

Shinkage Ryu

Sangakuyenno tachi



(As taught by Maruyama Sensei during the 2006 Seminar World Tour, compiled by Martijn van Hemmen, Alkmaar, Netherlands)



1. Ittou Ryoudan
2. Zantei Settetsu
3. Hankai hango
4. Usen Saten
5. Choutan Ichimi

Every technique starts with a distance between Uchidachi and Shidachi of 5 meters. At 2 meters start the technique. Retreat after each exercise with weapons in gedan position.

Weapons positions are:	Weapons attack:
Dai jodan – weapon above head	Shomen – vertical overhead cut
Chudan – normal ready position	Yokomen – between head and shoulder cut
Gedan – about knee height	Barai – between shoulder and hip
Sha-no-tachi – gedan but behind body	Sha – from below hip height up
Hasso – sword next to right ear	Kesa – shoulder cut

Uchidachi	Shidachi
1. Ittou Ryoudan	
Big step, bend knee, chudan 	Sha-no kamae 
Just walk, chudan	Invite left shoulder
Cut shomen	Partner hit shomen
	Left foot half step forward

	<p>Gasshi Uchi (meet hit)</p>
	<p>Partner's sword goes to left (naturally)</p>
<p>Keep chudan, step backwards to the right</p>	
<p>Steps: left foot, right foot</p>	
<p>Draw right foot hasso</p>	
	
	<p>A little bit left foot forward</p>
	<p>Right foot little bit forward</p>
	<p>Step right forward yokomen (kesa=to shoulder)</p>
<p>2. Zantei Settetsu</p>	
<p>Chudan, just walk</p>	<p>Chudan, right foot forward</p>
<p>Left foot forward (small step)</p>	<p>Left, right (normal steps)</p>
<p>Dai jodan</p>	<p>Left side up, bokken in front of forehead (horizontal)</p>

	<p>Stand in front of uchidachi, invite to cut right arm</p>
<p>Right foot forward, cut right arm with shomen</p>	
	<p>Left foot forward, kesa, cut right arm</p>
<p>A little step backwards, left, right, left</p>	
<p>Right foot back hasso</p>	
	<p>Left forward, chudan</p>
	<p>Right step, kesa to shoulder</p>
<p>3. Hankai hango</p>	
<p>Chudan, just walk</p>	<p>Chudan, don't move</p>
<p>Right foot forward, dai jodan</p>	
<p>Cut, right foot forward</p>	
	<p>Right foot little bit forward, left foot like lizard leg position, twist hip</p>
	<p>Pierce throat</p>
<p>Keep chudan, step backwards to the right</p>	
<p>Steps: left foot, right foot</p>	
<p>Draw right foot hasso</p>	
	<p>Left, left, right, kesa</p>
<p>4. Usen Saten*</p>	
<p>Chudan, tip of swords one fist apart</p>	<p>Chudan, tip of swords one fist apart</p>



3 times up and down, not big

Walk backwards (5 steps) keeping same ma-ai.

Walk forward (4-5 steps, stop with right foot forward)

3 times up and down

Right foot forward, cut left arm with shomen

3 times up and down, not big

Forward: Right, left, right, left, right

Left, then 5 steps

3 times up and down

Left foot forward



Raise sword, no step (lead Ki of uchidachi up)



Chudan (no step)



Right foot step hit shomen, forehead uchidachi

Left step backwards, chudan

Left step backwards, chudan

Continue in number 5

5. Choutan Ichimi*

3 times up and down

3 times up and down




Left foot a little bit forward, right big step back, gedan (triangle forward), invite left shoulder

Right foot forward, dai jodan

Step right, shomen to left shoulder



Left forward, same as first technique, meet sword, cut right wrist

	Right, left, left little step, backwards
	Turn to side, left shoulder forward, gedan
Step back left in gedan	
Twist upperside to the side	
Right shoulder forward – present gedan	

** 5 is performed as a continuation of 4.*