

An Introductory Course in Kashima-Shinryū

Kenjutsu 劍術 (*Partial List*):

Rei 禮

Kamae 構え

Mugamae 無構

(*a.k.a.* Oto Nashi no Kamae 音無之構)

Kurai Tachi 位太刀

Kami Hassō 上八相

Shimo Hassō 下八相

Seigan 正眼

Tsuba Zeri 鐔競り

A. Kihon Tachi no Koto 基本太刀之事

1. Kesa Giri 袈裟斬り (& Gyaku Kesa 逆袈裟)
2. Ashi Barai Ukibune 足拂浮舟
3. Kiriwari 斬割
4. Warizuki 割突 (*a.k.a.* Tsuki Kaeshi 突き返し)
5. Kurai Tachi 位太刀

B. Ura Tachi 裏太刀

1. Men Tachi Zuke 面太刀付
2. Kesa Tachi Zuke 袈裟太刀付
3. Dō Tachi Zuke 胴太刀付
(*a.k.a.* Sokui Tachi 續飯太刀)
4. Gedan Kote Dome 下段籠手止
5. Kyodachi Kote Giri 虚太刀籠手斬
(*a.k.a.* Kyodachi Taichū Ken 虚太刀体中劍)
6. Sokui Zuke 續飯付 (*a.k.a.* Tsuki Kaeshi 突き返し)
7. Mikiri Kenchū Tai 見切劍中体
8. Naori Taichū Ken 直体中劍
9. Kesa Giri Sode Suri 袈裟斬袖摺
10. Enbi Ken 燕飛劍 (*a.k.a.* Tsubame Gaeshi 燕返し)

C. Aishin Kumi Tachi* 相心組太刀

1. Kumi Tachi Kiri Dome 組太刀斬止
2. Kumi Tachi Seigan 組太刀正眼
3. Kumi Wakare Warizuki 組分割突
(*a.k.a.* Tsuki Kaeshi 突き返し)
4. Kumi Tachi Kaeshi Kote 組太刀返籠手
(*a.k.a.* Kote Giri Kote Kaeshi 籠手斬籠手返)
5. Kumi Wakare Taoshi Uchi 組分倒打

D. Jissen Tachigumi 實戰太刀組

1. Tsuki Kaeshi 突き返し
2. Kiriwari 斬割
3. Sokui Tachi* 續飯太刀 (*a.k.a.* Dō Tachi 胴太刀)
4. Hayanuke Fudō Ken* 早拔不動劍
5. Sode Suri Seigan 袖摺正眼
6. Gedan Kote Uchi 下段籠手打
7. Tsubame Gaeshi 燕返し
8. Gyaku Kesa 逆袈裟
9. Tsubazeri Taoshi* 鐔競倒
(*a.k.a.* Gasshō Daoshi* 合掌倒し)
10. Maki Tachi Oikomi 卷太刀追込

E. Kenjutsu: *Basic Kuden** 劍術口傳

Te-no-uchi no Koto* 手之裡之事

Seigan Tachiai* 正眼立合

1. Tsuki Kaeshi 突返
2. Usen Saten 右旋左轉
3. Sasen Uten 左旋右轉
4. Sokui Zuke 續飯付

Jūjutsu 柔術 (*Partial List*):

Reiki no Hō 靈氣法

Ukemi 受身

Seiza 正坐

A. Idori 居捕

Kata Muna Dori 片胸捕

Ryō Muna Dori 兩胸捕

Tsuki Te Dori 突手捕

Uchi Te Dori 打手捕

Gyaku Te Daoshi 逆手倒

Yoriso 寄添

B. Tachiwaza 立業

Kata Muna Dori 片胸捕

Ryō Muna Dori 兩胸捕

Tsuki Te Dori 突手捕

Uchi Te Dori 打手捕

Gyaku Te Daoshi 逆手倒

Hiki Te Otoshi 引手落

Kami Tori 髮捕

Eri Jime 襟絞

Nuki Te Jime 拔手絞

Kiri Dome 切止

C. Nagewaza 投業

Gasshō Nage 合掌投

Kiri Te Nage 切手投

Kinu-katsugi 衣担

Koromo Nage 衣投

Shime Te Nage 絞手投

Yoko Sutemi 横捨身

Ma Sutemi 真捨身

Gasshō Kuzushi 合掌崩

D. Kumiwaza Gusoku Dori 組業組足捕

Ganseki Otoshi 巖石落

Gandō Gaeshi 龕燈返、強盜返

Sumiiri Gyaku Daoshi 角入逆倒

Tasuki Dori 襷捕

Sumiiri Gaeshi 角入返

Ganseki Nage 巖石投

Byōbu Daoshi 屏風倒

Hiji Kujiki 肘挫

Kannuki 関貫

Kata Te Dori 片手捕