

Shinto Muso Ryu Jo Jutsu 神道夢想流杖術

Charts of Basic Techniques, Forms and Kata of Related Weapons

Kihon 基本				
The Kihon are 12 basic techniques derived from Kata by Shimizu Sensei for the purpose of teaching form and technique and to simplify learning Kata. Note that all techniques can and should be performed from the right and left side.				
Technique	Japanese	Furigana	Meaning	Notes
Honte Uchi	本手打	ほんてうち	Basic position	Strike with hand in basic position
Gyakute Uchi	逆手打	ぎゃくてうち	Reverse hand position	Strike with hand in reverse position
Hiki Otoshi Uchi	引落打	ひきおとしうち	Pull, drop, strike	Draw back and strike; Use this strike for Uchikomi practice
Kaeshi Tsuki	返突	かえしつき	Reverse, thrust	Reverse the jo and thrust
Gyakute Tsuki	逆手突	ぎゃくてつき	Opposite, hand, thrust	Overhead thrust, then strike
Maki Otoshi	巻落	まきおとし	Roll, drop	Block sword strike, then sweep down
Kuri Tsuke	繰付	くりつけ	Reel (spin), pin	Guide jo and pin next to body (basically, a body trap)
Kuri Hanashi	繰放	くりはなし	Reel (spin), release	Guide and release
Tai Atari	体当	たいあたり	Body, hit	Bodycheck
Tsuki Hazushi Uchi	突外打	つきはずしうち	Thrust, outer, position	Deflect a thrust, strike, and prepare to advance
Dobarai Uchi	胴払打	どうばらいうち	Torso, dispose, position	Block a cut to the hip and strike the sword
Tai Hazushi Uchi	体外打 (右・左)	たいはずしうち	Body, evade, position (right, left)	To evade a cut with the body and strike

Omote 表				
Omote are the first set of 12 Kata that students learn after mastering the Kihon. Omote Kata focus on correct posture, appearance, and technique.				
Technique	Japanese	Furigana	Meaning	Notes
Tachi Otoshi	太刀落	たちおとし	Long sword, drop	Making the sword drop
Tsuba Wari	鐔割	つばわり	Sword-guard, break	To break the sword-guard
Tsuki Zue	着杖	つきづえ	Arrive, stick	Stick hits (reaches) the target
Hissage	引提	ひっさげ	Pull, take along	Shidachi first appears to be unarmed, then reveals the stick but the opponent cannot determine its length thereby confusing Ma-ai. First time that the Short Sword is used.
Sakan	左貫	さかん	Left, penetrate	Penetration (pierce) from the left
Ukan	右貫	うかん	Right, penetrate	Penetration (pierce) from the right
Kasumi	霞	かすみ	Haze (mist)	Attempt to see through the haze, or block the rays from your eyes.
Mono Mi	物見	ものみ	Thing, see	“The vision of things.” Turn your back to the opponent to avoid the cut, then turn and strike
Kasa no Shita	笠之下	かさのした	Umbrella, beneath	“Beneath the umbrella.” Start the kata by “clearing the area” with the stick.
Ichi Rei	一禮	いちれい	One, point	Start in a crouched (Iaigoshi) position.
Neya no Uchi	寢屋之内	なやのうち	Sleep, stall (room), inside	Inside the sleeping room. Start in Seiza. (In reality the stick would strike the top of the opponent's forefoot.)
Hosomichi	細道	ほそみち	Narrow path	The line of the kata (Enbusen) is straight

				as if walking along a narrow street.
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Chudan 中段

Chudan is a set of 12 kata for intermediate students. Movement intensity and speed are necessary.

Technique	Japanese	Furigana	Meaning	Notes
Ichi Riki	一刀	いちりき	Single, cut	Ambidextrous
Oshi Zume	押詰	おしづめ	Push, stop (check)	First “Sen-no-sen” technique.
Midare Dome	乱留	みだれどめ	Disorder (confusion), stop	To stop disorder. 1 st time Ichiriki kamae, which is deceptive and ambidextrous, is used in kata.
Ushiro Zue (Mae, Ushiro)	後杖 (前、後)	うちろづえ (ぜん、ご)	Rear, stick (front, rear)	1 st time Shidachi is attacked from the rear
Tai Sha	待車	たいしゃ	Waiting, vehicle	“Traveling stick” – Kuritsuke on both sides.
Ken Gome	間込	けんごめ	Entrapped between	Both short and long swords are used.
Kikkake	切懸	きっかけ	Cut, chance (or opportunity)	“Kneeling stick”. Go around opponent and stab kidneys.
Shin Shin	真進	しんしん	Truth, progress (advance forward)	“Stabbing stick”
Rai Uchi	雷打	らいうち	Thunderstrike	
Yoko Giri Dome	横切留	よこぎりどめ	Horizontal, cut, stop	“From Dark to Light”. Shidachi takes kamae first.
Harai Dome	払留	はらいどめ	Dispose (get rid of), stop	“Son of Ran-ai.”
Sei Gan	清眼	せいがん	Pure, eye	“Koroshi waza”.

Ran Ai 乱合

Ran-Ai, literally meaning “Disorder to harmony”, is taught to intermediate students. These Kata using both the long and short sword are a synthesis of Omote and Chudan techniques.

Technique	Japanese	Furigana	Meaning	Notes
O Dachi	大太刀	おおだち	Large, long sword	
Ko Dachi	小太刀	こだち	Small, long sword	

Kage 影

The purpose of Kage is to train the mind. The names of the 12 techniques are the same as Omote.

Technique	Japanese	Furigana	Meaning	Notes
Tachi Otoshi	太刀落	たいおとし	Long sword, drop	Making the sword drop
Tsuba Wari	鐔割	つばわり	Sword-guard, break	To break the sword-guard
Tsuki Zue	着杖	つきづえ	Arrive, stick	Stick hits (reaches) the target
Hissage	引提	ひっさげ	Pull, take along	Shidachi first appears to be unarmed, then reveals the stick but the opponent cannot determine its length thereby confusing Ma-ai.
Sakan	左貫	さかん	Left, penetrate	Penetration (pierce) from the left
Ukan	右貫	うかん	Right, penetrate	Penetration (pierce) from the right
Kasumi	霞	かすみ	Haze (mist)	Attempt to see through the haze, or block the rays from your eyes.
Monomi	物見	ものみ	Thing, see	“The vision of things.” Turn your back to the opponent to avoid the cut, then turn and strike

Kasa no Shita	笠之下	かさのした	Umbrella, beneath	“Beneath the umbrella.” Start the kata by “clearing the area” with the stick.
Ichi Rei (Mae, Ushiro)	一禮 (前、後)	いちれい (まえ、うしろ)	One, point	Start in a crouched (Iaigoshi) position.
Neya no Uchi (Mae, Ushiro)	寝屋之内 (前、後)	ねやのうち (まえ、うしろ)	Sleep, stall (room), inside	Inside the sleeping room. Start in Seiza. (In reality the stick would strike the top of the opponent’s forefoot.)
Hoso Michi	細道	ほそみち	Narrow path	The line of the kata (Enbusen) is straight as if walking along a narrow street.

Sami Dare 五月雨 (Sometimes called Satuski Ame)

Samidare, also called “Satsuki Ame”, is comprised of six kata. Whereas Kage are the basics of training the mind, Samidare is considered the intermediate level of training the mind.

Technique	Japanese	Furigana	Meaning	Notes
Ichimonji	一文字	いちもんじ	In a straight line	
Jumoni	十文字	じゅうもんじ	In the shape of a cross	
Kodachi Otoshi	二刀小太刀落	にとうこだちおとし	Two swords, small long sword, drop	
Mi Jin – Zen	微塵	みじん	Nothing but a speck, on the outside	
Mi Jin - Go	微塵裏	みじん	Nothing but a speck, rear	
Gan Tsubushi	眼潰	がんとつぶし	Eye, defeat	

Gohon No Midare 五本の乱

These techniques were created by Shimizu Takaji, the 25th Master, and are the synthesis of Omote, Chudan, Kage and Ran-Ai. Therefore, this set of 5 kata are not taught by those of Otofujii’s lineage in Kyushu.

Technique	Japanese	Furigana	Meaning	Notes
Tachi Otoshi no Midare	太刀落の乱	たちおとしのみだれ	Sword, drop, upset confuse)	
Sakan no Midare	左貫の乱	さかんのみだれ	Left, strike through, upset (confuse)	
Kengome no Midare	間込の乱	けんごめのみだれ	The space between, upset (confuse)	
Kasumi no Midare	霞の乱	かすみのみだれ	Kasumi, upset (confuse)	
Shamen no Midare	斜面の乱	しゃめんのみだれ	Diagonal (Strike the temple), upset (confuse)	

Okuden 奥段 (Sometimes called Shiaikuchi 試合口)

Okuden is an advanced set of 12 Kata.

Technique	Japanese	Furigana	Meaning	Notes
Sen Gachi	先勝	せんがち	Future, win	
Hiki Sute	引捨	ひきすて	Pull, throw away (discard)	
Ko Te Garami	小手がらみ	こてがらみ	Small, hand,	
Jitte	十手	じって	Ten, hand	
Uchi Wake	打分	うちわけ	Strike, divide	

Sui Getsu	水月	すいげつ	Water, moon	The Solar Plexus
Sa Yu Dome	左右留	さゆうどめ	Left, right, stop	
Ko Te Dome	小手留	こてどめ	Small, hand, stop	
Tsuki Dashi	着出	つきだし	Push out	
Uchi Tsuke	打付け	うちつけ	Knock (hit)	
Mi Kaeri	身替	みかえり	Body, change	
A Un	阿吽	あうん	Divine Trinity	

Kasumi Shinto Ryu Kenjutsu 霞神道流剣術

Students of Jodo learn 12 Kata of sword fighting.

Technique: Long Sword				
大太刀八通	Japanese	Furigana	Meaning	Notes
Ai Sun	合寸	あいすん	Unite/harmony, Near/a bit	
Gyaku Ai Sun	逆合寸	ぎゃくあいすん	Opposite, harmony, near	
Ju	鷲	じゅ	Eagle (わし)	
Chi barai	乳払	ちばらい	Milk, brush aside/dispose of	
Sarin	左輪	さりん	Left, slice/cut in a circle	
Nito Ai	二刀合	にとうあい	Two, Sword, Unite/Harmony	
Uke Kaeshi	受返	うけかえし	Defense, Reverse	
Suri Komi	摺込	すりこみ	Ground/Surface, Crowd	Bring down (strike) to the ground
Technique: Short Sword				
小太刀四通	Japanese	Furigana	Meaning	Notes
In Chu	咽中	いんちゅう	Throat, Center	
Uke Nagashi	受流	うけながし	Parry	
Tsuki Dashi	突出	つきだし	Lunge	
Mi Uke Dome	三受止	みうけどめ	Three, Defense, Stop/halt	Ward off

Uchida-Ryu Tanjo Jutsu 内田流短杖術

Students of Jodo learn 12 kata of the short stick, Tanjo. The Tanjo is also part of the Taiho Jutsu curriculum.

Technique:	Japanese	Furigana	Meaning	Notes
Kote Uchi Hidari	小手打ち (左)	こてうち (ひだり)	Forearm, left	Strike the forearm, left
Kote Uchi Migi	小手打ち (右)	こてうち (みぎ)	Forearm, right	Strike the forearm, right
Sutemi	捨身	すてみ	Discard, body	At the risk of one's life, in desperation
Kuritsuke	繰付	くりつけ	Reel (spin), pin	Body trap
Ushirozue	後杖	うしろづえ	Rear, stick	
Suigetsu Hidari	水月 (左)	すいげつ (ひだり)	Solar plexus	Strike the solar plexus, left
Suigetsu Migi	水月 (右)	すいげつ (みぎ)	Solar plexus	Strike the solar plexus, right
Shamen Hidari	斜面 (左)	しゃめん (ひだり)	Diagonal	Strike the temple, left
Shamen Migi	斜面 (右)	しゃめん (みぎ)	Diagonal	Strike the temple, right
Kobushiku Daki	拳碎	こぶしくだき	Fist, crush	
Irimi	入身	いりみ	Enter, body	

Suneku Daki	脛砕	すねくだき	Shin (tibia), crush	
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Isshin Ryu Kusarigama Jutsu 一心流鎖鎌術				
Students of Jodo learn 12 Kata of the sickle and chain, Kusarigama.				
Technique:	Japanese	Furigana	Meaning	Notes
Ishiki	居敷	いしき	Presence, cover over	
Soemi	添身	そえみ	Add/attach, body	
Hagaeshi	羽返	はがえし	Feather, reverse	
Mugan	無眼	むがん	Without, sight	Blinded
Jumonji	十文字	じゅうもんじ	Criss-cross	
Furikomi Ichimonji	振込一文字	ふりこみいちもんじ	Transfer, in a straight line	
Furikomi Jumonji	振込十文字	ふりこみじゅうもんじ	Transfer, cross-cross	
Isononami	磯之浪	いそのなみ	Shore, waste/squander	
Maki Otoshi	巻落	まきおとし	Roll, drop	To block in a downward sweeping movement
Mitokoro Zume	三所詰	みどころづめ	3, Parts, Stop (plug,block)	
Uki Fune	浮船	うきふね	Float, boat	
Sode Garami	袖搦	そでがらみ	Arm sleeve, arrest/tie up	

Ikkaku Ryu Jutte Jutsu 一角流十手術				
Students of Jodo learn 12 Kata of the truncheon, Jutte.				
Technique:	Japanese	Furigana	Meaning	Notes
Uken	右剣	うけん	Right, Sword	
Saken	左剣	さけん	Left, Sword	
Zanken	残剣	ざんけん	Remainder/Leftover, Sword	
Ke Age	蹴上	けあげ	Rise up	
Ichi Ran Ken	一乱剣	いちらんけん	One, Disorder/Confusion, Sword	
Irimi	入身	いりみ	Enter, Body	
Ippu	一風	いっふう	Single (1), Wind	
Me Ate	目当	めあて	Eye, Hit	
Uto	右刀	うとう	Right, Sword	
Gorin	五輪	ごりん	Five, Rings	
Issei	一声	いっせい	One Voice	
Kasumi	霞 (口伝)	かすみ (くちづて)	Haze/Mist (by oral instruction, word of mouth)	

Ittatsu Ryu Hojo Jutsu				
Shindo Muso Ryu is the only school of martial arts in which Hojo Jutsu is taught. Hojo Jutsu is part of the SMR curriculum and is not taught independently anymore. The current headmaster is Kaminoda Sensei in Tokyo. Ties are separated into 3 classes: Gedan, Chudan, Jodan which simply divides them in the order that they are taught.				
Technique	Japanese	Furigana	Meaning	Notes
Gedan				
Ichimonji Haya Nawa				
Hagai Tsuke Haya Nawa				

Hitoe Hishi Nawa				
Shin Hagai Tsuke Nawa				
Ya Hazu Nawa				
Sumi Chigai Nawa				
Shin Tambo Nawa				
Happo Karami Nawa				
Yagusa Hishi Nawa				
Chudan				
Hishi Haya Nawa				
Hishi Nawa				
Jumonji Nawa				
Bajo Hagai Tsuke Nawa				
Tambo Nawa				
Shin Futae Hishi Nawa				
Shin Kiko Nawa				
Yagura Hishi Nawa				
Jodan				
Jumonji Haya Nawa				
Jumonji Nawa				
Futae Hishi Nawa				
Kiko Nawa				
Age Maki Nawa				
Shin Hagai Tsuke Nawa				
Munawari Hitoe Hishi Nawa				
Kiri Nawa				
Undocumented Ties				
Hikakure Juji Nawa				
Mori No Naka Nawa				
Note: There is a system of escapes for all of these ties called Murai Hasumi Kakagoshi.				

Kendo Renmei Seitei Jodo 剣道連盟制定杖道				
These twelve Kata, developed by Shimizu Sensei by request from the Kendo Federation, were selected from SMR Kata, modified slightly from their original form for safety, and are practiced by Kendo, Aikido and Iaido students.				
Technique	Japanese	Furigana	Meaning	Notes
Tsuki Zue	着杖	つきづえ	Arrive, stick	Stick hits (reaches) the target
Suigetsu	水月	すいげつ	Water, moon	Thrust to the opponent's solar plexus
Hissage	引提	ひっさげ	Pull, take along	Lower (or drop). Long sword is used.
Shamen	斜面	しゃめん	Diagonal	Strike the opponent's temple
Sakan	左貫	さかん	Left, penetrate	Penetration (pierce) from the left
Monomi	物見	ものみ	Thing, see	The vision of things.
Kasumi	霞	かすみ	Haze (mist)	See through the haze.
Tachiotoshi	太刀落	たちおとし	Sword, drop	Making the sword drop
Rai Uchi	雷打	らいうち	Thunder strike	
Sei Gan	清眼	せいがん	Pure, eye	
Midaredome	乱留	みだれどめ	Disorder (confusion), stop	To stop disorder
Ran Ai	乱合	らんあい	Disorder (confusion, harmony)	Disorder to harmony