

# SHININ NO MAKI

死人巻

*Scroll of imperturbability*

## 1. Isami Tasuki Nage

Courageous front shoulder (sleeve tie-up) throw

Diagonal throw from hip to opposite shoulder

## 2. Obi Hane Goshi

Belt springing hip [throw]

Hane Goshi with both hands on obi

## 3. Tsurikomi Taoshi

Ensnare/lift pull throw

Feinting throw

## 4. Momiji Nage

Red maple leaf [choke] [counter to] throw

Counter Tomoe Nage and strangle uke

## **5. Gyaku Hayanada**

Reverse quickblade

Block blow, step over arm bar

## **6. Hiza Nage**

Knee Throw

Strike knee with foot and throw

## **7. Osaekomi Gyakute Tori**

Hold down arm-reverse hold [Counter pin & escape with an arm bar]

Counter with arm bar attempted counter to Eri Gatame

## **8. Kobushi Shime**

Fist constriction

Shoulder butt to stomach, knuckles in knee bend

## **9. Kesa Hazushi**

Scarf escape

Escape rear bear hug, apply knee bar

## **10. Kubi Shime Tomoe Gyakute**

Neck constriction comma [throw] arm-reverse

Counter Momiji Nage, apply arm bar and choke

## **11. Ninin Nage**

two person throw

**Escape and subdue from two man pickup**

## **12. Gyakute Gaeshi**

reversed arm overturn

**Throw three arm-whips, kick to short ribs**

## **13. Hizaori Nage**

knee break throw

**Knee to stomach, foot to groin, short Tomoe Nage**

## **14. Gyaku Hagai**

reverse wing pinion

**Double side shoulder lock, defense for strike to head**

### **15. Ushiro Kannuki**

behind locking-bar

**Double rear arm lock and knee in spine (blow defense)**

### **16. Mae Kannuki**

front locking-bar

**Double front armbar, fist to sternum**

### **17. Hikitate Tori Shime**

pull-hand hold constriction

**Kneel, grasp wrist, arm bar, 3 steps, sweep, roll over**

### **18. Ude Garami**

arm entanglement

**Force to mat on face, apply arm and leg locks**

**19. Ebi Shime**

shrimp constriction

**Shrimp choke using spine telescope art**

**20. Ushiro Ebi Shime**

behind shrimp constriction

**Sit on uke's back, legs under arms, pull head back**

**21. Ushiro Nage**

rear throw

**Rear throw. Grab collar, kick rear end, pull back**

**22. Gyaku Eri Shime**

reverse lapel constriction

**Quick strangle, both hands on same lapel**

**23. Shigarami Shime**

entanglement constriction

**Short-arm scissors**

## **24. Ashi Kannuki**

foot locking-bar

**Indian death-lock. Throw on back, figure-4 on legs**

## **25. Kesa Koroshi**

scarf kill

**Headbutt to solar plexus / sternum, follow through to mat / wall**

## **26. Hando Shime**

Half-way constriction

**Side scissors, armbar, with added thumb choke**

## **27. Ashi Gyaku**

foot reverse

**Corkscrew leg lock taken after Ashi Nada throw**

## **28. Kabe Shime**

Wall constriction

**Standing Ichimonji Shime against wall, head on forearm**

### **29. Ashi Karami Tori**

foot capture hold

**Break Ashikarami Jime, apply leg and hammerlock**

### **30. Nidan Gaeshi**

Second level turnover

**Arm whip from stomach bump, kick side, Ebi Shime**

### **31. Satsuma Shime**

(Satsu – Buddha, Satsuma - perfect) choke

**Kneel, grasp wrist, arm over neck, roll, perfect choke**

### **32. Tataki Komi**

beat enter

**Double hashknife strike to back, surfboard hold**

### **33. Ushiro Nage Tori**

Behind throw hold

**Throw Ushiro Nage, hold with one hand**

### **34. Saru Shigarami**

Monkey entanglement

**Monkey art: Throw, toes to neck and armpit nerves**

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### **35. Sandan Gaeshi**

Third level turnover

**Three Tora Nages, three arm whips, any Ashi Gyaku**



# TANTO NO MAKI

短刀卷

*scroll of knife arts*

## **1. Hibara Hazushi**

Side slash escape [slash and reverse stab]

## **2. Katate Hazushi**

Single hand escape [overhead stab]

## **3. Ryote Dome**

Two hands block [under hand stab]

## **4. Tsukkomi Hazushi**

Thrusting in escape

# TANJU NO MAKI

## 短銃卷

*scroll of gun arts*

### **1 Hibara Hazushi Ichi**

Escape from gun held at side, right / front

### **2 Hibara Hazushi Ni**

Escape from gun held at side, right / back

### **3 Hibara Hazushi San**

Escape from gun held at side, left / back

### **4 Hibara Hazushi Shi**

Escape from gun held at side, left / front

### **5 Me Hazushi**

Eye escape

Escape from gun held at face

### **6 Mune Hazushi**

Escape from gun held at chest

## **7 Ushiro Hazushi Ichi**

Escape from gun held at back of head

## **8 Ushiro Hazushi Ni**

Escape from gun held in small of back

## **Keri Te**

蹴手

*Kicks*

### **1 Mae Geri Ichi**

Upward front kick to knee or leg

### **2 Mae Geri Ni**

Upward front kick to groin

### **3 Mae Geri San**

Upward front kick to solar plexus or face

### **4 Mawari Geri**

Roundhouse kick to uke's side

### **5 Tonbogaeri**

Judo roll with kick to groin

### **6 Yoko Geri**

Kick with side of foot

# Uke Te

受手

## *Parrying techniques*

### **1 Gedan Uke**

Lower-level block (as from a groin kick)

### **2 Jodan Uke**

Upper level block (as in overhead knife attack)

### **3 Nagashi Uke**

Parry block (as in Hagai Shime)

### **4 Shuto Uke**

Knife-hand block (as in Yama Arashi)

**Atemi**  
当身  
*Strike to the body*

**1 Atemi Ichi**

Hash knife (side of hand) to side of jaw

**2 Atemi Ni**

Heel of hand under chin

**3 Atemi San**

Heel of hand under nose

**4 Atemi Shi**

Hash knife (side of hand) to temple

**5 Hibara Uchi**

Elbow strike to short ribs

**6 Hiza Kin Geri**

Break front bear hug, knee strike to groin

## **7 Hon Getsu**

Strike below navel

## **8 Kasumi Dori**

Vital point capture

Hash knife (side of hand) to side of neck

## **9 Sui Getsu**

Water moon (moon on water, vital point, solar plexus)

Strike into solar plexus

# KAPPO

## 活法

### 1. **Se Katsu**

Back resuscitation

To Revive a person from a choke out #1

### 2. **Nuki Katsu**

Shoot through resuscitation

To revive a person from a choke out #2

### 3. **Ashi Katsu**

Foot resuscitation

To revive a person from a choke out #3

### 4. **Kin Katsu Ichi**

Testicular resuscitation #1

To relieve groin pain

### 5. **Kin Katsu Ni**

Testicular resuscitation #2

To relieve groin pain



## **6. Kin Katsu San**

Testicular resuscitation #3

To relieve extreme groin pain

## **7. Hanaji Tome**

Nosebleed stop

To stop a nosebleed

## **8. Eri Katsu**

Lapel resuscitation

To release a locked diaphragm

## **9. Tanden Katsu**

Lower abdomen resuscitation

To release a locked diaphragm

## **10. Hon Katsu**

Basic resuscitation

Revive from a locked diaphragm