 山脈取

## Sanmyaku Dori



Uke: Hold *tori's* waist with both hands from behind. (The left hand should be on top of the right hand.)



Tori: Strike *uke's sanmyaku* of the left hand with the left fist.



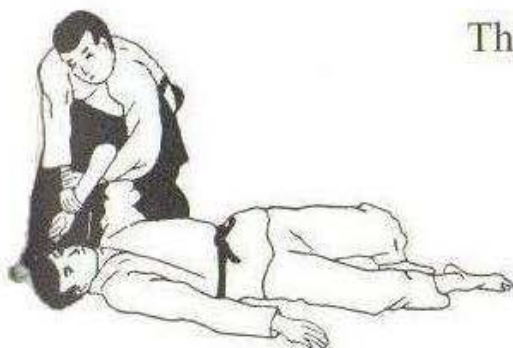
Grasp the tip of the fingers of *uke's* left hand with the right hand.



Twist with *kote hishigi* by inserting your left hand underneath *uke's* left wrist and hook the tip of your fingers onto your right wrist.



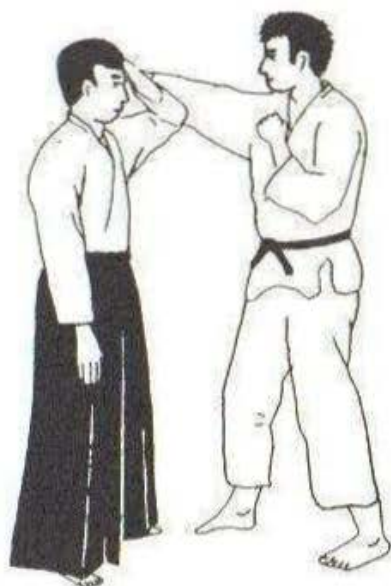
Turn around and twist *uke's* left arm upwards.



Throw and take down.

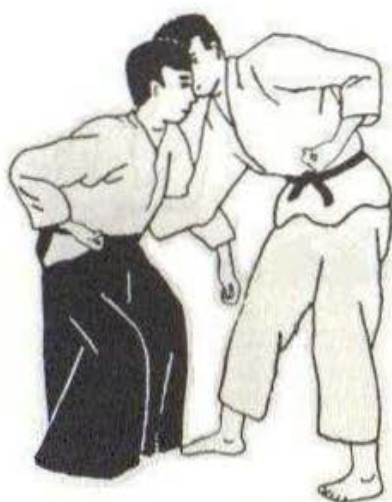
# 打込之抱

## Uchikomi No Kakae



Uke: Strike *tori's* head with the right fist.

Tori: Block with the left elbow.

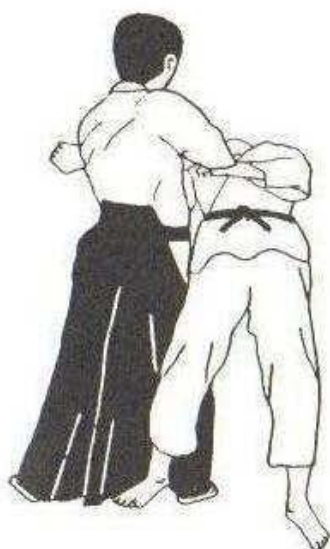


Quickly hook *uke's* arm.





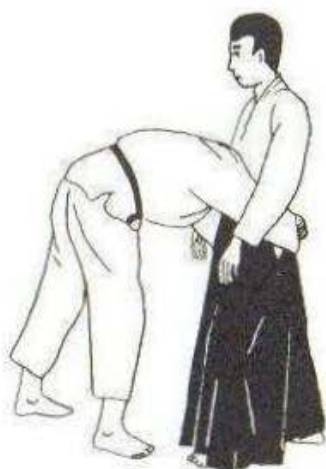
Hold *uke's* right arm under the left armpit.



Take *uke* down by pressing into both sides of the jawbone with the right thumb and index finger.

# 釣鐘

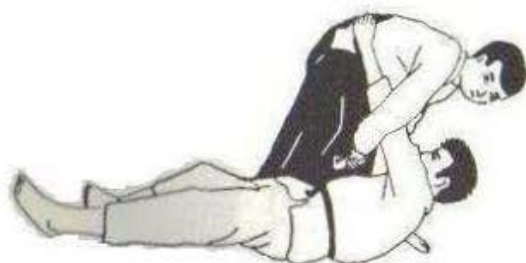
## Tsurigane



Uke: Hold *tori's* waist from the front.



Tori: Put your arms around *uke* from the outside and kick *uke's tsurigane* with the bottom of the right foot.



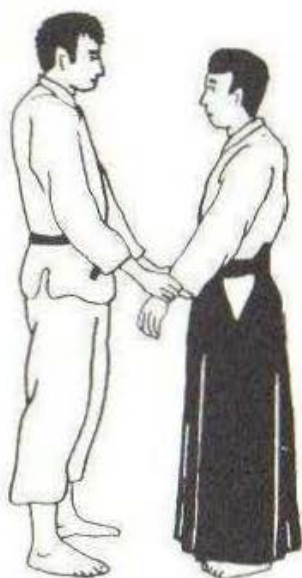
Twist both of *uke's* arms and take down.

GEDAN NO KURAI

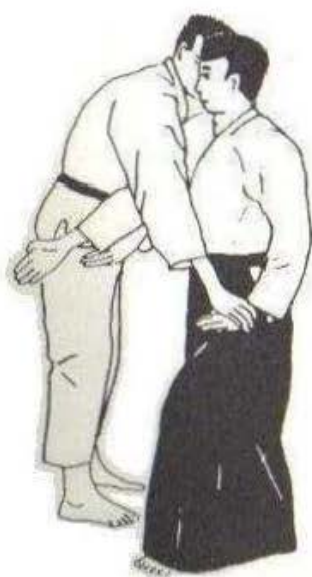
下  
段  
之  
位

# 前双手

## Mae Morote

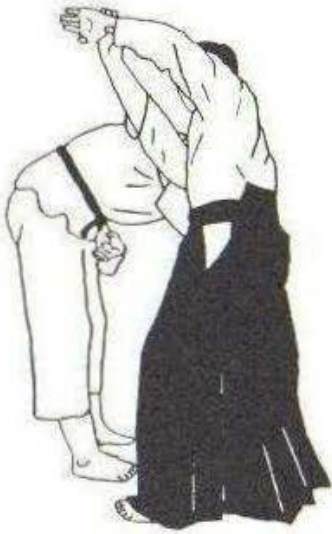


Uke: Hold both of *tori's* wrists with both hands.



Tori: Put your right hand underneath *uke's* right armpit while lowering your waist, as if you are putting your whole body underneath.





Straighten *uke's* right arm back, hooking the shoulder with the tips of the fingers, and then raise your left hand.

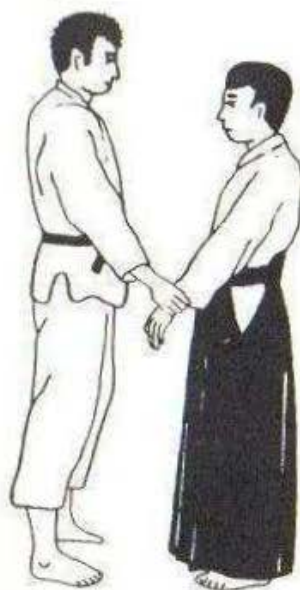


Twist *uke's* right elbow by shifting your body to the right.

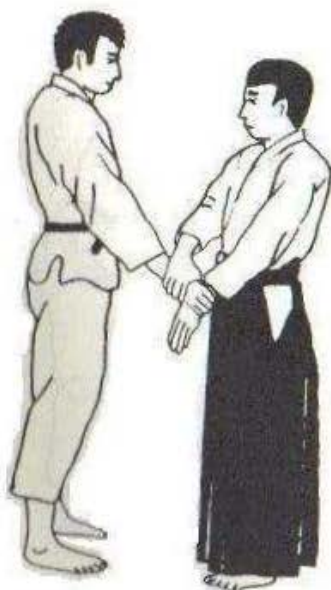


# 片手締

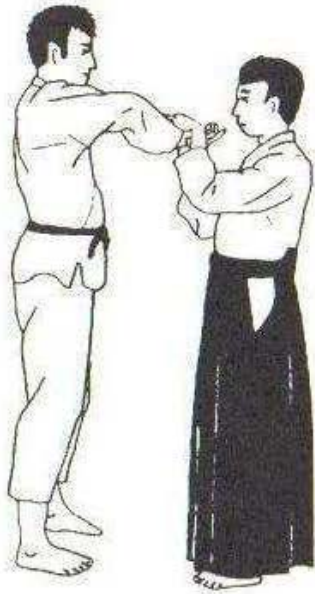
## Katate Jime



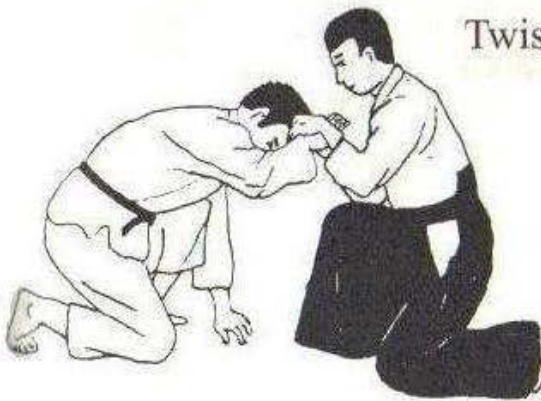
Uke: Hold *tori's* left wrist with your right hand.



Tori: Hold the outside *uke's* right hand from above with your right hand.



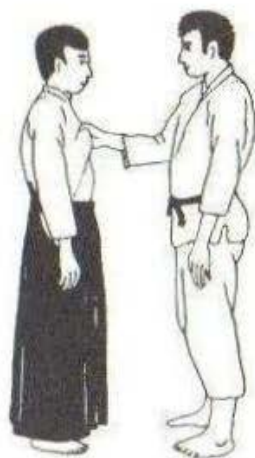
Raise your left elbow towards the front while pressing forward with your thumb.



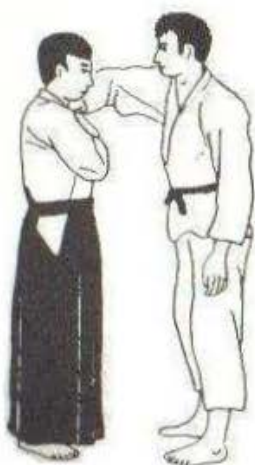
Twist by applying *hongyaku*.

# 逆寅返

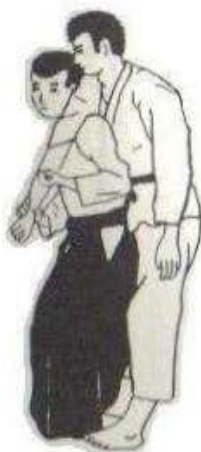
## Gyaku Tora Kaeshi



Uke: Hold *tori's* lapel with **your** right hand.



Tori: Hold *uke's* right wrist **from** underneath with your right hand.

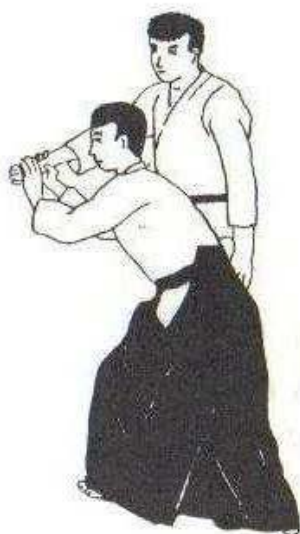


Put your left shoulder underneath *uke's* right armpit by lowering **your** left shoulder so *uke* is behind **you**.

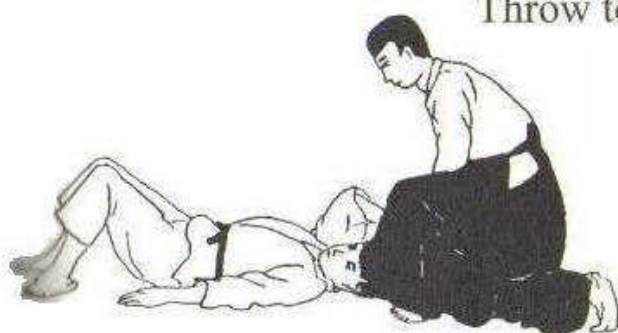




Put *uke's* right arm on your left shoulder and put your left hand onto your right hand.



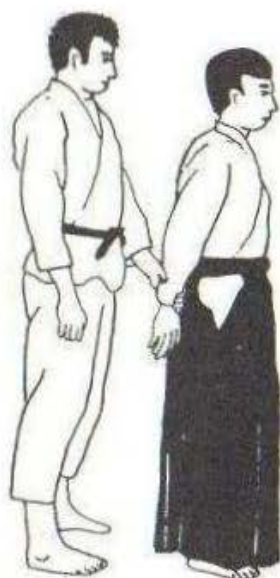
Lower yourself underneath *uke's* hand.



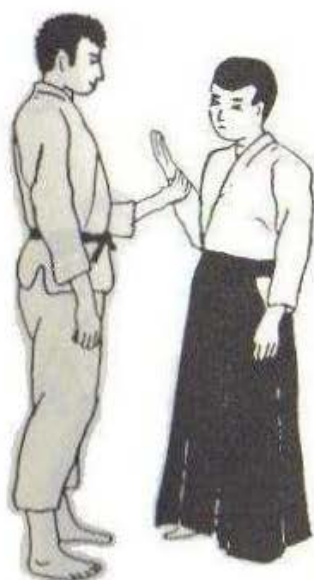
Throw towards the right.

# 露返

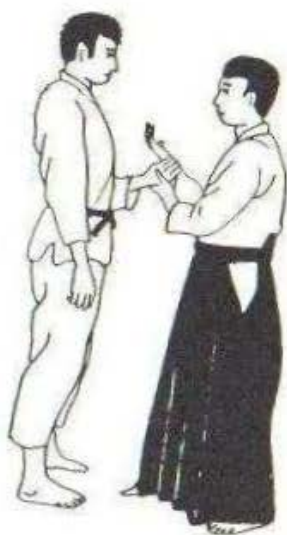
## Tsuyu Gaeshi



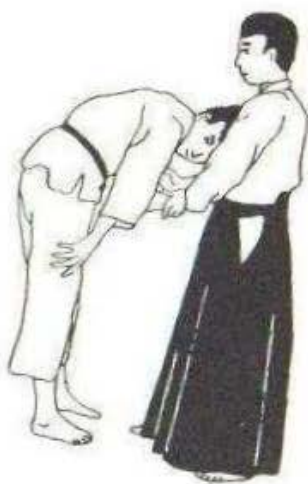
Uke: Hold *tori's* right wrist from behind with your left hand.



Tori: As shown in *Kaeri Nage*, raise *uke's* right hand, and then turn around by stepping back with the right leg.

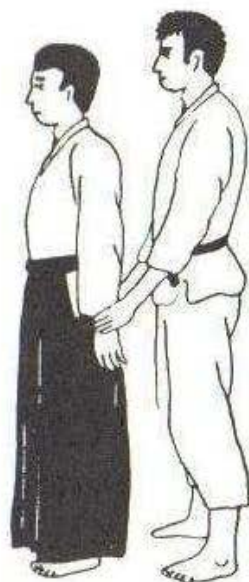


Twist *uke's* wrist by doing *henka* with *Ete Nage*.

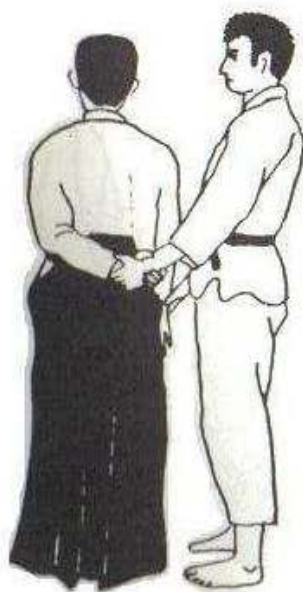


# 後双手

## Ushiro Morote

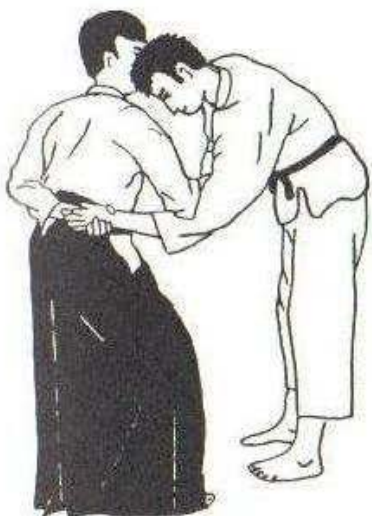


Uke: Hold both of *tori's* wrist from behind with both hands.



Tori: Shift your body to the right by stepping backwards with the right leg, and hold the tips of *uke's* left fingers with your left hand.





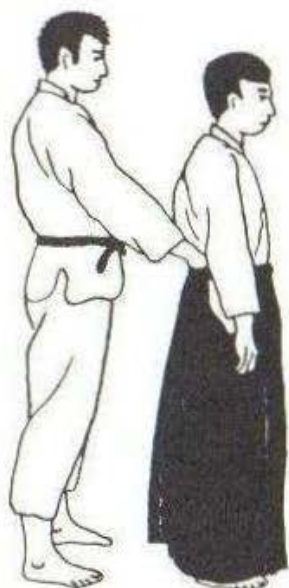
Press down on *uke's* left elbow with your right elbow.



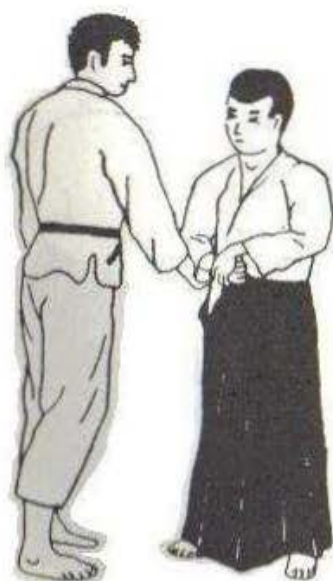
Throw *uke* onto the back.

# 横引落

## Yokohiki Otoshi



Uke: Grab the back of *tori's* obi from behind with your right hand.

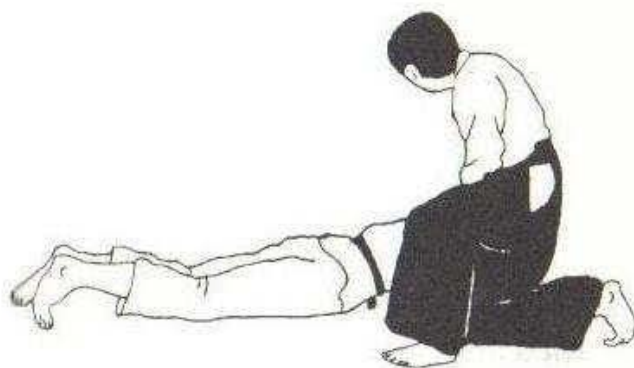


Tori: Shift your body to the right by stepping backwards with your right leg while hooking *uke's* right wrist with your right wrist.



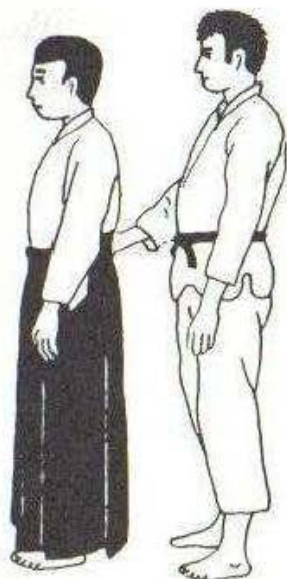
Press down on *uke*'s wrist by placing your left hand onto your right hand.

Do as shown in *Hiki Otoshi*.

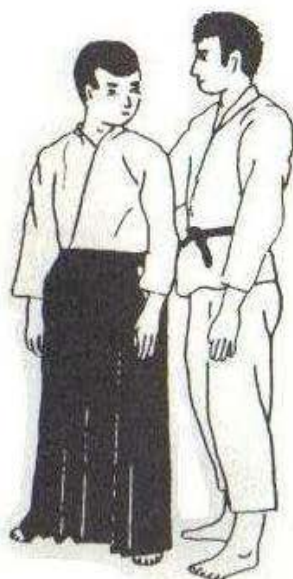


# 腰返

## Koshi Gaeshi



Uke: Grab the back of *tori's* obi from behind with your right hand.



Tori: Turn around by stepping forward with your right leg.





As shown in *Iri Chigae*, place your hand onto *uke's* right hand while reaching towards him with your left arm.



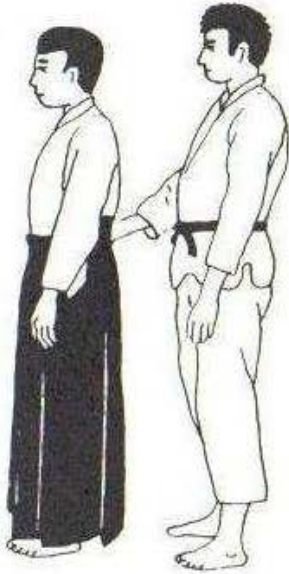
Twist your waist to the right.



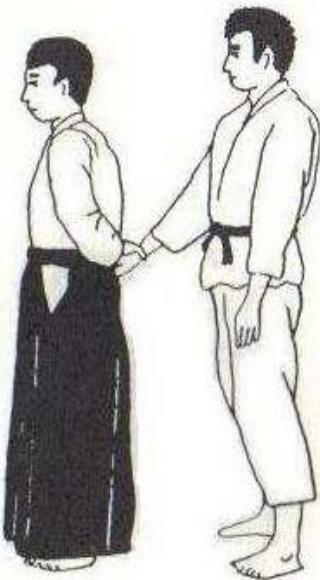
Twist the joint of *uke's* right elbow.

# 関節投

## Kansetsu Nage



Uke: Grab the back of *uke's* **obi** from behind with your right hand.



Tori: Reach behind with your **left** hand and hold *uke's* right wrist.



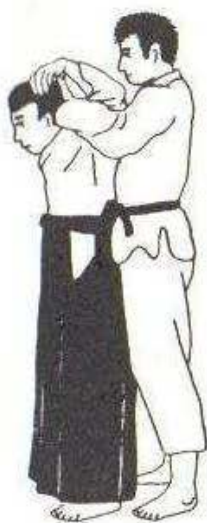
Press down on the joint of *uke's* right elbow with your right elbow.

Drop and throw behind.

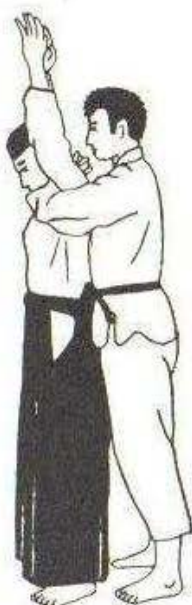


# 翼締

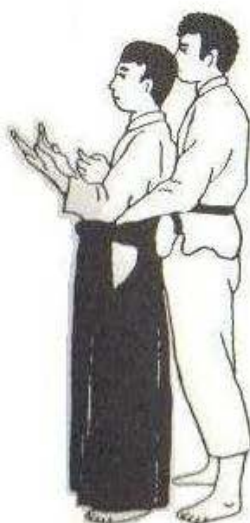
## Hagai Jime



Uke: Reach underneath *tori's* arm from behind and apply a choke.



Tori: Raise both arms.



Drop both of your arms, making *uke* let go.

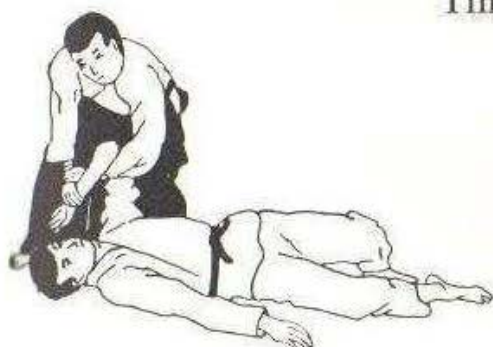




Place your left hand underneath *uke's* left wrist; hook the fingertips onto your right wrist and twist using *kote hishigi*.



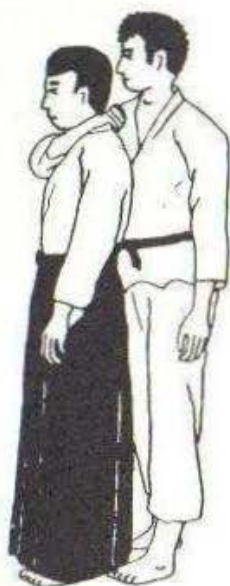
Bend *uke's* left arm while turning around.



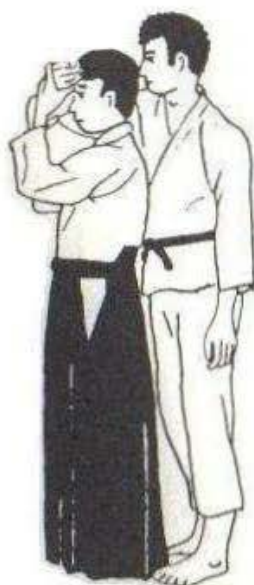
Throw and take down.

# 首投

## Kubi Nage



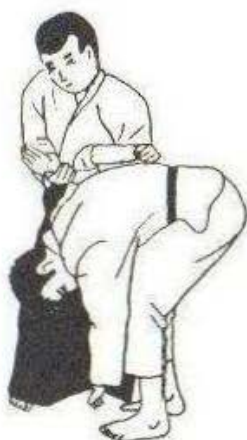
Uke: Choke *tori* from behind with your right hand.



Tori: Push *uke's* right elbow up with the right hand while pushing the fingertips with your left hand.



Lower your body underneath *uke's* hand.



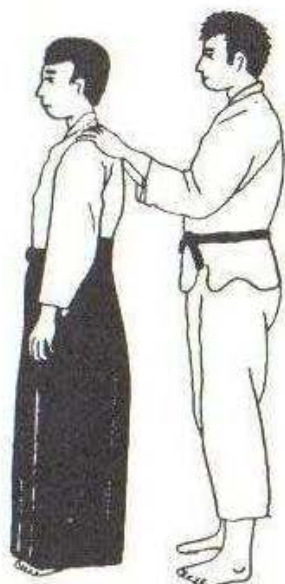
Twist using *ude hishigi* with the left hand.



Take *uke* down, onto his stomach.

# 後肩取

## Ushiro Kata Dori



Uke: Similar to *Mae Kata Dori* but hold *tori's* shoulders from behind with both hands.



Tori: Step backwards with your left leg and place your left hand behind *uke's* left hand.





Place your right hand onto your left hand.

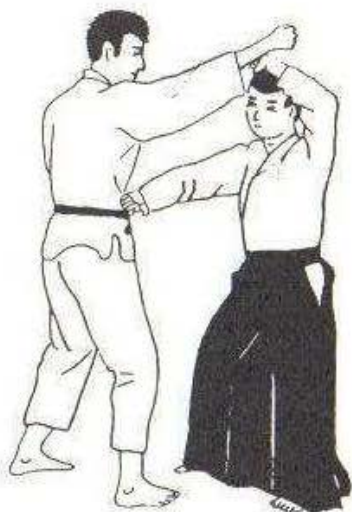


Drop forward.



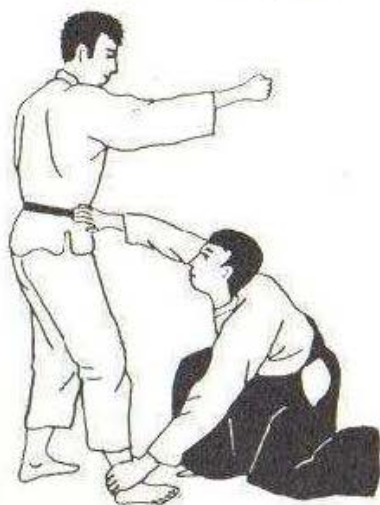
# 打込之押

## Uchikomi no Oshi

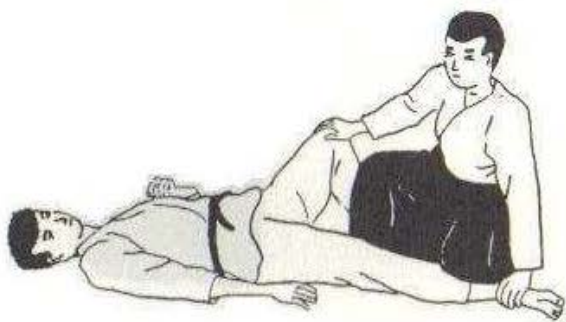


Uke: Strike *tori's* head with *your* right fist.

Tori: Block with your left *hand* while striking *uke's* stomach *with* *ichimonji*, using the right hand.



Grasp *uke's* right ankle with *your* left hand.



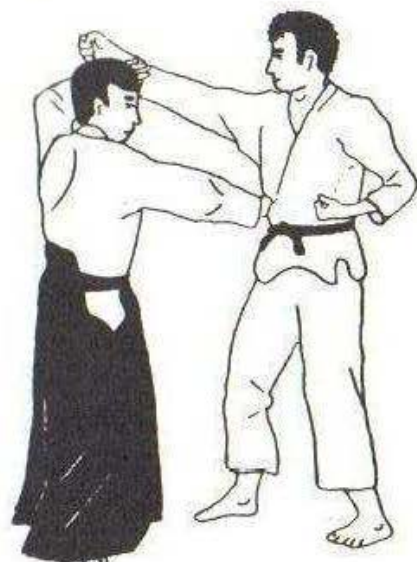
Take *uke* down by pulling his ankle, and then press down on his ankle with your left knee and twist.

OKUDEN NO KURAI

奥伝之位

# 打込

## Uchi Koml



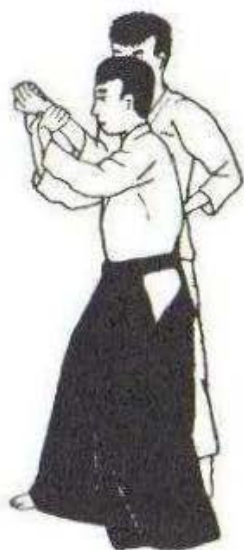
Uke: Strike *tori's* head with your right fist.

Tori: Block and grab with your left hand, and then strike *uke's* ribs with your right hand.



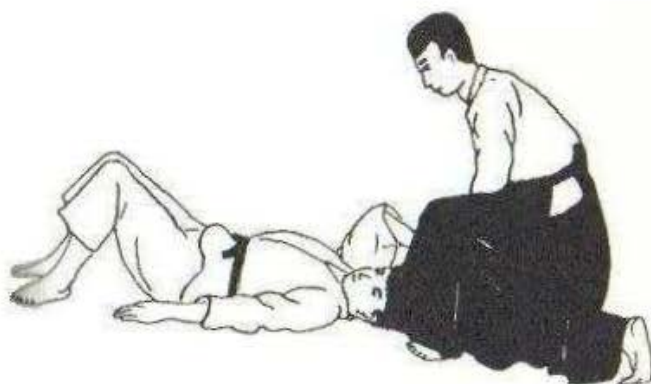
Place your right hand on *uke's* hand.





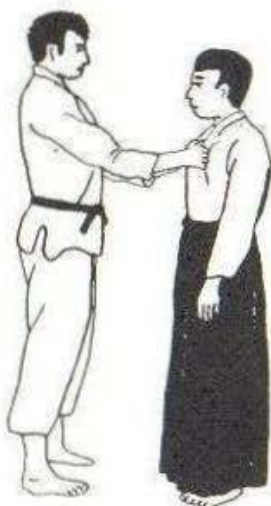
Lower yourself underneath *uke's* right hand from the outside.

Throw to the right.

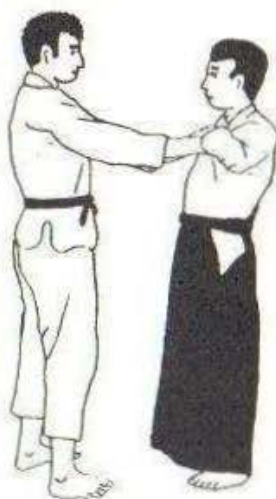


# 前落

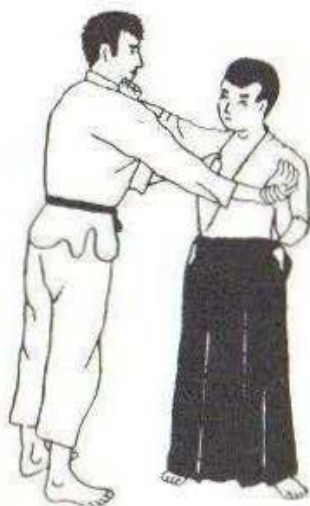
## Mae Otoshi



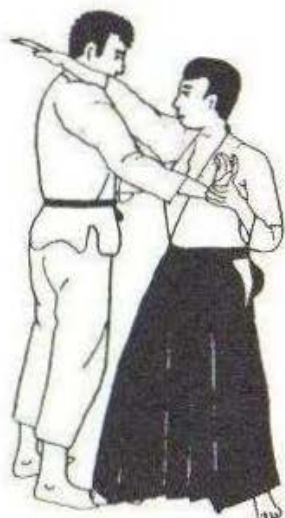
Uke: Grab both of *tori's* lapels with both hands and attempt to throw.



Tori: Hold *uke's* right wrist with your left hand.



Strike the right side of *uke's* jaw with your right hand while stepping back with your left leg.



Extend your right arm onto the right side of *uke's* neck.



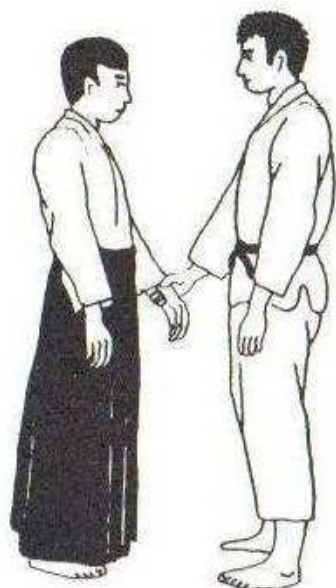
Step on *uke's* right foot with your right foot.



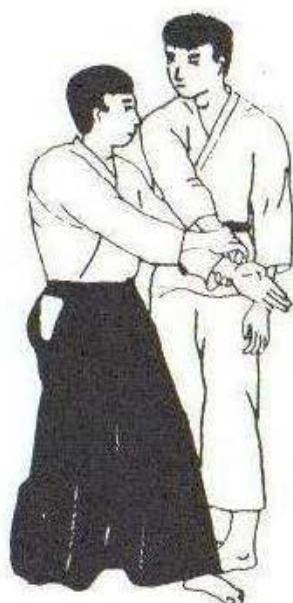
Take down.

# 腕骨投

## Wankotsu Nage



Uke: Hold *tori's* left hand with your right hand.



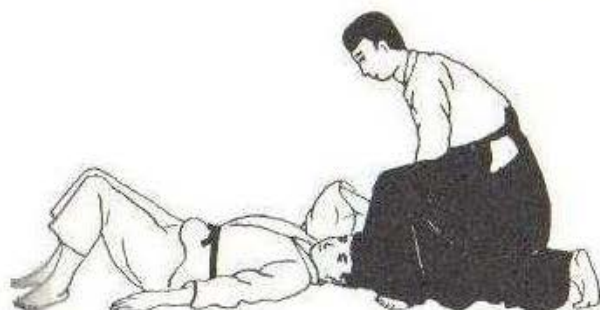
Tori: Grab *uke's* right wrist with your right hand.





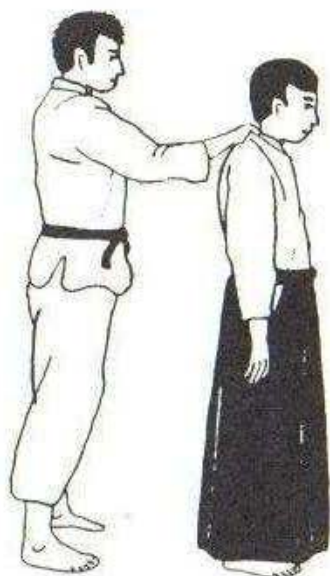
Lower yourself underneath *uke's* right wrist from the outside.

Throw to the right.

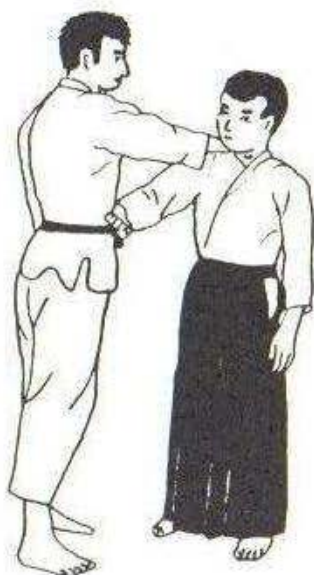


# 払倒

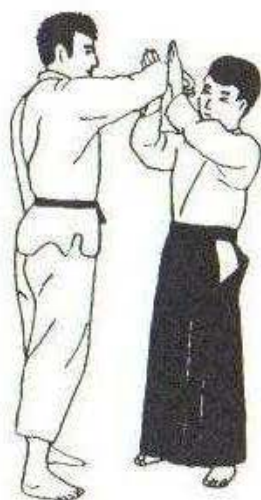
## Harai Taoshi



Uke: Grasp the back of *tori's* collar from behind.



Tori: Turn around by stepping back with the right leg and strike the right side of *uke's* ribs with your right hand.



Hold *uke's* right hand between your palms and strongly push up so *uke* will let go of your collar.

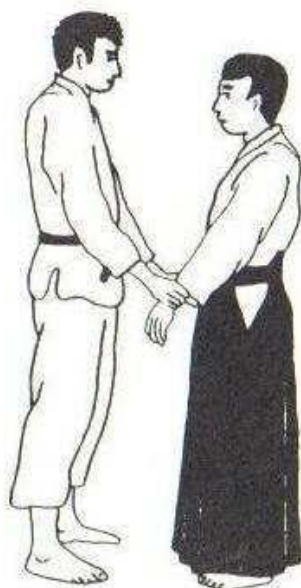


Throw using *Ete Nage*.

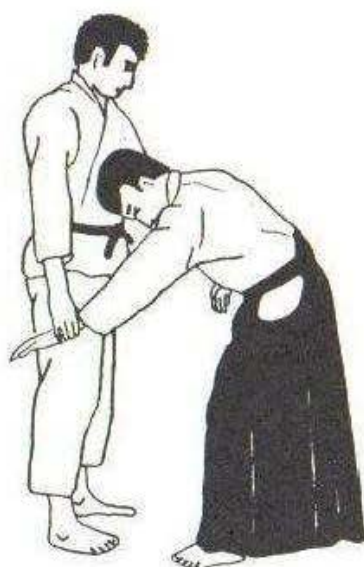


# 岩石落

## Ganseki Otoshi

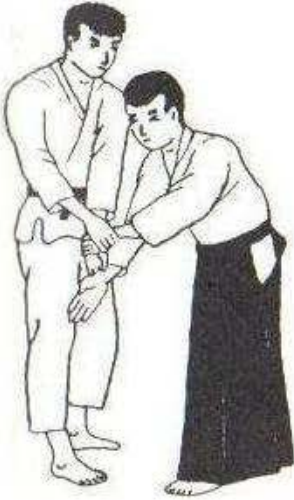


Uke: Hold *tori's* wrists with both hands. Pull with your right hand while pushing with your left hand

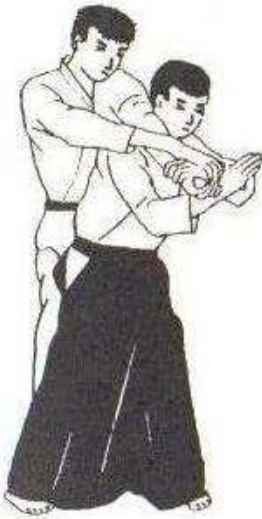


Tori: Strike the right side of *uke's* ribs with your head as if striking with your whole body.

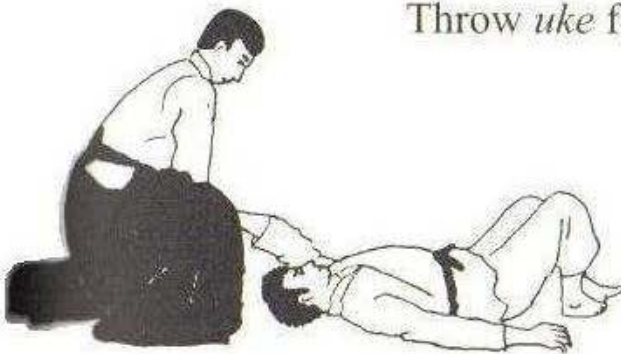




Quickly put your right arm between *uke*'s right armpit.

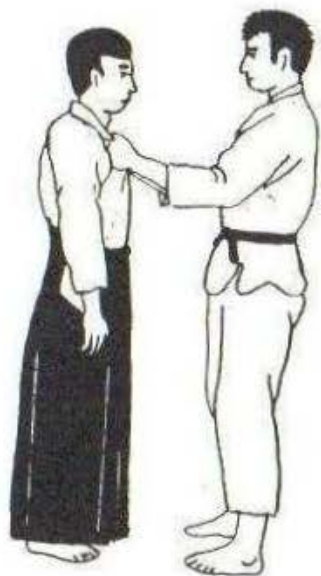


Throw *uke* from behind.

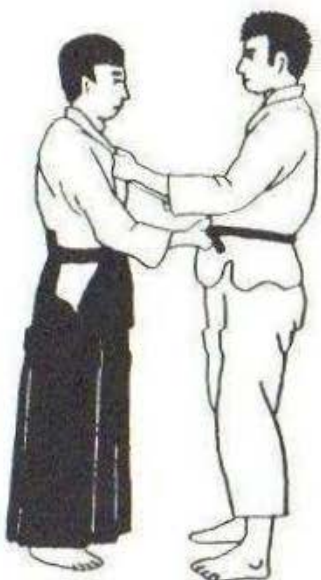


# 咽喉落

## Inkō Otoshi



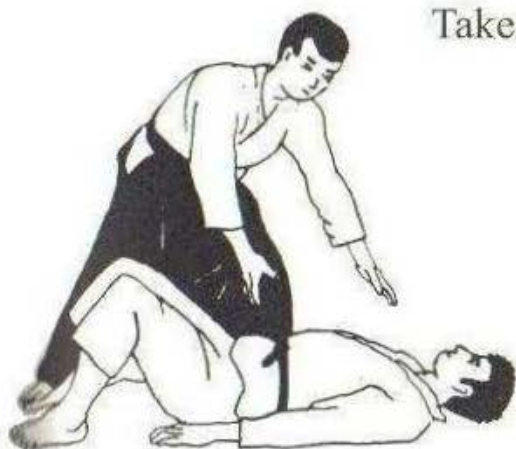
Uke: Hold *tori's* lapels with both hands.



Tori: Grasp the front of *uke's* obi with your right hand (with the palm up).



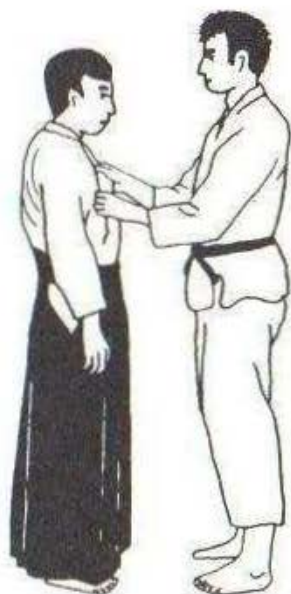
Press into *uke's* jaw with your left thumb and index finger.



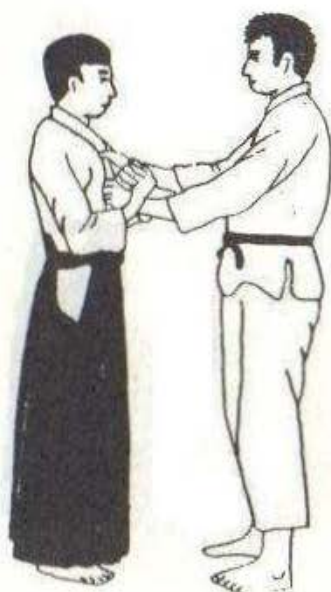
Take *uke* down onto his back.

# 入身

## Irimi



Uke: Hold *tori's* lapels with both hands.



Tori: Insert the left hand between both of *uke's* hands and place your right hand onto *uke's* left hand.



As seen in *Hiki Otoshi*, press down and twist *uke*'s left hand.

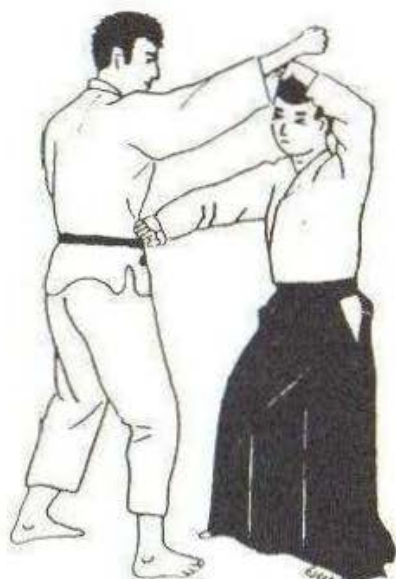


Throw.



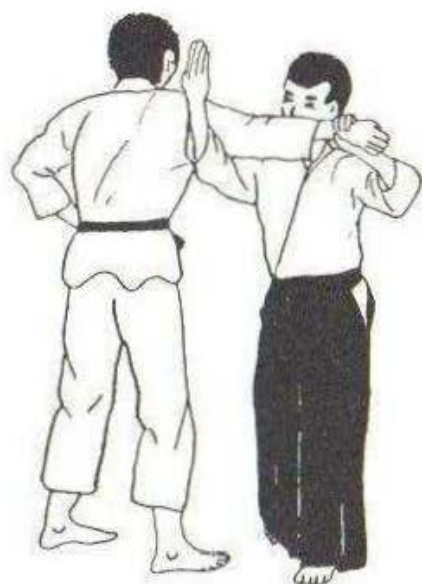
# 逆背負

## Gyaku Seoi

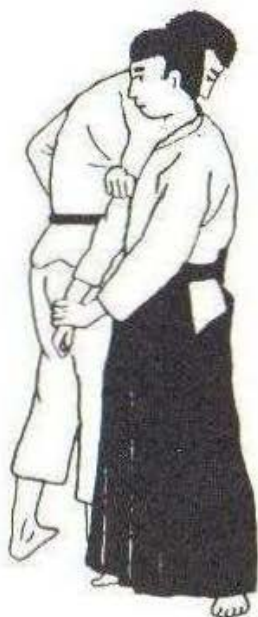


Uke: Strike *tori's* head with your right fist.

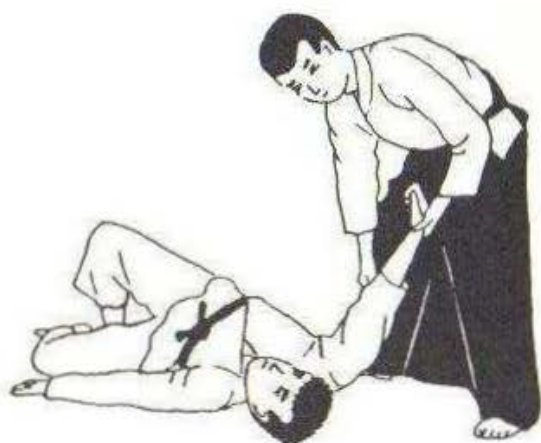
Tori: At the same time, block and hold *uke's* fist with your left hand and strike the right side of *uke's* ribs with your right hand.



Place your right hand behind *uke's* right shoulder.



Lock *uke's* arm by pushing his hand from below with your left hand.



Pull *uke's* right hand down with your left hand and throw. Also, as shown in *Mae Morote*, twist *uke's* right wrist.

# 双手投

## Morote Nage



Tori: Strike *uke's mizutsuki* with your head.



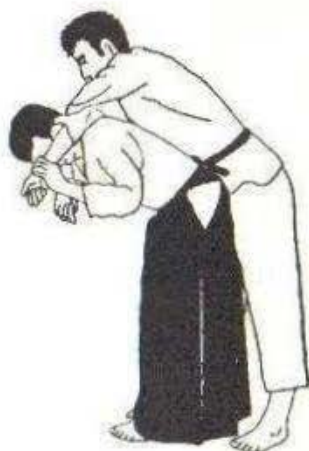
Quickly, grab both of *uke's* wrists with both hands.







Lower your body underneath *uke's* hands and turn around so he is behind you.



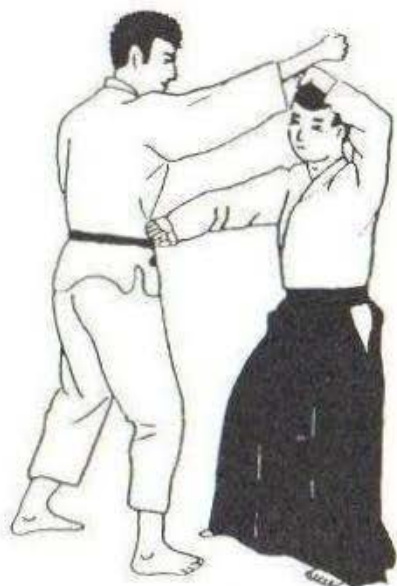
Bend forward.



Throw and drop.

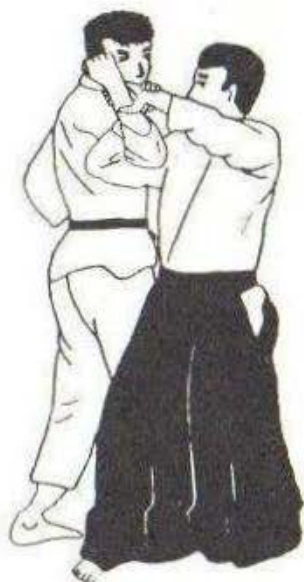
# 門返

## Kannuki Gaeshi



Uke: Strike *tori's* head with **your** right fist.

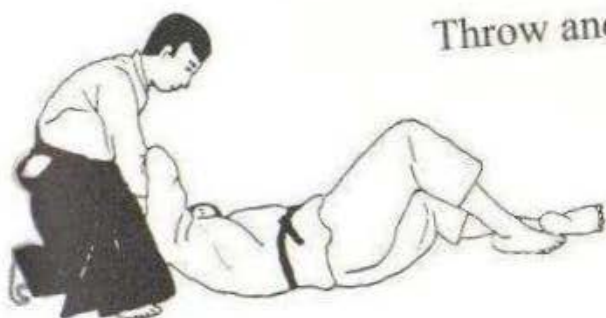
Tori: Block and hold *uke's* hand with your left hand and strike **the** right side of his ribs of with **your** right hand.



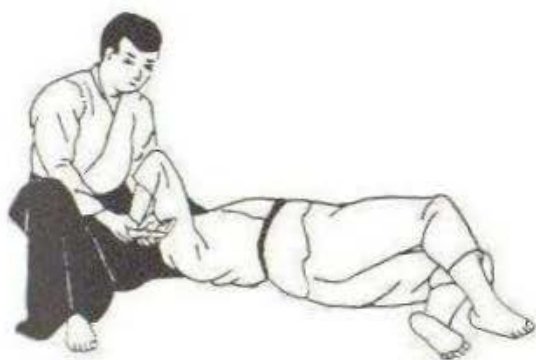
Put your right arm under and around *uke's* right arm and place your **right** hand on top of *uke's* left hand.



Lower your arms.

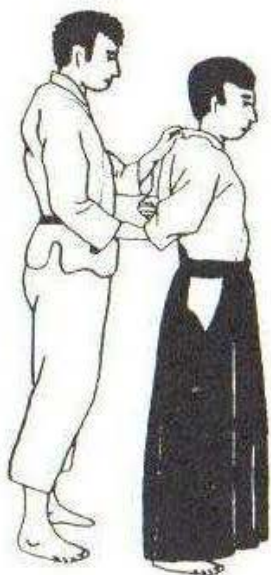


Throw and drop.

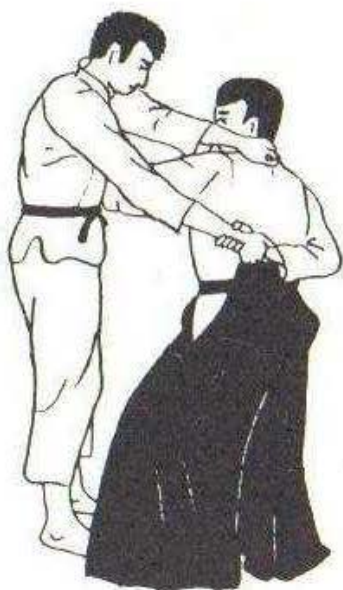


# 捕縛

## Tori Shibari

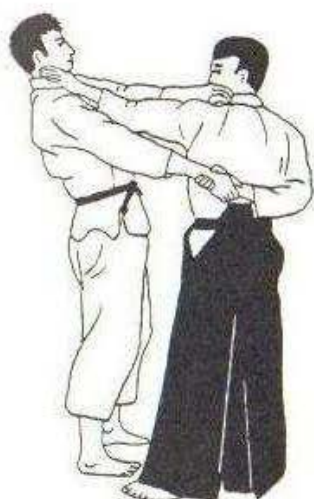


Uke: Hold *tori's* right wrist with your right hand and twist upwards. Grasp the back of *tori's* collar with your left hand.

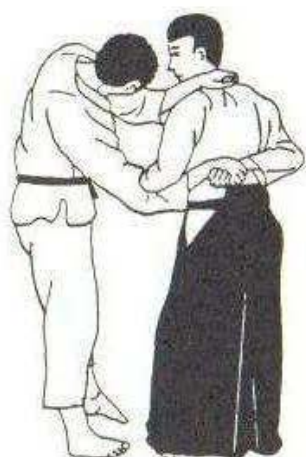


Tori: Turn around by stepping backwards with your left leg and strike the left side of *uke's* ribs with your left hand.





Press into *uke*'s jaw with your left thumb and index finger.



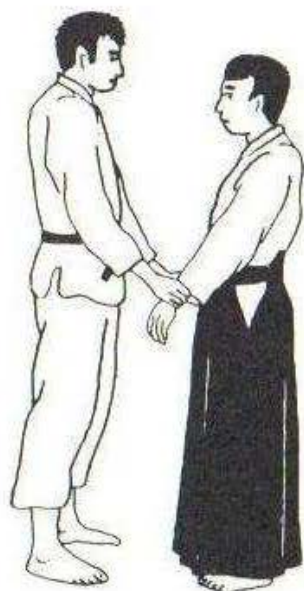
Place your elbow into the joint of *uke*'s right elbow.



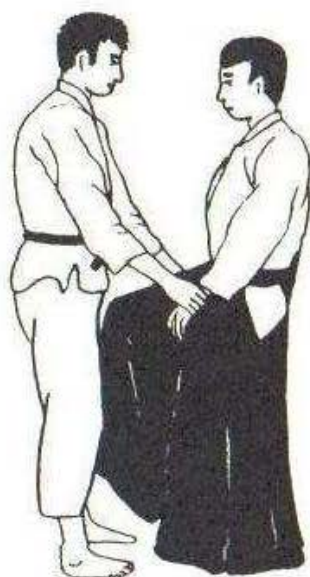
Throw and take down.

# 隅攻

## Sumi Zeme



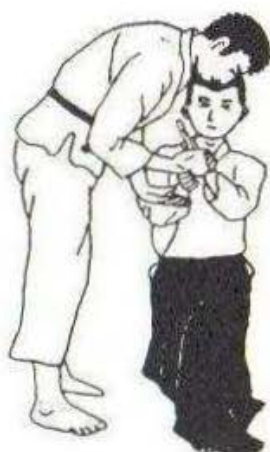
Uke: Hold both of *tori's* wrist with both hands and push him to the corner of the room.



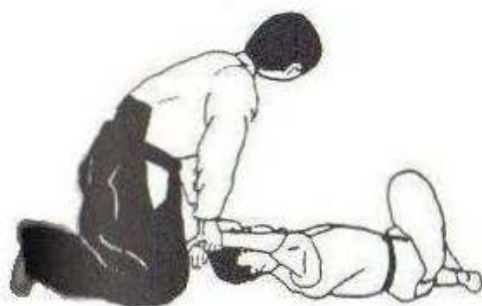
Tori: Kick up into *uke's* *tsurigama* with the top of your right knee.



Lower your body.



Throw using *Ete Nage*.

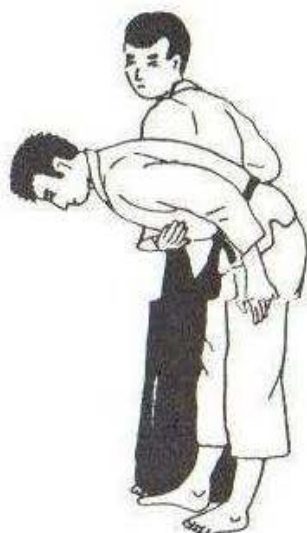
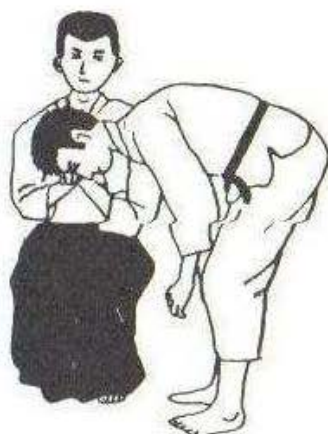
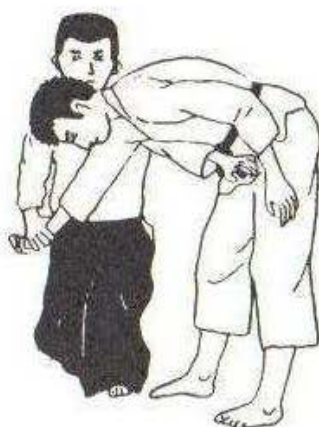


# 隅攻

## Sumi Zeme (*henka*)

Tori: When the lapel is held, twist using *Hiki Otoshi*.

When finishing, stand up with *Iri Chigae*.





IDORI NO KURAI

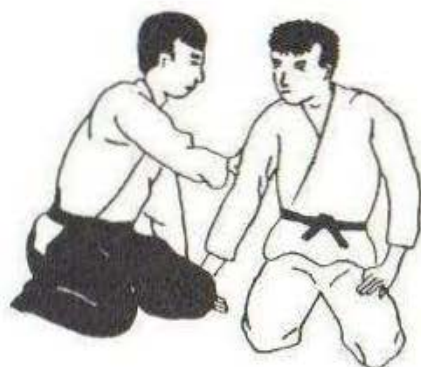
居  
取  
之  
位

# 星落

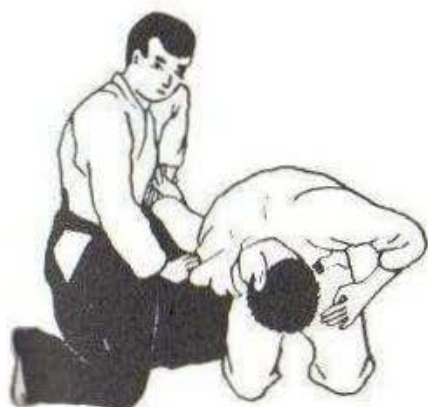
## Hoshi Otoshi



Uke: Sit in *seiza* to the left of *tori* and hold the top of his left wrist with the right hand.



Tori: Shift your left knee slightly to the left and hold *uke's* sleeve above the elbow with the right hand while lowering your left fingertips to the ground.



While extending your left hand towards *uke's* right backside, pull down his sleeve (towards your front) with your right hand.



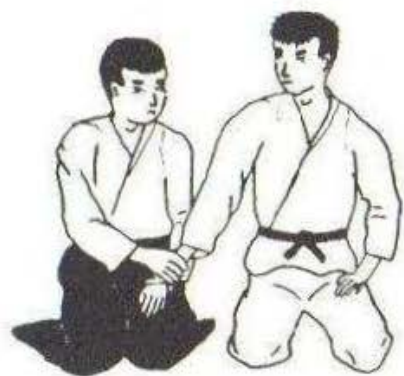
Twist *uke's* elbow joint.

# 星返

## Hoshi Gaeshi

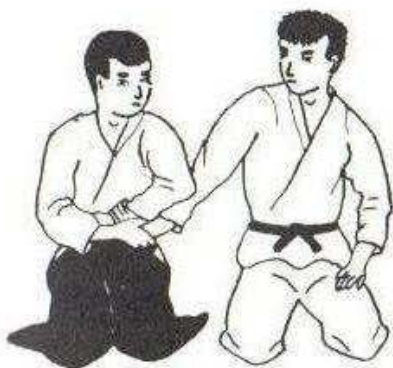


Uke: Sit in *seiza* to the left of **tori** and hold the top of his left **wrist** from above with the right hand.



Tori: Press down on the **outside** of *uke's* right hand with your **right** hand.





Place your left elbow in front of *uke's* right arm.



Twist *uke's* elbow by bending forward and pulling his elbow backwards.

# 獅子付

## Shishi Tsuke



Uke: Hold *tori's* right wrist with the left hand and strike his head with the right fist.



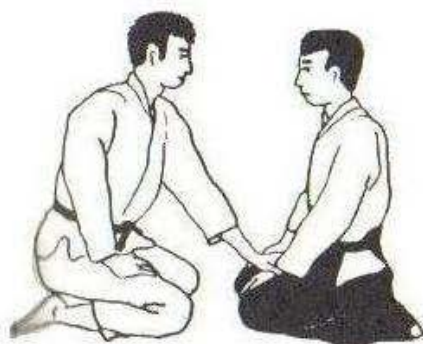
Tori: Kneel up with the right leg and place your left hand underneath *uke's* left hand.



Twist by rotating.

# 獅子碎

## Shishi Kudaki



Uke: Hold *tori's* left wrist with the left hand and strike his head with the right fist.



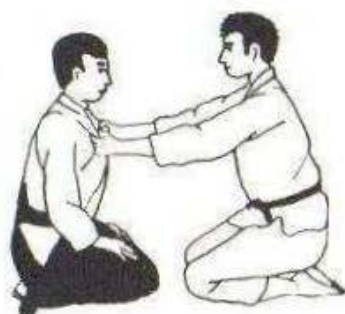
Tori: Block *uke's* punch by raising your left hand, and then hook *uke's* left elbow with the right arm.



Twist and take *uke* down in front.

# 天狗落

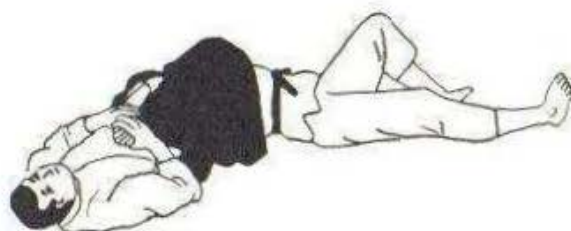
## Tengu Otoshi



Uke: Hold both of *tori's* lapels with both hands, and then try to push down.



Tori: Grab *uke's* wrists with both hands. Extend your left leg to the outside of *uke's* right arm and keep extending, placing your foot on the left side of *uke's* neck.

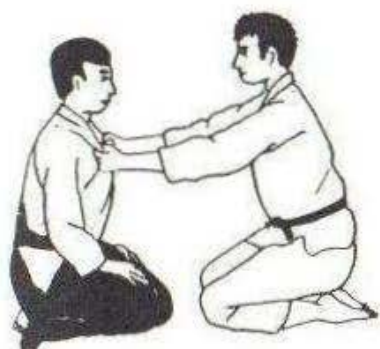


Twist *uke's* right elbow by bending your body towards the left on the back.



# 天狗返

## Tengu Gaeshi

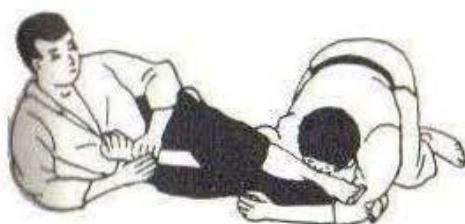


Uke: Hold both of *tori's* lapels with both hands. Try to push down.



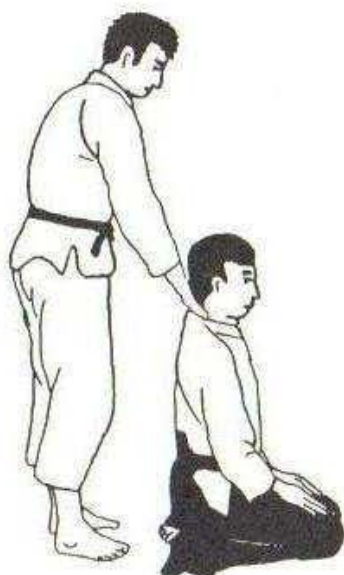
Tori: Grab *uke's* wrists with both hands, extend your left leg to the inside of *uke's* right arm, and hook his left elbow with your foot.

Twist *uke's* right elbow with your left knee by bending your body to the right and take *uke* down onto his stomach.



# 燕返

## Tsubame Gaeshi



Uke: Walk close to *tori* from behind and grab the back of his collar with the right hand. Try to pull *tori* down.



Tori: While you are being pulled down, kick into *uke's* face with the bottom of your left foot.



Quickly bend the joint of *uke's* right leg with both hands, strongly pull the leg towards the front of your eyes, and then push the leg towards your legs.



Twist *uke's* right leg.

# 片手翼

## Katate Hagai



Uke: Hold *tori's* lapels with both hands and pull.

Tori: While being pulled, grab *uke's* right wrist with the right hand.



Firmly hold *uke's* right wrist in your left armpit and straighten your hand outside of *uke's* right arm.



Twist by dropping towards the front.



# 芝之露

## Shiba no Tsuyu



Uke: Strike *tori's* head with the right fist by kneeling up with the right knee.

Tori: Kneel to the right (with the right knee up) and place your right hand under *uke's* left armpit.



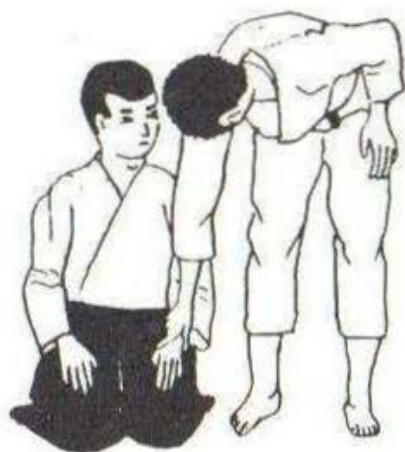
Place your left hand onto *uke's* right wrist while bringing the right knee down and the left knee up.



As shown in *Hiki Otoshi*, pull *uke* down towards the front, and then shift your left leg to the left. Raise the right elbow and bend over *uke's* body. The combination of these last three steps creates a powerful *gyaku waza*.

# 仁王投

## Niō Nage



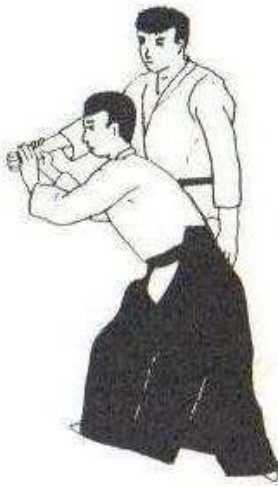
Uke: Hold *tori's* left wrist with the right hand (*uke* and *tori* are both standing).



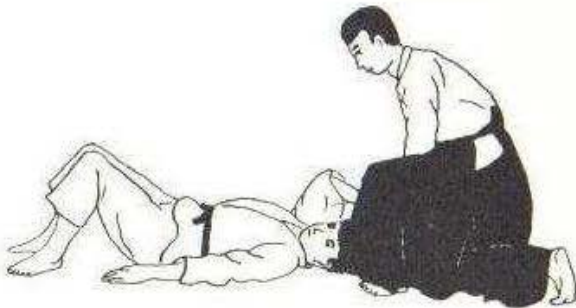
Tori: Twist the joint of *uke's* right wrist by holding his wrist with the right hand, and then lower and rotate his elbow towards the front.



Stand up beginning with the left leg, and then as shown in *Kasumi Otoshi* place *uke's* right arm onto your left shoulder.



Take down by throwing to the right.



# 両手翼

## Morote Hagai

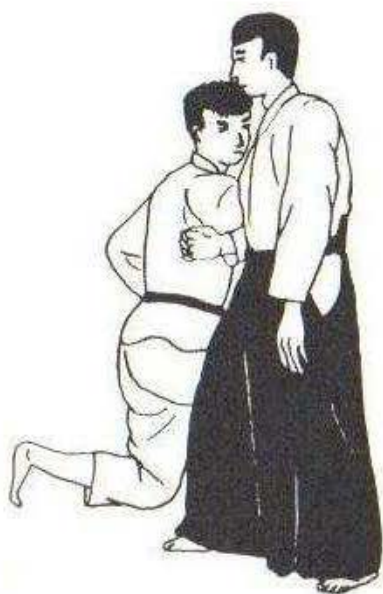


Uke: Sit on the right side, and face *tori*. Kneel with the right leg up and strike *tori*'s head with the right fist.

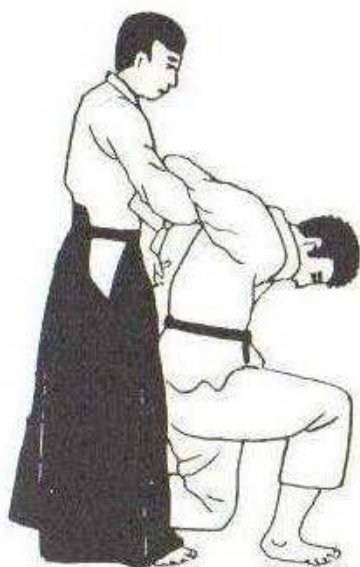


Tori: Block with the right hand while kneeling with the left knee up.





Quickly put your right arm around *uke's* arm from the outside to the inside, and then bring your right leg up from kneeling.



As soon as you step forward with the left leg behind *uke*, slide your left hand around the inside of his left arm from the front, and then twist by pulling and lifting both of *uke's* arms up.



# 雪折

## Yuki Ori



Uke: Strike *tori's* chest with the right fist while kneeling with the left knee up.

Tori: Block *uke's* right hand towards the right with the palm of the left hand while kneeling to the left with the left leg up.



Wrap your right arm around *uke's* right elbow with the right arm. Hold it under your arm and place your left hand onto *uke's* right wrist.



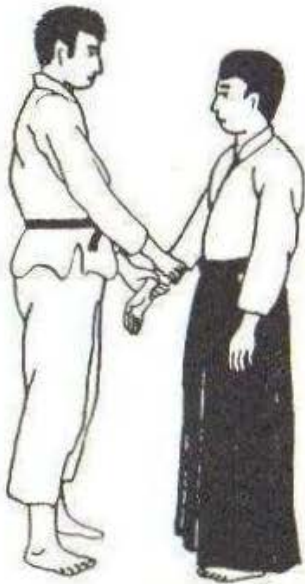
Kneel down on your left knee and bring your right knee up. As shown in *Hiki Otoshi*, turn and twist in front.

SHIŌ NO KURAI

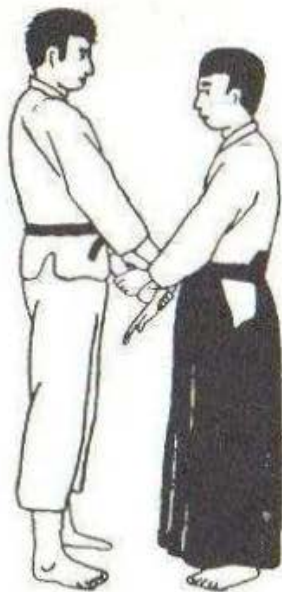
至  
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# 霞落

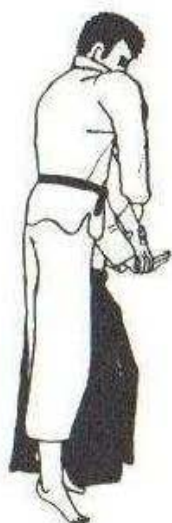
## Kasumi Otoshi



Uke: Hold *tori's* right wrist **with** both hands.



Tori: Grab *uke's* left wrist **with** your left hand.



While shifting the body to the right, step to *uke's* left with your right leg and lower your waist, placing both of *uke's* arms on your right shoulder.



Twist the joint of *uke's* left arm and do *Hiki Otoshi* quickly.

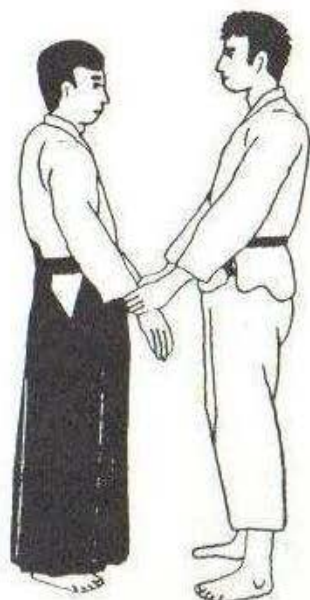


Throw to the right.

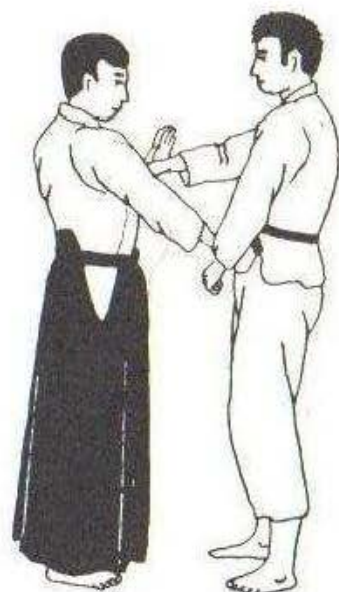


# 双手捕

## Morote Dori



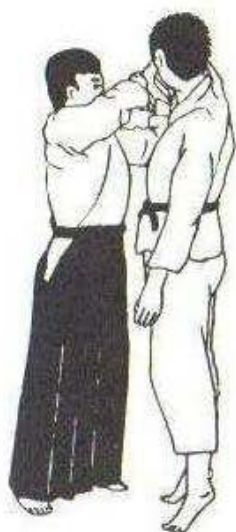
Uke: Hold both of *tori's* wrists with both hands.



Tori: Extend your right hand to *uke's* left, let go of *uke's* left hand and raise your left hand.



At the same time, turn the tips of the fingers of *uke's* right hand, placing the thumb underneath, and grab *uke's* right wrist with your right hand.



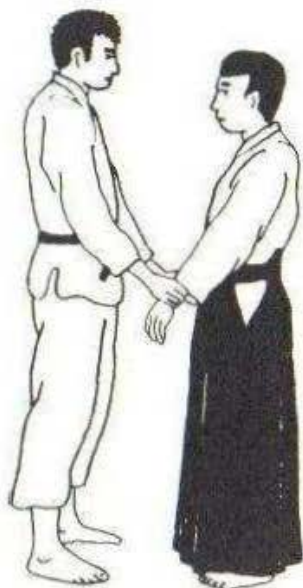
Push forward with both hands and trap *uke's* right thumb with your left forearm.



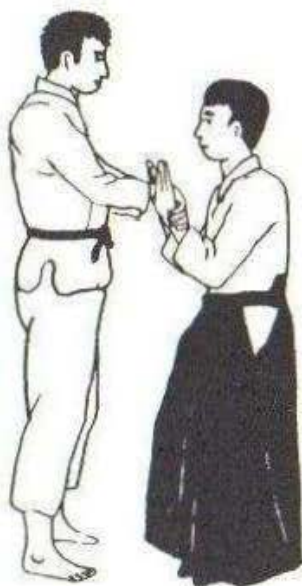
While stepping backwards with the right leg, twist *uke's* right hand by quickly doing *Hiki Otoshi* forward.

# 双手返

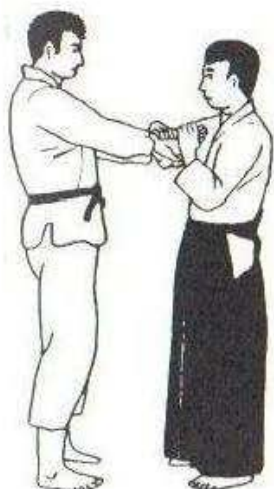
## Morote Gaeshi



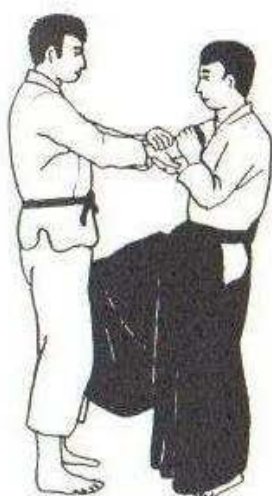
Uke: Hold both of *tori's* wrist with both hands.



Tori: At the same time, lower your elbows and put your right and left arms around *uke* from the outside of his hands, so his fingers face upwards.



Grab the side of *uke's* pinky with your fingers and place onto your chest.



Kick *uke's* testicles with your right knee.

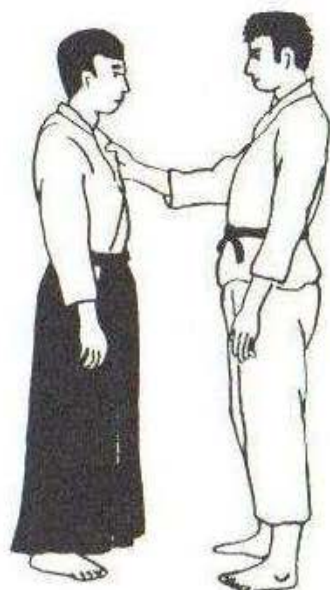


At the same time, kneel down on your right knee, and while bending your body forward, twist the joint of *uke's* wrist by bending *uke's* finger tips with both hands

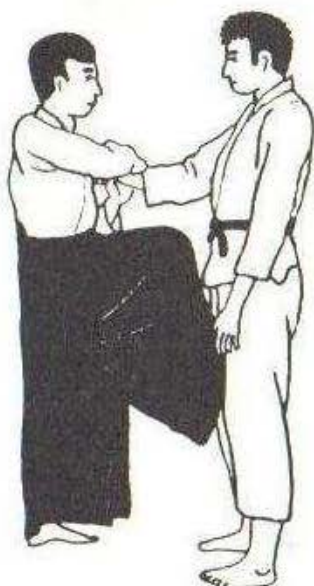


# 浅間返

## Asama Gaeshi

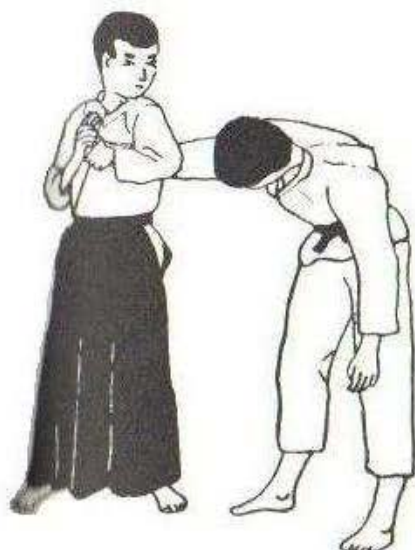


Uke: Hold *tori's* left lapel with the right hand.



Tori: At the same time, grab *uke's* right fist with both hands and kick up into *uke's tsurigane* with your right leg.





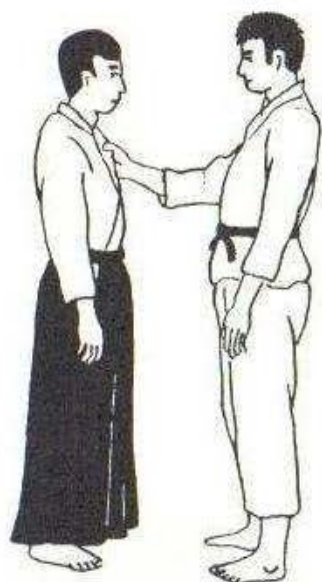
While stepping back with your right leg, strongly pull *uke's* hand down and place it under your left armpit.



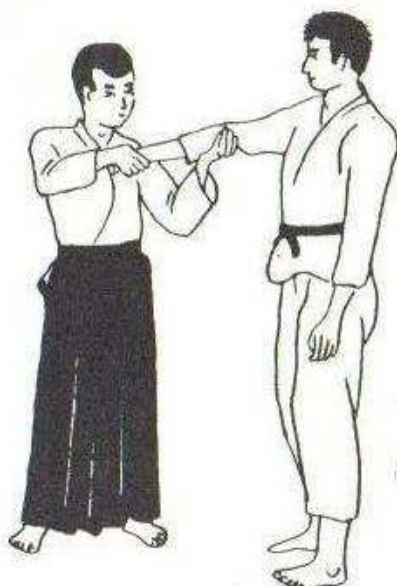
Twist by pulling *uke's* fingertips with both hands and push down the backside of *uke's* elbow.

# 浅間落

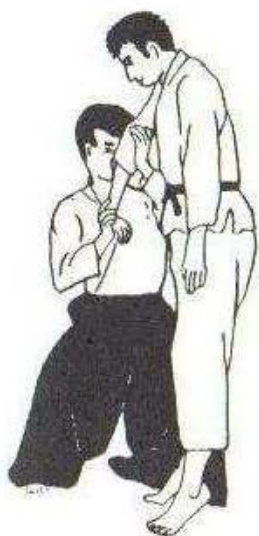
## Asama Otoshi



Uke: Hold *tori's* left lapel with your right hand.



Tori: While stepping back with your right leg, hold *uke's* right fist with your right hand, put your middle finger around *uke's* wrist joint and twist the joint. Place your left hand onto the joint of *uke's* elbow from outside so that his arm cannot be bent.



While twisting *uke's* right hand outwards with both hands, lower your body and get close to *uke*. Lock the joint of *uke's* elbow by pushing up his right arm.



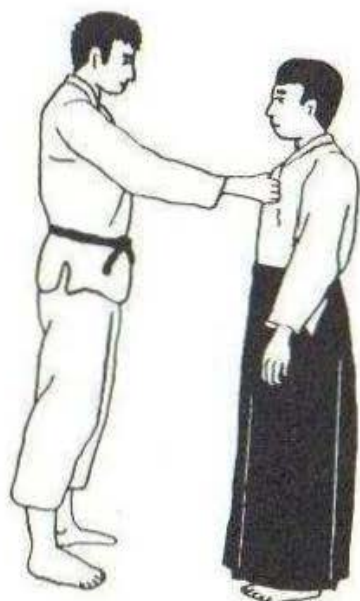
Take a big step with the right leg, kneel down with the left knee and do *Hiki Otoshi*.



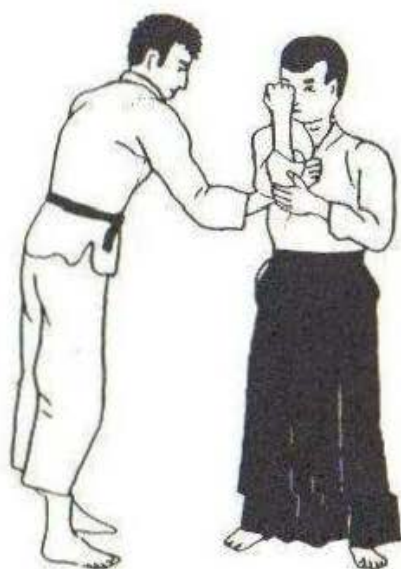
Take *uke* down by pushing his right arm with both hands towards the ground and pushing the joint of his elbow with your left knee.

# 猿滑

## Saru Suberi

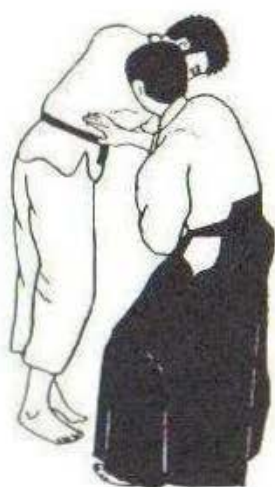


Uke: Hold *tori's* left lapel with your right arm.

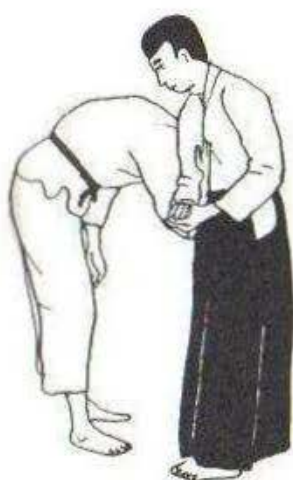


Tori: While shifting your upper body to the left, bend your right arm and bring your elbow to the left. Push *uke's* right fist down with your arm, place your left hand onto the joint of *uke's* wrist and twist.





At the same time, bend your body forward, step forward with your left leg and make a circle with your right fingertips (going underneath *uke's* right arm). While straightening your body, lightly place your fingertips onto the right side of *uke's* body.



Lower your right fingertips, loosen the other side and pull *uke's* right arm towards the left side of your chest while holding *uke's* right forearm with your right hand (placing your left hand onto *uke's* right fingertips).

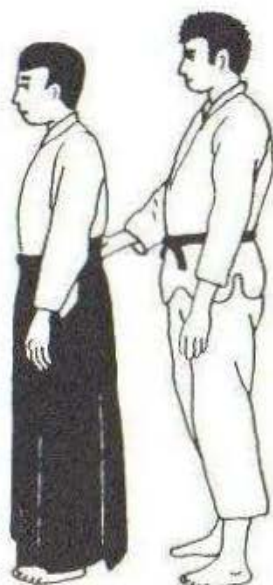


Throw by stepping backwards with your left leg.

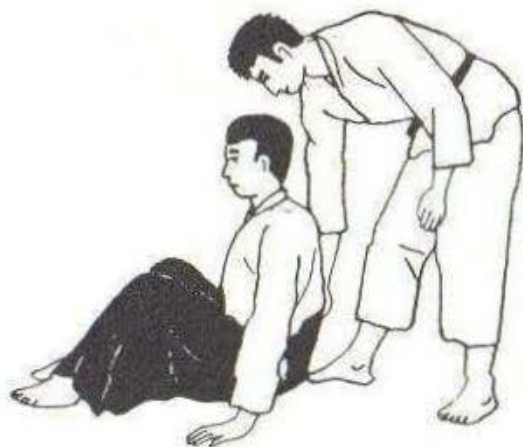


# 駒返

## Koma Gaeshi



Uke: Hold the back of *tori's* **obi** from behind with your **right hand** and pull.



Tori: Fall straight down when **you** are pulled.



While getting up to the right, kneel down with your left knee.



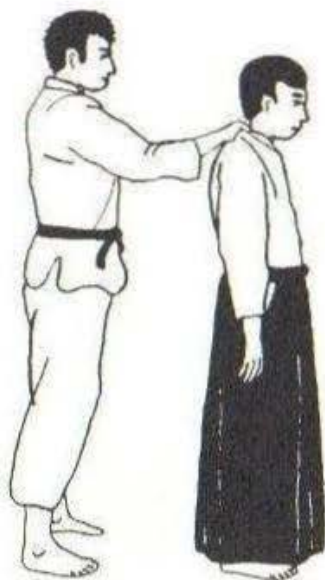
Bring your right knee up and strike *uke's* stomach with the palms of your hands by extending both arms.



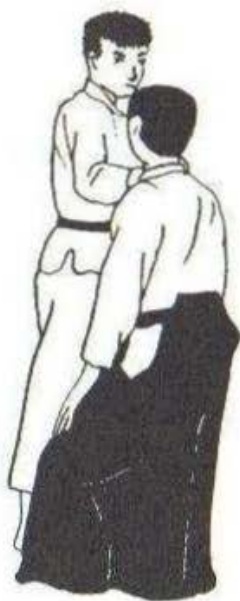
Twist the joint of *uke's* elbow by standing up.

# 獅子返

## Shishi Gaeshi



Uke: Hold the back of *tori's* lapel from behind with your right hand and pull.



Tori: While your lapel is being pulled, lower your body and turn to the right.



Firmly grab the joint of *uke's* right elbow from below with both hands and push up.



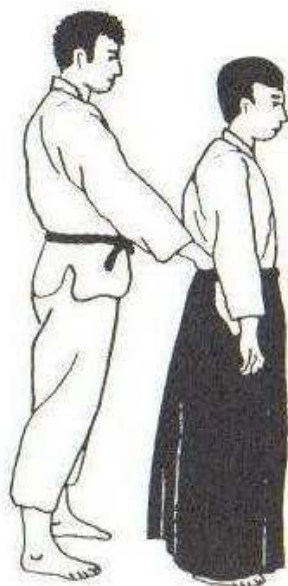
While twisting *uke's* elbow to the left with both hands, step backwards with your left leg.



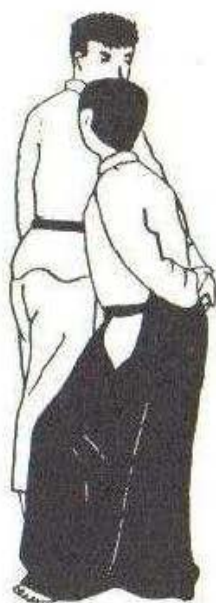
Do *Hiki Otoshi* and throw.

# 岩碎

## Iwa Kudaki



Uke: Hold the back of *tori's* obi from behind and pull.

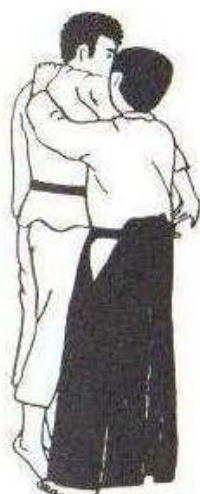


Tori: Step backwards with *your* right leg. At the same time, *lower* your body and turn around to *the* right.





Place your right shoulder onto *uke's* body, go around with your right forearm underneath his arm and raise his fingertips.



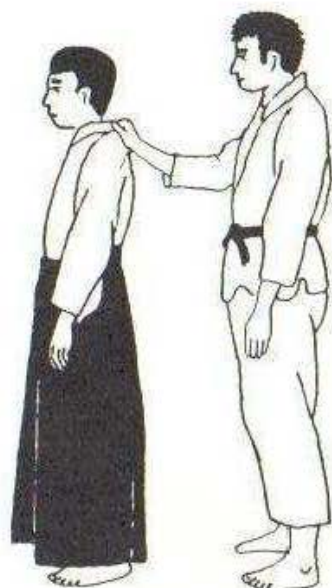
Make *uke* stand on his tiptoes and hold the back of his collar with your left hand.



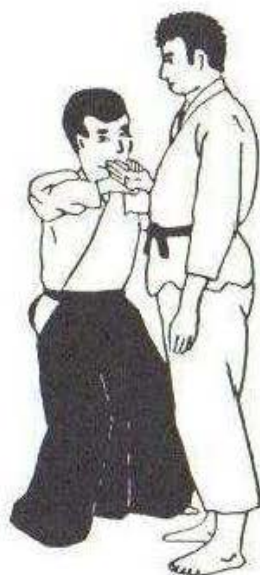
Pull down and throw *uke* onto his back.

# 鍬返

## Shikoro Gaeshi



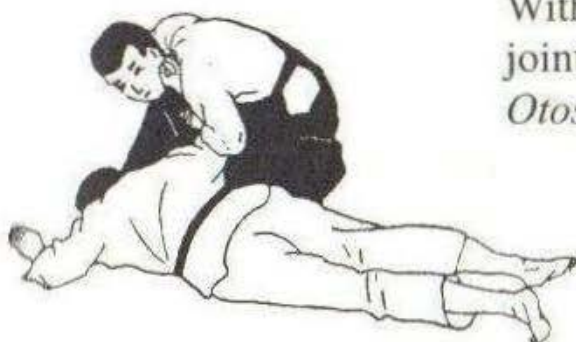
Uke: Hold the back of *tori's* collar from behind with your right hand and pull.



Tori: While your collar is being pulled, at the same time step backwards with the right leg, turn around to the left and lower your body. Place your left hand onto the joint of *uke's* thumb.



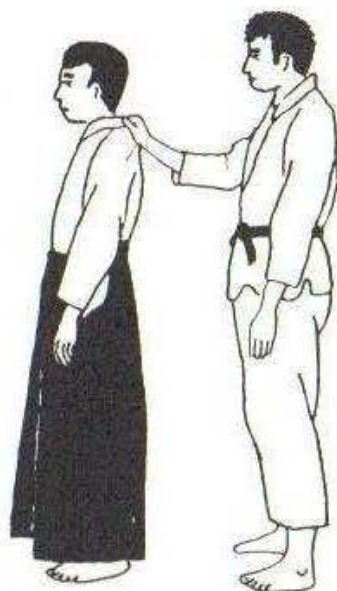
Hold *uke's* left fingertips with your right hand and step backwards with your left leg.



With both hands, turn around the joint of *uke's* elbow inwards, do *Hiki Otoshi* and twist.

# 鍬落

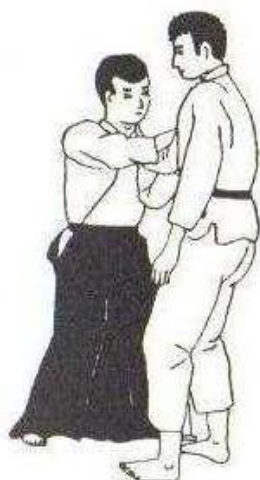
## Shikoro Otoshi



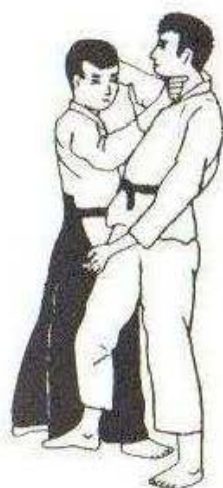
Uke: Hold the back of *tori's* collar from behind with your right hand and pull.



Tori: While your collar is being pulled, at the same time step backwards with your right leg, turn around to the left and lower your body. Place your left hand onto the joint of *uke's* thumb.



Hold *uke's* left fingertips and turn around his arm inward. When you are about to twist *uke's* arm, he avoids by bending his arm.



At the same time, hold *uke's* elbow with your left hand and choke him by gripping underneath his lower jaw with your fingertips.

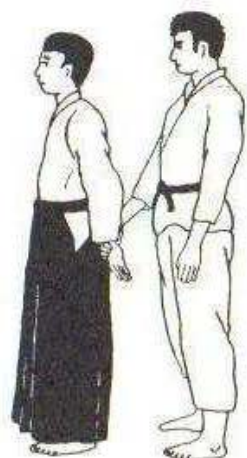


Push and sweep *uke's* right knee with your right leg to take down.

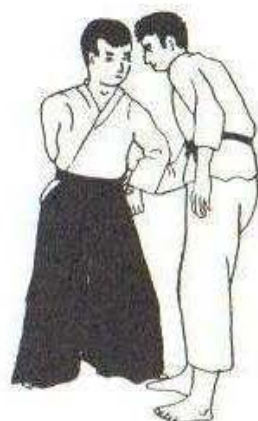


# 後浅間

Ushiro Asama



Uke: Hold *tori's* left wrist from behind with your right hand.



Tori: While your wrist is being held, grab *uke's* hand with your right hand and turn around to the left while bending your left arm.



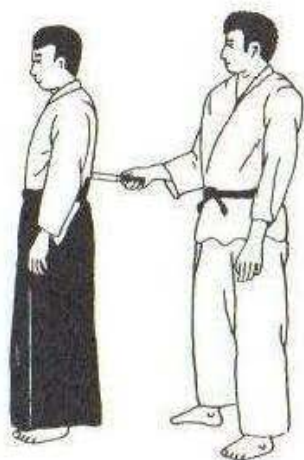
While shifting your weight to the left, press down on *uke's* forearm with your left elbow and twist.

SHŌTŌDORI NO KURAI

小刀取之位

# 忍帰

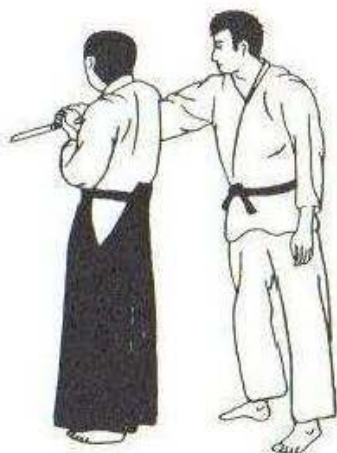
## Shinobi Gaeri



Uke: Sneak up from behind and thrust at *tori* with the *shōtō*.



Tori: At the same time, twist your body slightly to the right and grab *uke's* right hand from the outside with your right hand.



Pull up *uke's* hand and hold tightly in the space underneath your armpit.



Kneel down on your right knee while pressing (pulling) down with your right elbow.



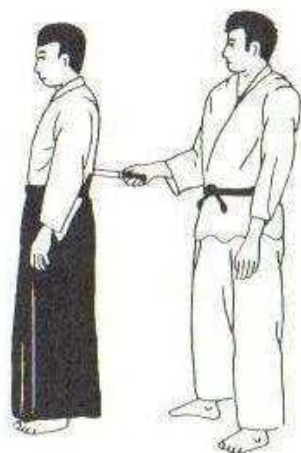
Turn your body 180-degrees while twisting with *hongyaku*.



Kick *uke* with your right leg and twist by stepping back.

# 壁猿

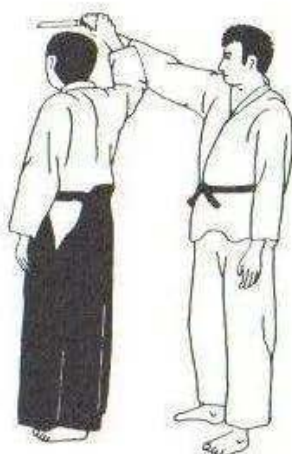
## Kabe Mashira



Uke: Sneak up from behind and thrust at *tori* with the *shōtō* while ordering him to get close to the wall.

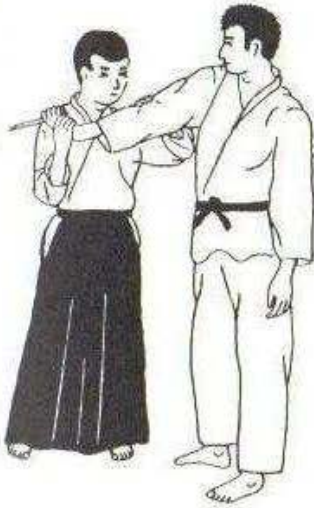


Tori: At the same time, twist your body slightly to the right and grab *uke's* right hand from the outside with your right hand.



Pull up *uke's* hand, making a circle and then lift up.





Go underneath *uke's* arm while twisting it.



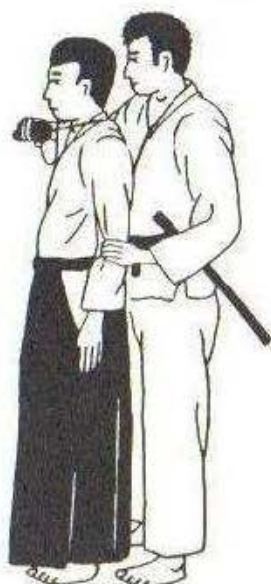
Place your left hand onto the joint of *uke's* right elbow.



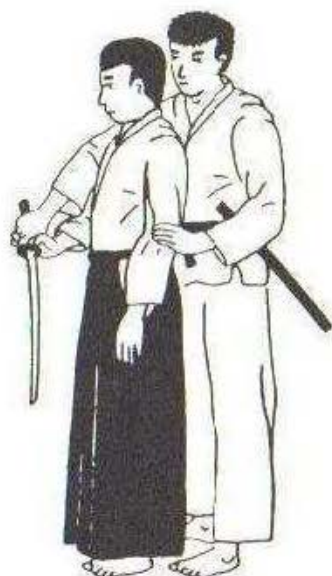
Push and take him down to the floor.

# 村雨

## Mura Same



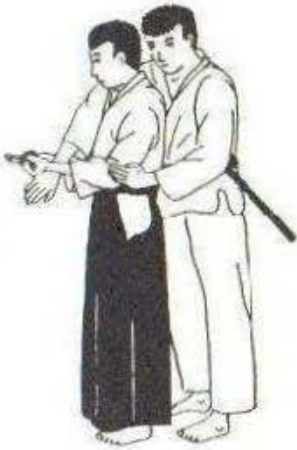
Uke: Get behind *tori* and place the *shōtō* at his throat while grabbing his left elbow with your left hand.



Tori: Grasp the *tsuka* (handle) with the right hand and pull down to the left.



Hold the top of the *tsuka* with your left hand.



Take the *shōtō* while twisting your left hand.



Thrust the *shōtō* into *uke*'s left side.

# 閃光

## Senkō



Uke: With the *shōtō*, cut both of *tori*'s eyes quickly from the right in one swing.

Tori: At the same moment *uke* cuts, step forward with your right leg in front of your left leg.



Use your right leg as the axis and turn counterclockwise. At the same time, grab *uke*'s left hand with your left hand and strike with your right elbow.



Quickly place your right palm onto the blade (holding the *shōtō*).



At the same time, pull it down to the right side of your body and change the direction of the handle.



Hold or grab the *tsuka* with your left hand.

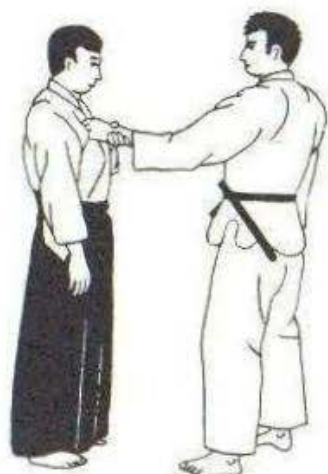


Place the *shōtō* onto the right side of *uke's* neck and cut the neck while stepping to the left with your left leg.



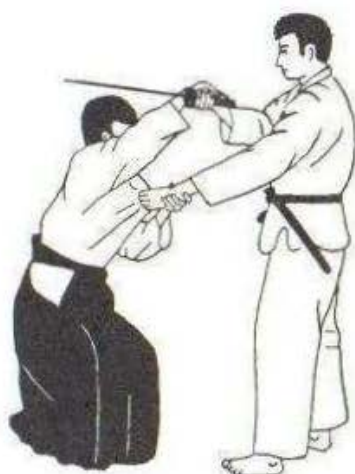
# 竜川

## Taki Kawa



Uke: Grab *tori's* lapel with the left hand and cut *tori's* left *kasumi*.

Tori: Grab *uke's* left wrist with your left hand.

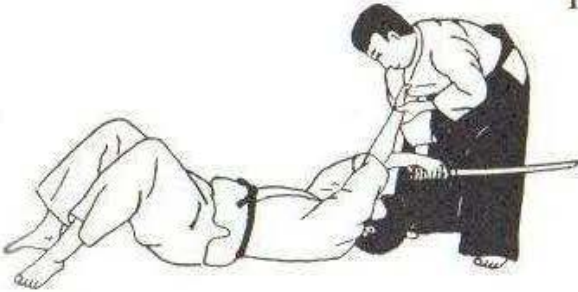


Make *uke* cut the empty space with the *shōtō* by lowering your waist and bending your left knee. Grasp the *tsuka* of the *shōtō* with your left hand while getting up.



Pull down *uke's* arms, like in *Tsuki Kage*.

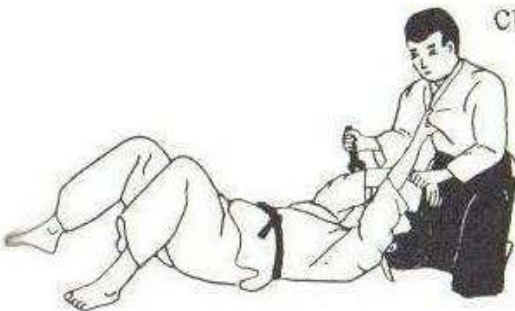
Twist to the left and take *uke* down.



Hold *uke's* wrist with the left hand and take the *shōtō* from him.



Place the *shōtō* onto *uke's* neck and cut.



# 袈裟切

## Kesa Giri



Uke: Cut the *koiguchi*, and then cut *tori's* right shoulder with the *shōtō*.

Tori: At the same moment *uke* cuts, block it with your left hand while lowering your waist and stepping forward to the left with the left leg.



Hold the blade with your right hand.



Take *uke's shōtō* while moving into *hanshin*, as if pushing like a spring.



Quickly hold the *tsuka* with your left hand and cut the left side of *uke's* neck.



# 衝然返

## Shōzen Kaeshi



Uke: Run towards *tori* while placing the left hand onto the blade of the *shōtō*. Slash *tori's* *suigetsu*.

Tori: At the same moment *uke* cuts, dodge by stepping back with your right leg behind your left leg. At the same time, push *uke's* right elbow with the left hand and hold the blade of the *shōtō* with your right hand.



Let go of *uke's* elbow with the left hand while twisting your waist to the left.





Take the handle with your right hand.



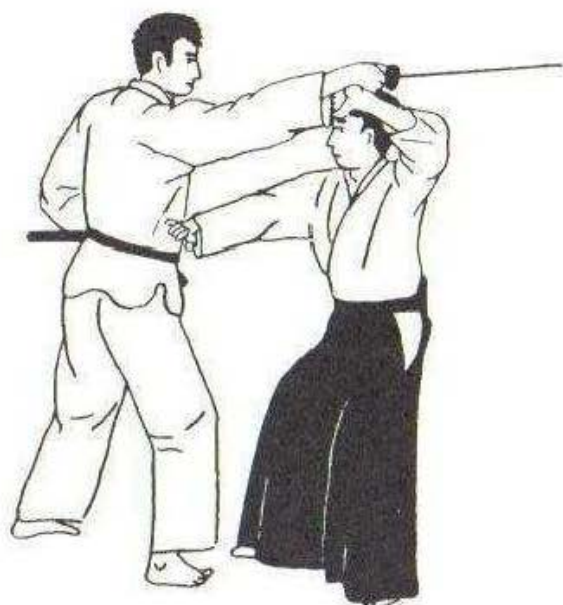
Take the *shōtō* while twisting *uke's* right elbow with your left middle finger.



Place your left hand onto the blade and swing the blade to the right. Cut the left side of *uke's* neck, and then cut the right side of his neck from the left.

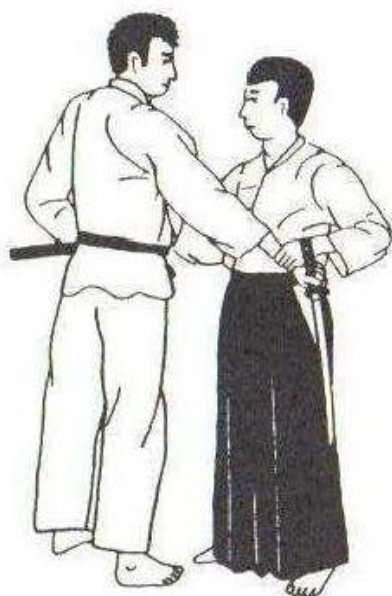
# 浮沈

## Fuchin



Uke: Try to turn the sword and cut *tori's* throat.

Tori: At the same moment *uke* cuts, step forward with your right leg to the right and lower your waist. At the same time, hold *uke's* right wrist with your left hand and hit the right side of *uke's* stomach with the right hand.



Move and grab *uke's* *gokusen*.



While pushing down *uke's* right arm, step forward to the right leg of *uke* with your right leg.



Take *uke* down by turning your waist while opening your leg.

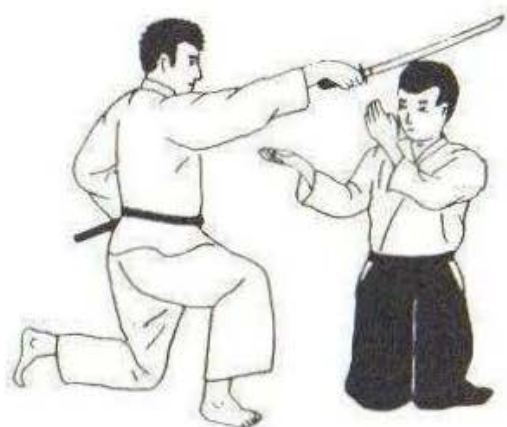


Quickly kneel down on *uke's* arm with your right knee and press into the ground while twisting his right arm, thereby jamming his wrist. Step on it with your left leg and twist *uke's* right *dokko* with your right hand.



# 衣手

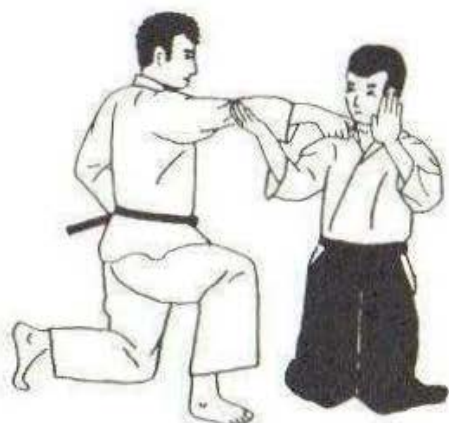
## Koromode



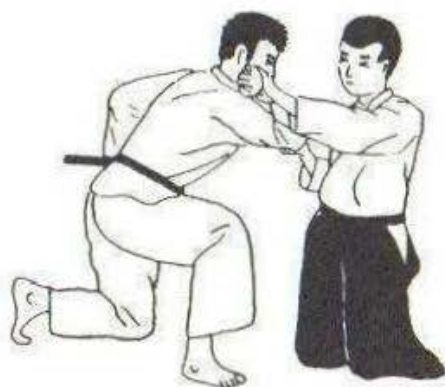
*Uke* and *tori* kneel on the floor, facing each other.

*Uke*: Bring your right leg up and do *shomen giri*.

*Tori*: At the same moment *uke* cuts, dodge by shifting your body to the right using your right knee as the axis.



While placing your right palm from below onto *uke*'s elbow joint, hit the *shōtō* with your left palm, knocking it out of *uke*'s hand.



Quickly grab *uke*'s right elbow with your right hand and pull it towards you. At the same time, hold *uke*'s right wrist with your left hand and push.





While bringing your right knee up, twist *uke*'s arm to the right.



Take down to the left front.

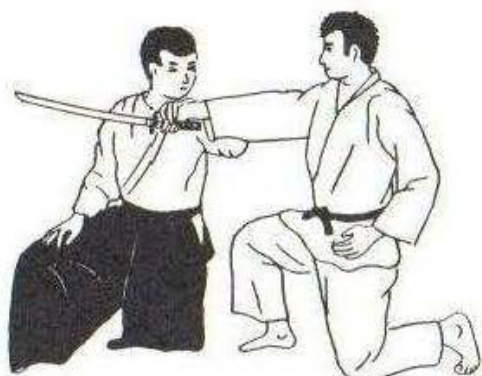


Using the impact, make *uke* turn and twist his right wrist.



# 扇開

## Ōgi Biraki



*Uke* and *tori* kneel on the floor facing each other.

*Uke*: Bring your right leg up and do *shomen giri*.

*Tori*: Bring your right knee up and grab the handle with your left hand.



Place your right hand onto the sword, from below.



While pushing down on *uke's* right elbow with your left elbow, step back with your right leg and kneel on both knees.



Take *uke* down towards the front, put your left knee on *uke's* right *seireien*, and then lift *uke's* right hand and twist.



Strike *uke's* heart from the back with a left *uraken*.

# 潰蛙

Kaia



*Uke* and *tori* kneel on the floor facing each other.

*Uke*: Bring your right leg up and cut straight.

*Tori*: While bringing up your right knee, at the same time block the sword with your left hand and strike *uke's suigetsu* with your right fist (*ippon*).

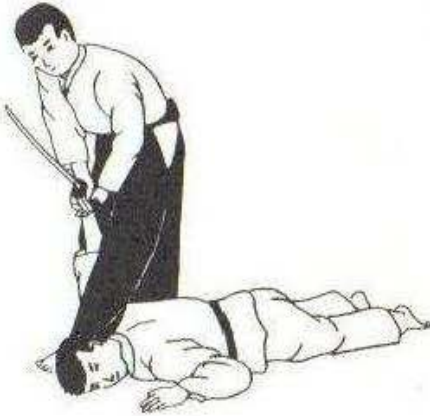


While raising your waist, place your right hand onto the *shōtō* and swing it to the right. At the same time, pull and kick the joint of *uke's* right leg from the inside with your left leg.

Kneel down with your left knee and extend *uke's* arm.



Put your left leg by the right side of *uke's* neck, raise his arm and twist his wrist and shoulder.





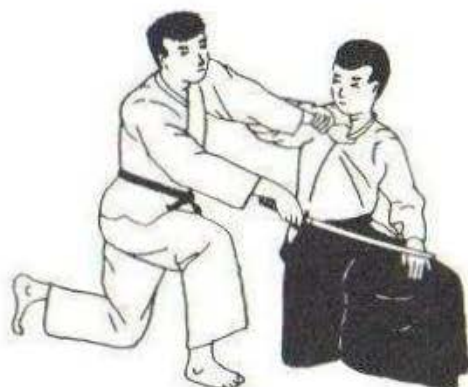


*Uke* and *tori* kneel on the floor, facing each other.

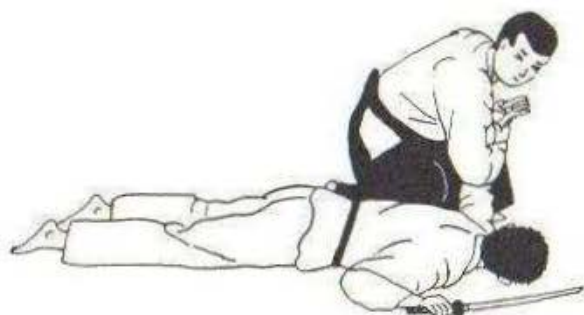
*Uke*: Grab *tori*'s lapel with the left hand and thrust into his chest with the *shōtō*.

*Tori*: Remaining in *seiza*, grab *uke*'s left hand with your right hand.

While bringing your left leg up and outside to the left, strike *uke*'s left elbow with your right elbow.



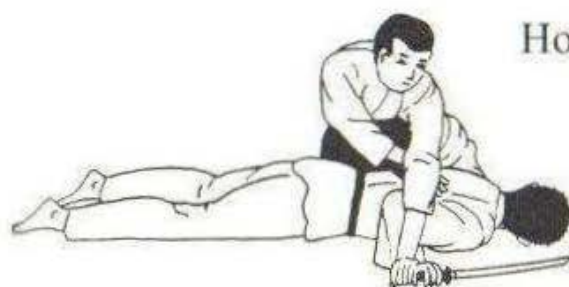
Twisting your body and shifting your left leg to the left, place your left hand onto *uke*'s hand and twist the joint of his left arm with your right elbow, taking him down.







Place your left knee onto *uke's* back and twist his left arm.



Hold the *tsuka* with your left hand.



Take the *shōtō* and thrust or cut.

# 突身

## Tsukimi

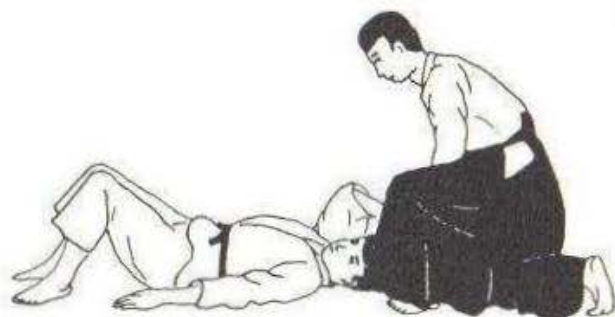


Uke: Thrust into *tori's suigetsu* with the *tantō*.

Tori: Shift your body by stepping back with your right leg and hold *uke's* right wrist with your right hand. Strike the right side of *uke's* stomach with your left fist.



Place your left hand onto *uke's* right hand and go underneath his arm.



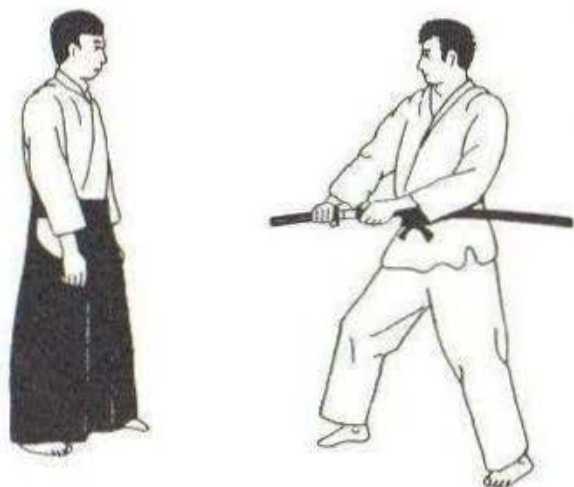
Throw *uke* to the right.

TACHIDORI NO KURAI

太  
取  
之  
位

# 胴拔付

## Dōnuki Tsuke



Uke: Take a step with your right leg and cut the *koiguchi* pointing towards *tori*'s waist.



Tori: Take a step forward with your right leg in front of *uke*'s left leg. At the same time, block the blade to the left with *uchi roppō* and grab the handle of the sword.



At the same time, grip the blade with your right hand, push down on the tip of the blade and twist the right hand to the inside, which makes *uke's* arm twist.



Hold the top of the *tsuka* with your right hand.



While pulling the *tsuka* to take away the sword, grip the *mitsumine* (end of the blade) with the left hand and thrust with the tip of the blade.



# 歩舞

## Hoppu



Uke: Cut down the front from *jōdan*.

Tori: Block the sword by taking a step to the left slightly with your left leg. Grab *uke's* right hand from above with your left hand.

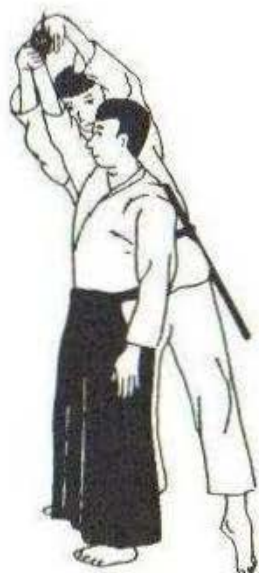


Take a few steps with both legs and grab the tsuka from the bottom with your right hand. Lift the sword up above your head.

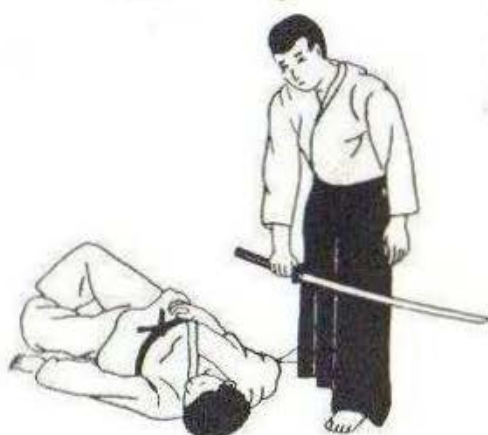


While rotating 180 degrees using your right leg as the axis, strike *uke's* stomach with your left elbow.

Open your left leg to the left.



At the same time, twist your body and knock *uke* down by swinging the sword quickly to the left.



Cut.



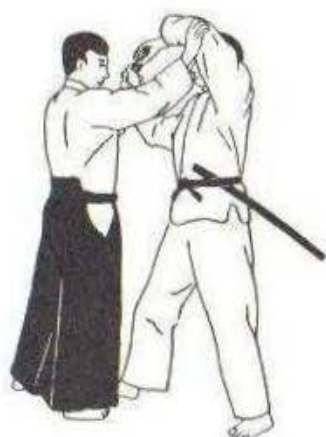
# 飛漠

## Hibaku



Uke: Cut down the front from **jōdan**.

Tori: While taking a step to the left slightly with your left leg, **grab** *uke's* right hand from below with your left hand.



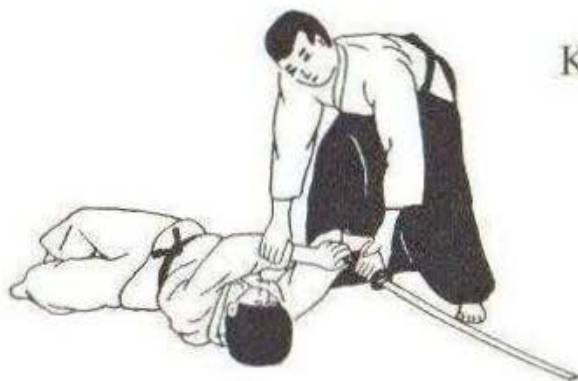
While taking a step, push *uke's* **left** elbow with your right hand.



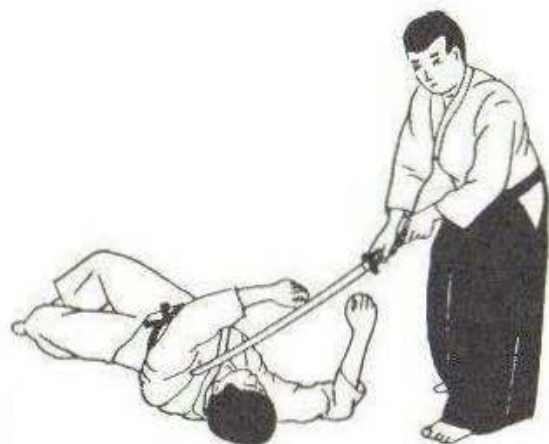
While stepping back with the **left** leg, place your left arm on *uke's* right elbow.



While opening your left leg to the left, twist your body like *yuri* and hook.



Knock *uke* down.

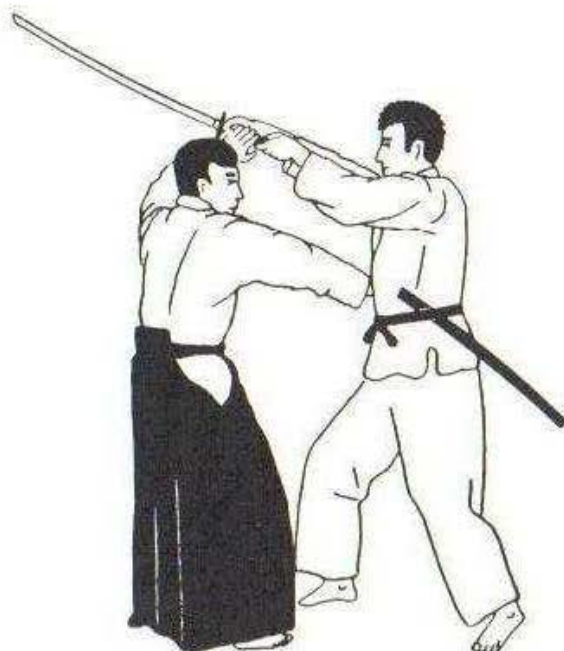


Take the sword away from *uke* and thrust or cut as you like.



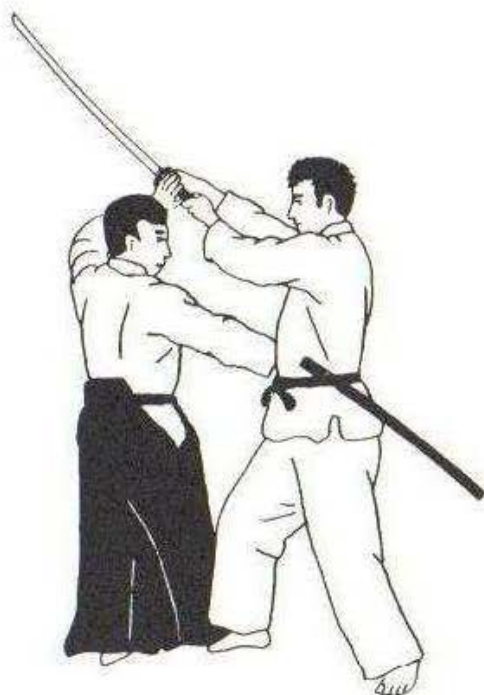
# 背子落

## Sego Otoshi



Uke: Cut down the front from *jōdan*.

Tori: While lowering your waist, at the same time take a step forward with your right leg, grab the *tsuka* with your left hand, and strike the right side of *uke*'s stomach with your right hand.



Shift your right leg in front of your left leg.





Step back with your left leg and lift your waist, placing *uke's* right arm onto your left shoulder. Pull it by twisting *uke's* wrist.



Bend your waist as if you are bowing.



Grab the middle of the *tsuka* from below *uke's* hand with your right hand and take *uke* down onto his back by twisting your body to the right. Take the sword away and thrust or cut as you like.



Uke: Cut down the front from *jōdan*.

Tori: Blocking with *uchi roppō* by taking a step with your right leg to your left leg (in front of your left leg) and grabbing *uke's* right hand with your left hand. (Place your left hand from the bottom.)



Holding *uke's* arm under your left arm, step back with the right leg and twist his wrist.



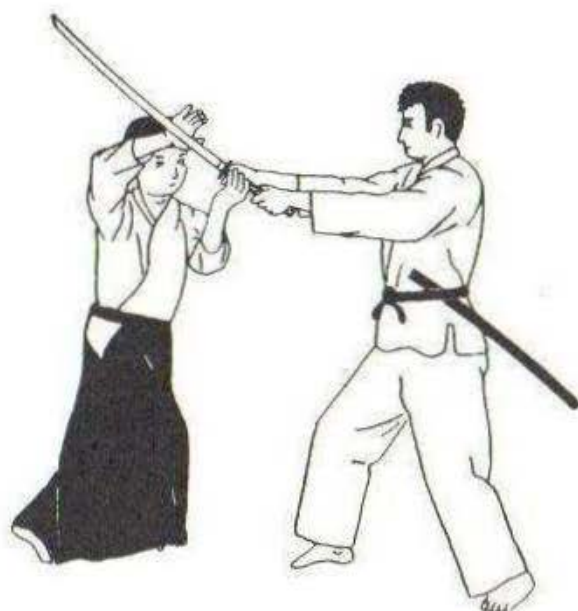
While quickly moving your left leg to the right leg, open your right leg. At the same time, kneel down with your left knee and twist *uke's* wrist and elbow joint.



Take the sword away and thrust into the *bonnōkubo*.

# 浅芽取

## Asaji Dori



Uke: Cut down the front from *jōdan*.

Tori: While blocking the cut with *uchi roppō* by taking a step with your right leg to your left leg, grab the *tsuka* from the bottom with your left hand and place your right hand on the blade from above.



Keep your left hand as it is and push the blade of the sword down with your right hand.





Quickly grab the end of the *tsuka* with your right hand.



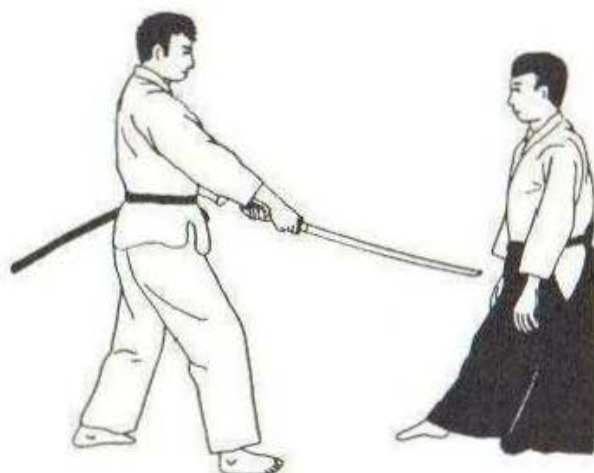
Take the sword away by pulling it in front of you and place your left hand on the blade. Thrust into *uke's tanden*.





Tori: Lean your upper body forward (leading with your right shoulder slightly) and step forward with your right leg to encourage *uke* to cut.

Uke: Pull the sword and cut *tori*'s right shoulder.



Tori: Avoid *uke's* sword by shifting your upper body back.



At the same time, quickly block the cut with *soto roppō*, centering your right leg as an axis, and hold the end of the *tsuka* from the bottom with your right hand.



Take *uke's* sword away by pulling it towards you.



Place your left hand onto the tip of the *tachi* and cut *uke's* throat.

# 石突返

## Ishizuki Gaeshi



Uke: Try to cut *tori* while walking.

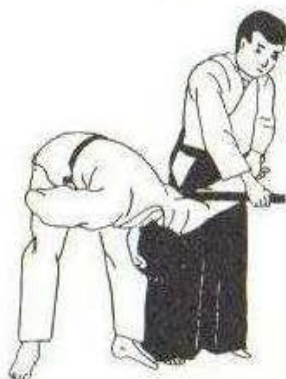
Tori: While taking the end of the *tsuka* with your left hand and pushing it, step forward with your left leg to the side of *uke's* left leg.



Move close to *uke* and take the end of his *saya* with your right hand. Twist and lift.



Place the end of the *tsuka* to *uke's* right *yakō*. At the same time, hook the middle of the *saya* to *uke's* arm and grab his left hand with your left hand.



Press down on *uke's* arm with the *saya* (held by your right hand) and pull *uke's* hand up.



Knock *uke* down onto his stomach and twist his arm.



(Variation.)





Uke: Place your hand onto the *tsuka* and try to draw your sword.

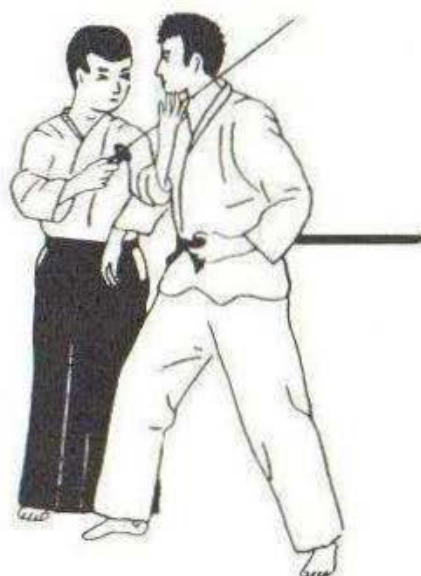
Tori: Take a step forward with your left leg and grab the *tsuka* with your right hand. Grab the *koiguchi* from above *uke's* right arm (holding *uke's* four fingers from the bottom). At the same time, twist and push the joint of *uke's* left wrist from inside with your index finger.



Step back with your right leg behind your left leg.



Take the sword away by pulling it vertically.



Strike *uke's* face with a left *ura ken*. Then, while turning the sword, place your left hand onto the sword and cut the left side of *uke's* neck.

# 逆下風

## Saka Oroshi



Uke: Cut *tori's nakasumi* from *gedan*.

Tori: Block the sword by shifting your body and using *dokuraku* walking.



At the same time, grab the end of the *tsuka* with your right hand and place your left hand onto the blade.



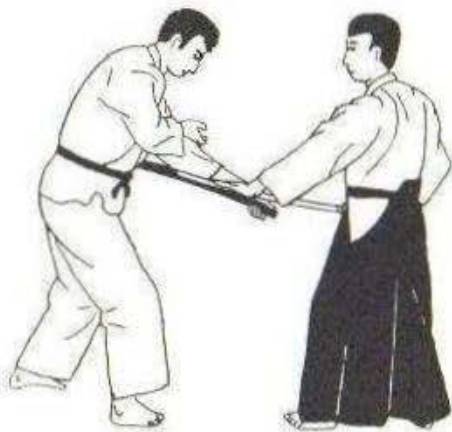
Uke: Try to quickly turn the sword.

Tori: Turn your right hand opposite.



Uke: At that time, thrust into the side *tori's* stomach with *koiguchi*.

Tori: At the same time, twist your body and place the sword on the side of *uke's* stomach by twisting the handle.



While stepping back with your right leg, pull and cut the right side of *uke's* stomach and thrust into his *suigetsu*.



# 手管

## Shukan



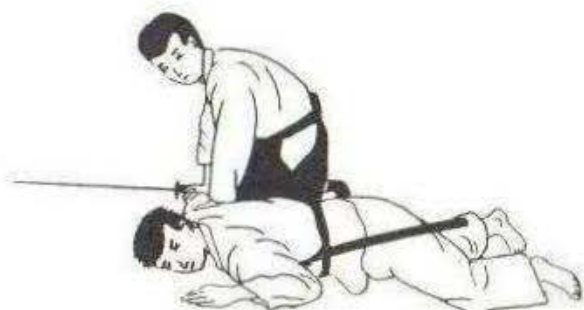
*Uke* and *tori* kneel on the floor, facing each other.

*Uke*: Hold the *tsuka* and try to draw the sword.

*Tori*: Stand the right knee by taking a step with the right leg, and grab *uke*'s right wrist with your right hand. Hold *uke*'s right elbow with your left hand.



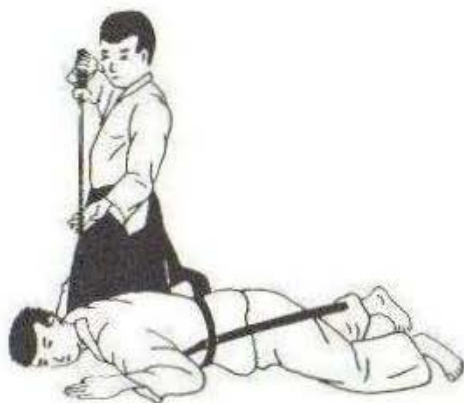
While sliding back your right leg behind the left leg, pull the sword with the help of *uke*'s strength.



Knock *uke* down by pulling his right hand to the left.



At the same time, step on *uke's* right elbow with your left knee and twist *uke's* right arm by pulling it up.



Take *uke's* sword away by striking his heart from the back with a left *ura ken* and thrust as you like.

# 倒影

## Tōkei



*Uke* and *tori* kneel on the floor, facing each other.

*Uke*: Grip the *tsuka* and try to draw the sword.

*Tori*: At the same time, grab the end of the *tsuka*, bringing your right knee to standing by taking a step with your right leg, and grab *uke's* right elbow with your left hand.



Push the *tsuka* up, then down.



Stand up while taking a step with the left leg.



Place your left hand onto *uke's* right shoulder, and then move the sword behind *uke's* back.



Knock *uke* down by pushing his right shoulder and *tsuka* while kneeling down with your right knee.

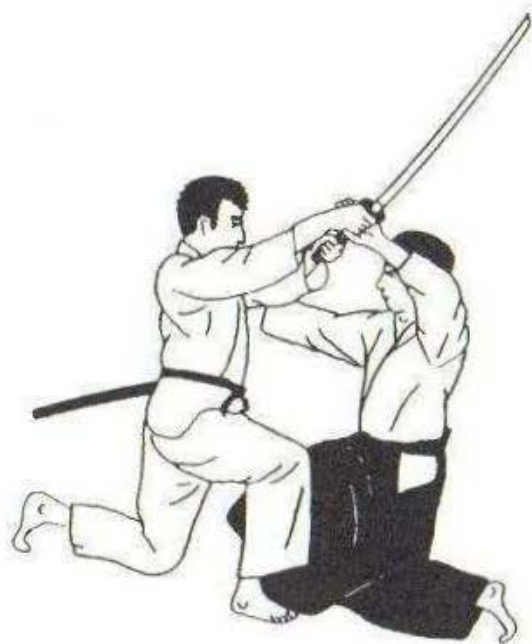


Place the *kurigata* onto *uke's* left *kyokusawa* and press the *saya* down with your left foot. Take the sword away and thrust or cut as you like.



# 抑臥

## Gyōga



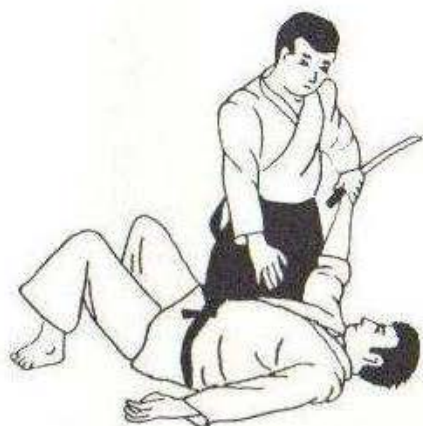
*Uke* and *tori* kneel on the floor, facing each other.

*Uke*: Cut straight down from *jōdan*.

*Tori*: While raising your left knee, at the same time block the sword with your left *teगतana* and grab *uke's* left shoulder with your right hand.



While twisting *uke's* right hand holding the handle, swing his right hand towards the left side.



Step back with your right leg behind your left leg and take *uke* down by kneeling down on both knees.



While placing your right knee onto *uke's* right upper arm, grab the end of the *tsuka* with your right hand.



Switch hands and turn the sword. At the same time, twist *uke's* arm by pressing it down with your right knee. Take the sword away and thrust or cut as you like.