

# - Ninpo Taijutsu -

## 八 級 (HACHI-KYU / 8th Kyu)

1. 構え方基本〔二〕(KAMAE KATA KIHON II)
  - (1) 坐構え(不動坐・唐風) ----- (ZA GAMAE / FUDO ZA / KARAFU)
  - (2) 平一文字の構え----- (HIRA ICHIMONJI NO KAMAE)
  - (3) 怒虎の構え----- (DOKO NO KAMAE)
  - (4) 抱圍の構え----- (HOKO NO KAMAE)
  - (5) 攻勢の構え----- (KOSEI NO KAMAE)
  
2. 打拳型体変術 (DAKEN GATA TAIHEN JUTSU)
  - (1) 突 き ～ 左右・飛び退き―後方回転等  
(Tsuki: Left and right; a leap back and then a Koho Kaiten, etc.)
  - (2) 飛び蹴り ～ 左右・両足―回転等  
(Tobi Geri: Left, right and both; after landing Koho Kaiten, etc.)
  - (3) 手 刀 ～ 左右・表裏―飛び退き―順流れ等  
(Shuto: Left and right; after using Omote & Ura Shuto leap side-back etc.)
  
3. 拳構えと用法〔一〕(KEN GAMAE TO YOHO I)
  - (1) 拇指拳----- (BOSHI-KEN)
  - (2) 足指拳----- (SOKUSHI-KEN)
  - (3) 足逆拳----- (SOKUGYAKU-KEN)
  - (4) 足刀拳----- (SOKUTO-KEN)
  
4. 手解き〔一〕(TEHODOKI I)
  - (1) 片手外側から掴まれた場合 (Wrist held from the outside)
    - I. 手開き、内側回し----- (Open hand, Uchi Mawashi)
    - II. 手開き、掌上向き外回し----- (Open hand, Soto Mawashi)
    - III. 手開き、矢筈掛け内回し----- (Open hand, Yahazu Gake)
  - (2) 片手内側から掴まれた場合 (Wrist held from the inside)
    - I. 手首を掴み引き込み、片腕にて肘極め----- (HIJI DORI)
    - II. 大きく内回し----- (UCHI MAWASHI HAZUSHI)
    - III. 手首を掴み、人差指と親指にて痛み締め---- (ITAMI JIME)
  - (3) 片手を両手で掴まれた場合 (Wrist held by two hands)
    - I. 外回し (SOTO MAWASHI) II. 内回し (UCHI MAWASHI)
    - III. 中引き (NAKAHIKI)
  - (4) 両手を両手で掴まれた場合 (Both wrists held by two hands)
    - I. 左右回し----- (SAYU MAWASHI)
    - II. 拌み捕り----- (OGAMI DORI)
    - III. 手甲打ち当て捕り----- (SHUKO UCHI-ATE-DORI)