The Secret Teachings of Self-Defense
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INTRODUCTION

Tetsujiro Yamada, a famous swordsmen was once asked by one of his friends, "What is the ultimate meaning of your swordsmanship?" "If I say to a man, "keep it for me," was Yamada's answer. The following day that man went to the famous Ando Temple. There he found three black dragons in front of the temple, above his head, which read De-Mu-L. Semi means, "Donate fearlessness to all the sentient beings of the world."

I sincerely believe that all the arts of self-defense should be learned and studied as the devotion of fearlessness to all the sentient beings of the world. I think Mr. Sato wrote this book as a donation of fearlessness. We, therefore, translating this book with permission from Mr. Sato, as a donation of fearlessness to all the sentient beings of the world. In turn, all readers should donate fearlessness by studying this book.

When you learn oriental art, you have to start it by copying the forms. There are certain forms of stones, rocks, waves, trees, branches, leaves and so on. You have to learn the forms of everything as you are taught, but these forms have no life. It is your talent and effort which gives life to all these lifeless forms.

In this secret teachings of the Yama School, you have to learn them by re-creating the forms, and in this case too, the forms are lifeless. Only through your tenacious effort can you be able to give life to all these lifeless forms. Do not practice any one of these tricks without proper guidance. Do not use any one of these tricks unless in a case of emergency where your life is in danger.

Mr. Shinjiro Sato is considered the most prominent teacher among all schools. He is the 19th successor of the Taisei-Shingan School, and also the 14th successor of the Yama School. At the age of five, he started his practice of Ju-jutsu, and has, since, mastered almost all the schools of self-defense in Japan. This book, though, quite extensive in its coverage of the arts of self-defense, does not contain the teachings of Mr. Sato in it's entirety.

It is with great pride and pleasure, that I have this opportunity to introduce to you, the very finest in the teachings of the art of self-defense.

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LESSONS FOR INTERMEDIATE

- Form of Idori

- Form of half standing half squatting

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STUDY OF DEFENSE WITH THE STICK

STUDY OF VITAL POINTS

STUDY OF KARATE
The Secret Arts of the Yamanote-budo.
Yokoi
Lesson No. 1 Nyojo
Opponent: Grasp both wrists of defender with both hands.
Picture No. 1

Defender: Stretching all the fingers, pull both hands towards your back suddenly, and lift the knee.
Opponent: Lean forward and defender's knee hit the lower part of abdomen (wako).
Picture No. 2
Lesson No. 2 Ken-uri
Opponent  Grasp both wrists of the defender with both hands.
Defender  Bringing right foot forward, stretch the fingers of
the right hand, pull it suddenly towards your left
shoulder, then hit opponent’s kasami (temple) with the
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Picture No. 4

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Picture No. 5

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Attention  It should be practiced continuously from lesson No. 1 to lesson No. 5.

Lesson No. 6 Morotehodoki
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Picture No. 13

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Kick the opponent's groin with your heel.

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Defender

Suddenly parting your both feet wide and lower your body and stretch elbows as high as your shoulder.

Picture No. 15

Opponent

Hold the defender with full Nelson.

Picture No. 16

Defender

First, stretch your arms high, then suddenly lower your body, some time jerking your elbows down.

Picture No. 17

Lesson No. 10

Agemaki

This is the end of ten lessons of Tekkōdō. (Tekkōdō is the most fundamental study of Jujutsu, derived from this, word Tekkōdō, is used as supplementary study of any technique.)
Section Shoden: Defense in bended knee

Lesson No. 2 Aikinage (A)

Opponent: Grasp both wrists of the defender with both hands.

Picture No. 18

Defender: Streach fingers of your hands with palms facing each other, then tilt the tip of your finger a little upward so that you can see your thumbs clearly. Then push straight forward, using force on tip of your fingers.

Picture No. 19

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Defender: Push your right hand up, pulling your left hand to your left side back; throw the opponent to your left.

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Picture No. 23  

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Opponent Grasp both wrists of the defender with both hands.  
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Opponent With your right hand grasp left wrist of the defender, and hit the top of his head with your left hand.
Defender Lifting your left hand, stop the opponent's hand which is coming toward your head.
Picture No. 20

Defender With your four fingers of the right hand, grasp your opponent's right hand from the little finger's side. Then hold his thumb with four fingers of your left hand, and with your thumbs crush the back of the opponent's hand and bend the wrist toward the direction of his shoulder.
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Opponent Grasp the defender's front with your left hand.
Picture No. 28

Defender Erecting your right knee up, bring your right hand to the opponent's left elbow, grasp left hand with your left hand.
Picture No. 29
Defender Pulling your left foot to your back, sometimes keep the opponent's left elbow high, pull the opponent down with his face down. Push the left elbow down with your right hand, and hold the left wrist with your left hand.

Picture No. 30

Lesson No. 6 Kowamaga
Opponent Grab the front of your opponent with your left hand, and hit the top of the opponent's head with your right hand sword. (Hand sword is a literal translation of the so called Juvo Otsu.)

Defender Bringing your right hand over his left arm, stop his right hand sword.

Picture No. 32

Defender Grasp the opponent's right wrist with your right hand from under, then reach the opponent's right elbow with his left arm, throw him to your right side.

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Picture No. 38

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Picture No. 39

Lesson No. 31
Opponent: With your right hand smash hit the top of the defender’s head, at the same moment hit his right rib with your left fist.

Defender: With your right hand stop his right hand, and at the same time.

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Defender: Pushing his right elbow with your left hand, and grasping his right wrist with your right hand, drawing your right knee back in order to deck his left fist, then pull him down to your right side.

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Opponent: Step your right foot one step forward, hit the defender's top of head with your right hand sword.
Defender: Step his right forearm with your left hand, which is slid up from between his arm.
Picture No. 42

Lesson No. 13 Hikitekata
Opponent: Hit defender's top of head with your right hand sword.
Defender: Stop his right hand with your left hand sliding up from between his arm, then immediately grasp his right wrist with your left hand, and with your right hand (between index and thumb) push his throat, drawing your left foot and pulling your left hand, push him down with his face up.
Picture No. 43

Defender: Drawing your left knee to your back, twist his arm and pull his down with his face up, then immediately hit his jinsha (under nose) or ko (between eyes).
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Opponent: With your right hand sword hit defender's top of head.
Defender: Bringing your right hand above your forehead stop his hand.
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Defender: Grasp the right wrist of the opponent with your right hand, drawing your right foot one step backward, pull him down flat on his stomach, and with your left knee press his elbow.

Picture No. 66

Lesson No. 15 Maikomi
Opponent Hit the Kidjutsu (tip at lowest part of chest just above stomach.)
Defender In order to duck his fist erecting your left knee pull it to your back, then grasp his right wrist with your left hand.

Picture No. 67

Defender: Using his power of motion pull him to your side, and holding his right arm under your left arm, lowering your left shoulder hold his elbow joint.

Picture No. 68

Lesson No. 16 Kakehaikomi
Opponent Hit defender's Kidjutsu with left fist.
Defender In order to duck his fist pull back your left foot one step back, then pulling his left wrist with your left hand.

Picture No. 69
Lesson No. 18 Hadakujime
Opponent Hit defender's Chudan with your left fist.
Defender Block his fist by pulling your left foot back. Wind your right arm around his neck from behind, joining your hands together pull his back.

Picture No. 58

Lesson No. 17 Hadakujime (4)
Opponent Hit defender's Chudan with your left fist.
Defender Block his fist by pulling your left foot one step back. (See picture No. 50) Wind your right arm to his neck from his back, grasping your left arm with your right hand pressing his neck down with your left hand.

Picture No. 51

Lesson No. 19 Jinjutsu
Defender Grasp his right collar with your right hand, and with your left hand his left collar. Notice: It is better to hold his collar deeper to the side of his neck.

Picture No. 53

Defender Bringing your right hand to his front from the back, and grasp his collar, then bring your left hand through his under arm to his back of the neck, pressing down your left hand while your right hand is pulling up.

Picture No. 50
Lesson No. 20 Uchik сли
**Opponent** Try to choke him with Jiyujime (picture 53)
**Defender** Inserting your left hand from under his crossed arm,
pressing his left shoulder down.
*Picture No. 54*

**Defender** Pull him down to your right side, and hit his Uko
between the eyes.
*Picture No. 54*

Lesson No. 21 Ruhipiroma
**Opponent** Try Jiyujime to him (picture 53.)
**Defender** Hit his nose with your right fist.
*Picture No. 56*

**Defender** Right hand to his head and left hand to his chin twist
his neck to your right side.
*Picture No. 57*
Defender. Pull his down to your side. This trick is often used when your collar is grabbed, or to release the bear hug.

Picture No. 58

Opponent. Try to thrust your dagger to his Sungetsu.

Defender. Ducking his thrust by opening your right foot one step to the side, and applying your left hand to his right elbow, grab his right wrist with your right hand.

Picture No. 60

Lesson No. 22 Alkuchiteri

Opponent. Hold a dagger in your right hand.

Picture No. 59

Defender. Pulling your right foot another step to your back, keeping his right elbow joint pull him down. Bring your right hand outside of his hand, and bend his wrist; this is the way to release his dagger.

Picture No. 61
Lesson No. 1 Yototorinaage Form of defenses with half sitting, half standing.
Opponent "Attack the defender from the side, when he is sitting (bended knee) and you are standing.
Defender Try to defend by stretching out your right hand.
Opponent Hold his right wrist with your left hand, and hit his face with your right fist.
Picture No. 1

Defender Pushing your right hand up toward his left shoulder, grasp his left wrist with your left hand, and pulling it down hold the wrist joint. Leasing his freedom, the opponent will stand with his tip toes.
Picture No. 2

Defender With your right arm lead him to your back.
(Opponent) Because of unbearable ache of the wrist joint he naturally comes toward your back.
Picture No. 3

Defender Throw him down by pulling him down to your left.
He falls with his left wrist joint in pain.
Picture No. 4
Lesson No. 2: Hazaneshi (a)
Opponent: From right side of the sitting defender, grasp his right hand with your left hand.
Picture No. 5

Defender: Bringing forward your knee to the outside of his left foot, and with your left hand grasp his left ankle.
Picture No. 6

Defender: Pulling his left ankle up, while pushing his left knee down with your right hand, throw him down with his face up.
Picture No. 7

Lesson No. 3: Hazage
Opponent: From the sitting defender's right side, grasp his right hand with your left hand.
Defender: Bring your right knee behind his left foot.
Picture No. 8
Defender Pushing up his left foot with your left hand, and pulling your right hand to your right side back, let him down with his face up.

Picture No. 9

Defender Grasping his left wrist with your left hand, bring your right foot diagonally in left front of the opponent.

Picture No. 11

Lesson No. 4 Mawashiage
Opponent From the sitting defender's front grasp his both forearms with your hands.

Picture No. 10

Defender Bringing your both hands above your head.

Picture No. 12
Defender: Keeping his left elbow joint throw him down to your left side.
Picture No. 13

Defender: Bringing your right knee to the back of his left foot, pulling his left ankle with your left hand, pushing his knee down with your right hand.
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Opponent: Grasp the sitting defender’s both forearms with your hands.
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Ichoho (Prime of defense in standing)
Lesson No. 1 Hyotutsusouchi
Opponent: Grasp his right wrist with your left hand, and hit his head with your right hand.
Picture No. 1

Defender: Bringing your left foot toward outside of his left foot, stretching out your right hand diagonally toward your right front, thrusting his chin with your left fist, let him down with his face up.
Picture No. 2

Lesson No. 2 Airihochoi
Opponent: Grasp his right wrist with your left hand, and hit his head with your right hand.
Picture No. 3

Defender: Step one step forward with your right foot, and push your right hand up, finding impossible to hit your head with his right fist. Opponent will try to press his left hand down.
Picture No. 4
Defender: Bring your left foot in front of his left foot, and then bringing your right foot behind his left foot, then hit his chin with your right forearm while hitting his Sotodeshi with your left hand, and let him down.

Picture No. 7

Lesson No. 5

Ushikudaki
Opponent: With your left hand grasp his right wrist.
Picture No. 6

Lesson No. 6

Yubiotsu
Opponent: Grasp his right wrist with your left hand.
Picture No. 8
Defender One step forward with your right foot, and with your left hand grasp his left hand from the side of his little finger, press his thumb with your right forearm.

Picture No. 4

Lesson No. 5 Hikigatame
Defender Continues from Lesson No. 4 with your right hand grasping his left hand from the side of thumb, using your four fingers of the each hand, bend his wrist toward his shoulder, and pull his down.

Picture No. 10

Lesson No. 6 Akitoswashi
Opponent Grasping his wrist with your left hand, hit his head with your right fist.

Picture No. 11

Defender Stepping your right foot in front of the opponent, thrusting his chin with your right palm, let him down.

Picture No. 12
Lesson No. 7 Uchiguruma
Opponent Grasping his right wrist with your left hand, and hit his head with your right fist.
Defender Hitting his head with your left hand sword, pass through under his left arm.
Picture No. 13

Defender: Throw the opponent down.
Picture No. 15

Defender: With your left hand push his left elbow.
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Lesson No. 8 Utaguruma
Opponent Grasp his right wrist with your left hand, and hit his head with your right fist.
Defender: Hitting his right side with your left fist go through under his left arm.
Picture No. 16
Defender: Grasping his left wrist with your right hand, pulling his head down with your left hand, and lifting his arm up higher on his back, hold it there.

Picture No. 17

Lesson No. 9 Aikinage (a)
Opponent: Grasp his both wrists with your hands.
Picture No. 18

Lesson No. 10 Aikinage (b)
Opponent: Grasping his right wrist with your left hand, and pulling him toward you, hit his head with your right hand.
Picture No. 20

Defender: Stepping left foot first bring your right foot behind his right foot, stretching your left arm while bringing your right hand above your head, then hit his throat with your right hand sword.

Picture No. 19
Defender  Without resisting his pull step your right foot in his left front, same time stretch your right hand to the same direction.
Picture No. 22

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Opponent  Grasp defender's both wrist with your hands.
Picture No. 23

Defender  Throw him down.
Picture No. 29

Defender  Stepping your right foot outside of his right foot, push your right hand to his outer right side.
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Opponent Grasp his both wrist with your hands.
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Defender Stepping your right foot outside of his right foot, push your right hand out diagonally over his elbow joint.
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Lesson No. 13 Koshiguruma
Opponent Grasp his both wrist with your hands.
Defender Bringing your hands up pull him towards you.
Picture No. 27

Defender Stepping right foot forward and bringing your hip, throw him.
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Opponent: Grasp his both wrist with your hands.
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Defender: Grasp his left wrist with your left hand, bring your right foot in front of his right foot.
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Opponent: With your right hand grasp his upper arm.
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Picture No. 33

Defender: And more over bringing your right foot forward, push him down with his face down.
Picture No. 34

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Opponent: With your left hand grab his right arm, and with your right hand strike his face.
Defender: With your left hand swing his right hand and grasp it, then hit his Jinchu (under nose) with your right fist.
Picture No. 37

Defender: Together with your right hand grasp his right wrist, bringing your left foot in front of his right foot.
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Lesson No. 18 Koakanage
Opponent: Grasping his right arm with your left hand, hit his hand with your right fist.
Defender: Swinging your right hand up from outside of his left arm, stop his right hand and grab it, then crossing his right elbow above his left elbow, throw him to your right side.
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Opponent: Grasp his upper arms with your hands.
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Picture No. 43

Defender: Insert your right arm from between his two arms.
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Lesson No. 20  Hijiwari
Opponent: With your right hand grasp his chest.
Picture No. 44
Defender With your left hand grasp his right wrist, then with your right four fingers grasp his right hand from his little finger’s side.

Picture No. 65

Defender Applying your forearm on his right elbow and pulling it tight to your side, hold the joint. Holding his right elbow with your left forearm and bend his wrist with your right hand.

Picture No. 66

Lesson No. 21 Gunsekikotechi

Opponent Grab his chest with your left hand.

Defender Hit his Jinsu (under nose) with your right fist, then grasp his left wrist with both hands.

Picture No. 67

Defender Bring your right foot forward to his left foot’s inside, then bringing your left shoulder under his left elbow, lifting him on your shoulder, throw him forward. Being his left elbow joint locked, it is impossible to resist.

Picture No. 68
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Opponent: Try Jiujiwaza (with your right hand on.)
Defender: Hit his left elbow with your right fist.
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Opponent: Try Jiujiwaza to him (right hand on top.)
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Opponent  Try HALTs to him, (with right leg or.)
Defender  With your both fist much under his chin.
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Lesson No. 27  Jinschu
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Opponent  Stop his right hand with your right hand.
Defender  Grasping his right wrist with your right hand.
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Defender: Stepping your left foot forward pressing his right elbow down hold his there.

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Opponent: With your right hand sword hit his head. Defender: Stepping right foot forward, with your right hand's outside toward his and outside of your left hand toward you, stop his right arm and grasp it.

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Defender: Holding his right wrist with both hands, bringing your left foot between his two feet, with the spinning notion knealing your left knee down; twisting his arm, pull his down.

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Opponent: Hit his head with your right hand swing.
Defender: Brining right foot forward, stop his hand with your left hand and grasp his right wrist, kneeling your left knee down.
Picture No. 65

Defender: Pulling his right wrist hard with your left hand, hit his rib with your right hand sword.
Picture No. 66

Lesson No. 32 Wakiage
Opponent: Thrust his Sotoate with your left fist.
Defender: Slitting his left elbow with your right hand sword, kick his left side with your right foot.
Picture No. 67

Lesson No. 33 Manusari
Opponent: Thrust his Sotoate with your left fist.
Defender: In order to duck his fist try to lean your upper body toward your back a little, and kick his groin with your right foot.
Picture No. 68
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Opponent. With your right hand, grasp his collar from behind.
Picture No. 71

Defender. Pulling your right foot diagonally back bring your left foot behind his right foot, then hit his chin with your left elbow, while hitting his Suigetsu with your right hand sword.
Picture No. 72

Defender. Bringing your left foot in front of his right foot and hold his right arm under your left arm, keeping his right elbow joint.
Picture No. 70

Defender. Duck his fist by pulling your left foot backward, then stop his arm by hitting his forearm from inside with your right hand, and immediately grasp his right wrist with your right hand.
Picture No. 69

Lesson 34: Hikitate
Opponent. Thrust your right fist to his Suigetsu.

Picture No. 69
Lesson No. 36 Terufune
Opponent. Grasp his both shoulders with your hands from behind the defender.
Picture No. 73

Defender
Pulling your right foot diagonally back, bring your left foot behind his right foot, then hold his both legs in your both arms.
Picture No. 74

Defender. Lifting his high then let him fall.
(Opponent falls to the ground headlong.)
Picture No. 75

Lesson No. 37 Yasagoshi
Opponent. Grasp defender's both wrist with your hands from behind.
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Picture No. 77

Defender: Lift your hands above your head.
Picture No. 78

Defender: Circling your hands toward your front, kneading your right knee, throw him.
Picture No. 79

Lesson No. 36 Kodawara
Opponent: Grasp his wrists from behind with your hands.
Defender: Leading him with your hands, bring your right foot behind him.
Picture No. 80
Defender: Stepping completely behind him, pull his arm down, with his face up.

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Lesson No. 39 Kohi
Opponent: Grasp his wrists from behind with your hands.
Defender: Lifting your left hand above your head, stepping under his left arm, pulling your left foot back, throw him by pushing up his left arm with your right hand.

Picture No. 82

Lesson No. 30 Torifune
Opponent: Hold him from behind with your arms over his arms.
Defender: Hit his face with your back of head, then kick his groin with your heel. (as in Takeda picture No. 15)
Pulling your right foot behind, and bringing your left foot behind his right foot, hold his legs with your arm, and lifting him high then throw him down.

Picture No. 83
Lesson No. 67 Tantoschi
Opponent Hold his rear behind over his arms with your arms.
Defender Hit his face with back of your head, and kick his groin with your heel, then pulling your right foot back between his legs, kneeling your right knee down, pulling his right sleeve with your right hand, and lowering your right shoulder throw him to your front.
Picture No. 54

Articles of Chudan
Force in Sitting
Lesson No. 1 Yonosakura
Opponent Grasp his wrists with your hands.
Picture No. 1

Defender Stroking fingers of your both hands, press his left hand against your knee.
Picture No. 7
Defender: With your left hand pull his hand toward you, and press the back of his right hand against the second joint of his left thumb.

Picture No. 3

Defender: With your four fingers of the right hand grasp his right palm from his little finger's side, and pressing your right thumb against the back of his right hand, releasing your left hand, hit his right ear with your open palm of the left hand.

Picture No. 4

Defender: Pressing the back of his right hand with your both thumbs, pull him down. Make it look like as though his right hand is his pillow.

Picture No. 5

Lesson No. 2 Kobashiwari

Opponent: Grasp his wrists with your hands.

Defender: Hit his temple with your left hand, and grasping his left wrist with your right hand, then grasping four fingers of his left hand with your left hand, push it toward him while pulling his left wrist toward you with your right hand.

Picture No. 6
Lesson No. 3 Tatamiwari
Opponent: Grasp his left arm with your right hand.
Picture No. 7

Defender
Hit his nose with the back of your left hand, then immediately grasp his right hand from the back of his hand, then swing your left arm from outside of his right arm.
Picture No. 8

Defender Holding his right hand tight with your right hand, lowering your left elbow, keep his wrist and elbow joint, and let him suffer. Hit his nose again with the back of your left fist.
Picture No. 9

Lesson No. 4 Kotekochi
Opponent Grasp his chest with your right hand.
Picture No. 10
Defender: Hit his nose with the back of your right fist.
Opponent: With the shock, you lift your left hand up unconsciously.
Picture No. 11

Defender: Grasp his left and inserting your four fingers from his thumb's side, pressing the back of his left hand with your right thumb, and with your left hand inserting your four fingers of the left hand from his left hand's little finger's side, and pressing the back of his left hand with your left thumb, twist his left wrist toward his outer direction.
Picture No. 12

Lesson No. 5: Uchita Kōbushimezoriwarete
Defender: With your right hand sword hit the top of his head, and thrust your left fist to his rib.
Opponent: Stop his right hand sword with your right hand.
Defender: Grasp his right wrist with your left hand, and with the palm of your right hand twist his right fist, so that his little finger's side comes up.
Picture No. 13
Defender: Pulling your left hand toward your back, while pushing his right hand with your right hand, as though to erect his little finger's side up.

Picture No. 15

Lesson No. 6 Uchite-Kohshiuchi-Ura

Opponent: With your right hand sword hit the top of his head, and thrust your left fist to his rib.

Defender: Stop his right hand sword with your right hand, while pulling your right knee back to duck his left fist, then grasping his right wrist with your left hand, at the same time twisting his right hand with your right hand.

Picture No. 16

Lesson No. 7 Tenkkomi

Opponent: Stepping your right foot one step forward, thrust his S/'s with your right fist.

Defender: Pulling your right foot back to duck his right fist, grasp his right wrist with your left hand with your back of the hand up.

Picture No. 17

Defender: Bringing your right knee in right front of his, apply your right palm on top of his right hand's back, twist his wrist toward the outer right side of him. Throw his left front of you.

Picture No. 18
Lesson No. 8 Jujikutara
Opponent With your right flat thrust his "ujigatenu.
Defender Do just as the Lesson No. 7 tells you, and throw him in the left front of you, then grasp his right wrist with both hands, lying yourself down, bringing your left leg on top of his face, stretch your abdomen to hold his elbow joint.

Picture No. 19

Lesson No. 9 Kusunagi
Opponent Take his elbow joint as the lesson No. 8 shows.
Defender Flex his calf hard with your left thumb and fingers.

Picture No. 20

Articles in half sitting half standing defenses.
Lesson No. 1 Pakuto
Opponent Attack the sitting defender from his right side with your standing position.
Defender Bring your right hand forward.
Opponent While grasping his right hand with your left hand, hit his head with your right flat.

Picture No. 2

Defender Pulling your right hand to your front, erect your right knee, bringing your right foot outside of his left foot.

Picture No. 3
Defender Grasping his left ankle with your left hand, push his Fuhoto (vital point little above knee and push him down to your right side, with his left side down.) Picture No. 3

Lesson No. 2 Koku
Opponent Grasp both wrists of the sitting defender with your hands from his back, with your standing position. Picture No. 4

Lesson No. 3 Kineyokonage
Opponent Attack the defender who is sitting on the chair, from his right side.
Defender Lure the opponent with your right hand.
Opponent Grasp his wrist with both hands. Picture No. 5

Defender Lifting your hands above your head, kneel your right knee between his legs, throw him to your front. Picture No. 5
Defender: Grasping his left wrist with your left hand, pull him toward you, then pushing his wrist up with your right wrist keeping his left wrist joint, lead him toward your back and throw him to your left side.

Picture No. 7

Lesson No. 4: Seiko
Opponent: Grasp both wrists of the defender who is sitting on a chair, with your hands.

Picture No. 8

Defender: Stepping your right foot in front of his right foot, grasp his left wrist with your left hand, and passing under his right arm.

Picture No. 9

Defender: Switching your position, lay him down on the chair with his face up, then sit yourself down on his stomach.

Picture No. 10
Lesson No. 1: Kaitaiage
Opponent: Holding your right hand sword high above your head, stepping your right foot one step forward, hit his temple.
Picture No. 1

Defender: The moment he tries to hit your temple, using your right foot as an axle of a wheel, bringing your left foot in front of his left foot, same time hit his left neck (Katasuki) with your right hand sword.
Picture No. 2

Lesson No. 2: Souchikawashi
Opponent: With your right hand sword hit his head.
Defender: In order to duck his hitting hand, bring your body to outer right side of him, then push his right chest with your palm while pulling his knee, his with your left hand, and let him down.
Picture No. 3

Defender: Hit him down in your right front.
Picture No. 3
Lesson No. 3 (Uegarami)
Opponent: Step your right foot one step forward, and hit his head with your right hand sword.
Defender: Pulling your right foot one step back, step his right wrist with your left hand, holding it on your forehead with the back of your left hand touching your forehead. In this case don't forget to lower your body a little to weaken his force of hitting.
Picture No. 5

Defender: With your left hand, grasp his right wrist, and stepping your right foot behind his right foot, bringing your right hand through under his right arm, hooking your right forearm to his right forearm keep his elbow joint.
Picture No. 6

Lesson No. 4 (KumakakehI
Opponent: Hit his head with your right hand sword.
Defender: Stepping your left foot one step back, holding back of your right hand on your forehead, step his right hand sword. Don't forget to weaken his force by lowering your body a little, the instant you stepped his hand.
Picture No. 7

Defender: Immediately after grasping his right wrist with your right hand, using your right foot as an axle of the wheel, bring your left foot in front of his left foot, then being his elbow joint is in pain, he falls himself down in your right side.
Picture No. 8
Lesson No. 5  Uchite-kobushi-warenate
Defender and opponent stand in a distance of one fist and one step.
Picture No. 9

Defender  One step forward with your right foot, and hit his head with your right hand sword and thrust your left fist to his rib.
Opponent  Stop his right hand sword with your right hand.
Picture No. 10

Defender  With your right hand grasp his hand twisting his arm (with your four fingers on his little finger's side) and holding his right wrist with your left hand, let him suffer the pain of Kobushiwari.
Picture No. 11

Lesson No. 6  Uchite-kobushiwari-waren
Opponent  Stepping your right foot one step forward, hit his head with your right hand sword, and hit his rib with your left fist.
Defender  Duck his hips by pulling your right foot one step back, then grasping his right wrist with your left hand, and with your right palm twist his right hand.
Picture No. 12
Defender Let him suffer the rain of Kompachiwo. This time try to press his hand against your chest.
Picture No. 13

Defender Immediately swing your left fist, to hit his Jinchu (under nose) using the back of your flat.
Picture No. 15

Lesson No. 7 Kuriate
Opponent Stepping your right foot one step forward, thrust his Seiketsu with your right fist.
Defender In order to check his thrusting fist, step your right foot one step back, then hit his right wrist with your left hand down.
Picture No. 14

Lesson No. 8 Makaikudaki
Opponent Stepping one step forward with your left foot and thrust your left fist to his Jinchu (under nose.)
Defender Duck his fist be pulling your left foot back, then grasping his left wrist with your hands, while pushing his knee with your right foot to break his knee joint.
Picture No. 16
Lesson No. 9 Kimikane
Opponent: Thrust both fists to his face at once.
Defender: Try to push his arms apart from inside.
Picture No. 17

Defender: With your open palm hit his both ears at the same time.
Picture No. 18

Lesson No. 10 Karimate
Opponent: Stepping your right foot one step forward, thrust your right fist into his Jodoza.
Defender: Duck his thrust by pulling your right foot one step back, then grasping his right fist with your right hand, pull it hard toward your back.
Picture No. 19

Defender: Grabbing his collar behind his neck, using his jewels to restore his balance, pull your left hand back, while with your right hand pushing his right hand up, throw him to your left back.
Picture No. 20
Lesson No. 11 Jigokumae
Opponent: Stepping your right foot one step forward thrust your right fist into his Sutetsu.
Defender: Duck his fist by pulling your right foot one step back, then grasping his right wrist with your right hand and pull it hard.
Picture No. 23

Defender: With your left hand grasp his right collar deep, and then pulling his back, Choke his neck, while rotating his elbow joint against your right side. Because choke and holding joint are done at same time this trick is called Jigokumae (hell finish.) There is a way to escape from this trick, but we will skip the explanation in this occasion.

Lesson No. 12 Kotegeuchi
Opponent: Stepping your right foot one step forward, thrust his Sutetsu with your right fist.
Defender: Pull your right foot way back close to your left back, then grasp his right wrist with your left hand (four fingers on top.)
Picture No. 23

Defender: Stepping your right foot forward, apply your right palm on the back of his hand, and twist his right wrist toward his outer right side.
Picture No. 24
Lesson No. 13 Tukiware
Opponent: With your right foot forward, thrust his Bujyutsu with your right fist.
Defender: Back his fist by curling your right foot one step back, then press his right wrist with your right hand, and break his right elbow joint by hitting it with your left hand down.
Picture No. 26

Lesson No. 14 Kobushiwari
Opponent: Grabbing his left hand with your right hand, hit his head with your left fist.
Picture No. 27

Defender: One step forward with your right foot between his feet, then ducking his fist, thrust his right rib with your right elbow. Then right away grasp back his right wrist with your left hand (as explained in Tekodoki).
Picture No. 28
Defender: Holding his hand with your right hand, keep his right wrist joint.

Picture No. 29

Lesson No. 15 Takedoroi
Opponent: With your right hand grasp his upper left arm.
Defender: Hit his nose with the back of your right fist, then grasp his right hand with your right hand (four fingers on his palm and your thumb on his hand's back.)

Picture No. 30

Defender: If you spin your left arm, opponent's right hand will be twisted with his palm up, then if you lower your bented left elbow his right wrist joint will be in pain. Immediately hit his nose with your left fist.

Picture No. 31

Lesson No. 16 Sodagashhi
Opponent: Grasp his right arm with your left hand.
Defender: By bending your right elbow, pinch his hand between your arm and forearm. Bring your left hand to help your right arm.

Picture No. 32
Defender: Kneeling your left knee if you suddenly lower your body, his left wrist will be in pain.

Picture No. 33

Lesson No. 17 Ushishigi

Opponent: Snap his chest with your left hand.
Defender: Hit his nose with the back of your left fist, then applying your left hand on his left hand's back, try to bend his wrist toward his back of the left hand.

Picture No. 33a

Defender: Holding his left elbow with your both hands, null it toward your chest and hurt his left wrist.

Picture No. 35

Lesson No. 18 Tabusukuri-koe gaeshi

Opponent: Grasp his hair and null with your right hand.

Picture No. 35a
Lesson No. 19  Ipponsae
Opponent. Grasp his left side collar with your right hand, and with your left hand grasp his right upper arm.
Picture No. 39

Defender  Inserting your middle finger of the right hand to the pit behind his left collar bone and push it down. Opponent unable to bear the pain falls to your right side.
Picture No. 46

Defender  With your left hand twist his right wrist toward his outer right side, and with the help of your right hand throw him to your left side. (Use the Nagewaza.)
Picture No. 35

Defender  Hitting his left side abdomen with your right fist, while grasping his right hand with your left hand and let it release from your hair by bending his right hand's back.
Picture No. 37
Lesson No. 20  Osuwhiwo
Opponent  Hold his body from his back under the arms with your arms.
Picture No. 43

Defender  Rub your left knuckle against his right hand's back, and when his hold is loosed by the pain, grasp his right thumb with your right hand, then turning to him bend it harder and hurt him.
Picture No. 45

Lesson No. 21  Sugitaewahi
Opponent and defender walks from each side and passes each other.
Defender  The moment you pass him, go behind his grasping his ankles with your hands, push his thigh with your left shoulder let him fall on his belly.
Picture No. 43

Defender  Immediately crossing his legs hurt his toe and knee.
Picture No. 46
Lesson No. 22  Makurantooshi
Opponent and defender passes each other.
Defender  Grasp his collar with your right hand from his back.
Picture No. 65

Defender  Pulling your right foot back, kneel it down, mean while pull your right hand which is holding his collar straight down, and let him fall on his back.
Picture No. 66

Lesson No. 23  Haraizumi
Defender  Lie down on your back, (or when you are thrown flat on your back.)
Opponent  Try to attack him.
Defender  Push the left knee of the opponent with your left foot, and pull his right heel with your right foot, to let him fall on his back.
Picture No. 67

Lesson No. 24  Misatawashi
Opponent  Try to kick the defender with your right foot.
Defender  Dab the kick by pulling your right foot back, and with your left hand scoop up his right foot.
Picture No. 68 (A)

Immediately let him fall on his back, be pushing his right knee with your right hand.
Picture No. 68 (B)
Lesson No. 26  Hibikuri
Opponent Kick him with your right foot.
Defender Duck the kick by raising your right foot back, and scoop his right heel with your left hand. (As Picture No. 88.)
Together with your right hand, stepping your left foot one step back, pull him harder and let him fall on his back.

Lesson No. 27  Manbaru
Opponent Do as Lesson No. 26
Defender Do as Lesson No. 26 (as Picture No. 88.) Then gramping his right toes with your right hand, twisting his right foot toward your outer left side, and push it back until he falls on his back.

Lesson No. 28  Kakeuchi
Opponent Do as Lesson No. 26
Defender Do as Lesson No. 26 (as in Picture No. 88.) Holding his heel in your left hand kick back his groin with your right foot.

Lesson No. 29  HadakaJigaku
Opponent Like HadakaJigaku from his back.
Defender Tightening your collar and lowering your jaw, resist the choke. Then lifting your hands above your head toward the back, insert your fingers under his jaw and push it hard to hurt him.

Lesson No. 25  Men
Opponent You are about to attack him.
Defender By reading his intention and taking chance before hand, jump on and kick his groin or lower abdomen with your left foot.
Picture No. 89

Defender Immediately turn and kick his Suketau with your right foot and stand on the ground. You must practice to steady your body when you come back to the ground.
Picture No. 90
Defenses against swords without weapon.

Lesson No. 1 Migiware

Opponent: Holding a dagger point down and keep it above your head.
Defender: The instant before he tries to swing it down upon your head, bring your left foot forward to outside of his right foot, step his right elbow with your left hand, while thrusting his rib with your right fist.

Picture No. 1

Defender: If you grasp opponent's vital point in his right elbow, he will drop his dagger. Even if he doesn't drop his dagger, stepping your right foot forward, grasping his right wrist with your right hand, and breaking his balance by pushing.

Picture No. 2

Defender: And moreover bringing your left foot forward, keep in his right elbow joint held him down. Executing his right elbow with your left hand, bend his wrist by inserting your right palm under his right hand's back and pulling it up, then dagger drops.

Picture No. 3

Lesson No. 2 Maseken

Opponent: Do as in preceding lesson.
Defender: Supporting your body with your left hand on the ground in your left foot, and with your right foot kick his groin.

Picture No. 4

Defender: And moreover bringing your left foot forward, keep in his right elbow joint held him down. Executing his right elbow with your left hand, bend his wrist by inserting your right palm under his right hand's back and pulling it up, then dagger drops.
Defender: Grasping his right heel with your right hand, and pushing his Pakute (on lower thigh above knee) with your left fist, push him down to your right side.

Picture No. 5

Lesson No. 3: Kirisage
Opponent: Holding a short sword or knife above your head swing it down.

Picture No. 6

Defender: By pulling your right foot one step back, duck the knife, then grasping his right wrist with your right hand, and apply your left hand on his right elbow.

Picture No. 7

Defender: Pulling your right foot one step more to your back, keeping his right elbow joint hold his down, holding his right wrist Jukki with your right palm and let his drop the knife as in lesson No. 1.

Picture No. 8
Lesson No. 4 Tenôkikake
Opponent: Grab a knife in your right hand, and hold it around your waist.
Picture No. 9

Opponent: Thrust his stomach with the knife.
Defender: Pulling your right foot back to duck, then grasp his right wrist with your left hand (four fingers on top.)
Picture No. 10

Defender: Stamping right foot forward, and with your both hands twist his right hand to your outer left side. Use kitagashhi and throw him down.
Picture No. 11

Lesson No. 5 Kuritsuke
Opponent: Hold the sword in minshu (hilt around the center of your abdomen and point of the sword is aimed at one’s neck, chest or face.)
Defender: Hit the back of the sword and sliding go near his hand, grasping the hilt with your left hand pull it, while with your right hand pushing the back of the sword down, and take the sword away from him.
Picture No. 12
Lesson No. 6  Hishikotai
Opponent  Holding a sword above your head, then swing it down.
Defender  The instant before he swings the sword down, stepping
your right foot one step forward, hit his right elbow
with your left hand. Snap his right wrist
with your right hand and grasp his right elbow with
your left hand.
Picture No. 13

Defender  Pulling your right foot way back, holding his right
elbow joint with your left hand, keep his down.
Picture No. 14

Lesson No. 7  Shiiwaihoshi
Opponent  Hold the sword above your head, then swing it down on
center of his head.
Defender  Snap one step forward with your left foot, to out-
side of his right foot, let his drop the sword by hitt-
ing his right wrist with your right hand sword, at the
same time hit his vital point under the lower lip.
Picture No. 15

Lesson No. 8  Kirikuzi-kozeiashi
Opponent  Do as in the preceding lesson.
Defender  One step forward with your left foot to the outside
of his right foot, and immediately swing your right
foot back to the back of his left foot, the grasp
his right wrist with your left hand, bringing your
right foot forward, and with your both hands twist
his right wrist to his outer right side, as in
Sogasshi.
Picture No. 16
Lesson No. 9  Mannen
Opponent: Holding a pistol in your right hand, press it against his stomach, and order him "Hands up."
Defender: Lift both hands up.
Picture No. 17

Defender: Holding your hands up, keep your eye on the opponent, and finding a chance, stepping your left foot to the outside of his right foot; at the same time grasping his right wrist with your left hand, spinning your body to your right to duck away from the pistol, keep his right elbow joint under your left arm; sending his right wrist with your right hand, take pistol away.
Picture No. 19

Lesson No. 10  Ushirodenko
Opponent: Holding a pistol in your right hand pressing it against his back. Cry out "Hands up."
Defender: Lift both hands up.
Picture No. 20

Defender: Finding a chance spin your body by using your right foot as an axle of a wheel, to your right side, and duck the pistol, then inserting your right arm from under his right arm, and holding his right elbow joint. Bringing your left foot forward take pistol away with your left hand.
Picture No. 20
Defenses with a stick
Stick is made of oak, about 1/8 of an inch in diameter, about 3 1/2 feet long.

There are many forms of stick defenses, but as we haven't enough space to explain all, I have selected a few practical tricks to show you here. These stick defenses are stick defenses of the Tokata School. To write about these forms of stick defenses, I must thank sincerely to my old teacher Mr. Ichio, who is the head of Tokata School, for his help and permission to publish these tricks.

1. Shomen-nose-gata
   Holding a stick in your right hand, stand naturally.
   Picture No. 1

2. Hira-ichimonji-jo-kamae
   Open your feet a little and face your front, drooping your hand in your shoulder's width, holding the stick in your hands.
   Picture No. 2

3. Toko-ichimonji-jo-kamae
   One step forward with your left foot, bending your knees a little, hands holding stick drooping naturally.
   Picture No. 3

Lesson No. 1 Ryote-Garae
Defender Hold yourself in the posture of Hira-ichimonji.
Opponent Stepping your right foot forward try to choke the defender.
Defender Releasing your left hand, place the left half of the stick upon his wrists, then bring your left hand between his hands from under, grasp the stick and press it down as you pull your right foot to your side. (His elbow joints will hurt.) Then pulling your left foot back make your posture in Yoko-ichimonji to show your Zanshin. (Leave one's mind on one's opponent.) As your opponent restores to his former position step your left foot forward and hold yourself in the posture of Hira-ichimonji.
Picture No. 4 and 5
Lesson No. 2 Sritori
Opponent: Hold yourself in the posture of Hira-ichimaiji.
Defender: Pushing right foot forward grasp both front collars of the defender.
Picture No. 6

Defender: Releasing your left hand apply the stick over his elbows, and grasping the left end of the stick with your left hand, press it down. In this case pull your right foot back and bend your body a little.
Pictures No. 7

Opponent: Release your hands at that instant.
Picture No. 8

Picture No. 9

Defender: Stamping a big step forward with your right foot, applying the stick under his chin push him back, until he falls on his back.

Lesson No. 3 Shigrodori
Defender: Posture in Hira-ichimaiji.
Opponent: From behind the defender, try to hold him over his elbow with your arms.
Defender: As you step your right foot forward, lowering your body and facing toward your left side, then bringing your left foot behind his right foot, release your left hand from the stick and surround it from his back to grasp the stick which is applied to his rib, then squeeze it toward vous. Then pulling your left foot back, hold the posture of Yoko-ichimaiji.
Picture No. 10
Picture No. 11
Lesson No. 4: Karasechi (Kiriko-Hitoba)
Opponent: Step your left foot forward, grasp his front collar with your left hand.
Defender: Applying right half of the stick under his left forearm, releasing your left hand once. Then grasp the right end of the stick with your left hand, pinching his left forearm, pulling your left foot back pull him to your front.
Picture No. 12

Opponent: Pull your left forearm out at that moment.
Defender: Kneeling your left knee, holding the stick in your right hand, hit his spine and let him fall on his stomach in front of you. Pulling your right foot hold the posture of Toko-Ichimonji, and Zanshin.
Picture No. 13

Lesson No. 5: Kenenashi
Defender: Posture of Hira-Ichimongi.
Opponent: Holding a sword above your head with both hands and, about to swing it down upon his head.
Defender: Duck by stepping your left foot forward then holding your left hand high in front of you. Reaching your right elbow, stop his forearm by grasping, the left end of the stick on his right forearm. (Picture No. 14)
Then stretching your right arm, thrust his right arm pit with the left end of the stick. (Picture No. 15)
Pulling your left foot back hold the posture of Toko-Ichimonji.
Pictures No. 16 and 15
Lesson No. 6: Kiriage

**Defender:** Posture of Hira-ichimonji

**Opponent:** Holding a sword above your head, swing it down upon his head.

**Defender:** Back stepping your left foot diagonally forward, hit his chest with the stick. (Picture No. 16)

Then releasing your right hand from the stick press his right wrist with it. (Picture No. 17)

Grasping middle of the hilt, take the sword away from his arm out the inner thigh. (Picture No. 18)

**Defender:** Holding the sword in your right hand below your Zanshin. (Picture No. 19)

Lesson No. 7: Hebaridori

**Defender:** Posture of Hira-ichimonji.

**Opponent:** Holding a sword above his head, and swing it down upon his head.

**Defender:** Forwarding your left foot diagonally, swing the stick on his chest. (Picture No. 20)

Releasing your left hand and stepping your left foot behind his left foot, grasping the left end of the stick with your left hand. Tighten it against his chest. (Picture No. 21)

Releasing your left hand, take a 11") step backward with your left foot, then holding posture of Yoku-ichimonji and Zanshin.

Lesson No. 8: Toko

**Defender:** Posture of Yoku-ichimonji.

**Opponent:** Holding a sword in your hand in Chindan, the moment about 11") above your head.

**Defender:** Forwarding your left foot, thrust his Sabiebis with the left end of the stick. (Picture No. 22)

**Opponent:** Step backward.

**Defender:** Releasing your right hand, bring the stick on your back, then grasp it with your right hand above your right shoulder. (Picture No. 23)

Pictures No. 22 and 23

Defender: Steping your right foot forward, hit his Kasumi with the right end of the stick.

Picture No. 24
Lesson No. 9 Susohari

Defender: Pushing the stick toward his left hand corner and lifting it above his shoulder suddenly hit his chin, and when he falls thrust his Susohari with the stick.

Lesson No. 30 Tatemuri

Opponent: Do as in preceding lesson.

Defender: Pushing down with your right hand and lifting up with the left hand, suddenly lifting it over his head let him fall, then hit his head.

Chapter of resuscitation.

Resuscitation is an art to revive a person from asphyxia caused by strangulation, fall, drowning, choking, asthma, or asphyxia. From early times it was supposed to be a secret teaching among shaman teachers and students. There are many ways to do this. But now I am going to write about some of the most simple and most frequently used methods. Students if you practice well, and when you meet with some one in asphyxia, if you do it without mistake, and with confidence, I assure you that person shall revive.

Judgment of life.

First we must see whether there is hope for resuscitation or not.

1. When the pupil reflects thing.
2. When fingers and toes are bent tightly.
3. When the ears are closed.
4. When the teeth are closed tightly.
5. When drowned person's finger nail has still nice color.
6. When drowned or strangled person's nasal eumus hasn't changed color. In these six instances, there are good chance of resuscitation.
A motion of resuscitation.

When you do the resuscitation, take care not to let them bite their own tongue. Therefore insert a piece of wood or cloth between upper and lower teeth. On all occasions of resuscitation, tighten your lower abdomen and inhale the deep breath. With your hands, softly rub his down from shoulders toward his lower abdomen, just as gathering something with your hands about the center of his abdomen. Do the same exercise five or six times. Don't forget that this is the most important preparation before applying resuscitation. After this preparation is done, we do the resuscitation. Do the resuscitation according your natural breath. With the deep confidence that you surely can revive a person, do it with accompanying cry of "Ve!" or "Ve!". As to the usage of hands, you may use such strength on your arms, so that you might be able to kill a demon. But when your hands touch the person in asphyxia, make it tender as an infant's hand. Beige of legs must be as tender as your hands. When you do the preparation let this body lean on your knee.

Lesson No. 1 Semi-pratcice (A)
Kneeling yourself at left back of the dead person, lift him up with your left arm, holding his arms about his breast, and your right palm, fingers and thumb close together, tip of the middle finger touching the first knuckle of spine on top of his back, hit there with the lower part of the palm. Doing that five or six times, shall revive the dead person.

Lesson No. 2 Sandi-mento (B)
Lifting dead person's body from back, applying your right knee about the six or seventh knuckle of spine on his back, and pulling your left foot to your hook, with one hand rub down from shoulder to the side, while with your right knee resting on a little. Letting the dead person lean against your right knee, with your right fully extend, if you do it about three times, that surely shall be enough to revive the dead person.
Lesson No. 5

With your hands, restraining the dead person should be done on side in the preceding lesson. Lift the dead person's body up by holding the back of the neck with your left hand behind his back to support his body, and bracing your right knee close to his right side, holding his neck and shoulder with your left arm, while your right hand with thumb and index around instep, at the base of his abdomen. Holding your elbow close to the ground, push the fingers on while with your left hand lifting his neck lean forward. With the cooperation of your hands and feet from your lower abdomen, two or three times shall be enough to revive.

Picture No.

Vital points in regard to killing or rendering. Using as a weapon parts of the body (hams, elbows, feet etc.) or are blunt or pointed instrument.

Group 1
1. Nape
2. Axilla sp.-lo
3. Wind arch
4. Corrodst vessels
5. Vertebral vertebrae
6. Tip of coccyx
7. Lumbar vertebrae
8. Area where nose joins forehead
9. Golar n邢e
10. Temples
11. Oblique rear of neck

Group 2
1. Base of skull
2. Maxilla (area between nose and inner lin)
3. Nalil
4. Area between lower lin and chin
5. Toe of skull
6. Bridge of nose
7. Tip of nose
8. Flashy area under jaw
9. Flashy area
10. Area just below heart

Note: About vital points of human body. People who learn Jujutsu must know about vital points of human being. Vital points are the most sensitive points of the body. Shock given to those points are the cause of fall or appendix. In other times vital points are called Kuroko (points of Radical Core done by burning certain kind of dried grass) and the points are so numerous we can count more than three hundred, but the points where it is hard to hit or where the effectiveness are faint are omitted. Vital points which I am order to tell you are the most commonly used. Besides these there are many more secret techniques of our Yansko School, but I must wait some other on-standard to explain them.
THE STUDY OF VITAL POINTS

GROUP 3

1. Center of cornua
2. Stomach
3. Cervix of radius bone
4. Clavicle
5. Shin bone
6. Intestine
7. Knee cap
8. Side of knee
9. Tip of shin bone
10. Elbow
11. Wrist bones

GROUP 4

1. Testicles
2. Brain
3. Abdomen
4. Heart of muscles
5. Hair
6. Kidneys
7. Area just below floating ribs
8. Cuticle area of finger nails
Kempo of Karate School (another name Karate)

Ways of Practicing

Jujutsu should be practiced mainly in forms. Starting from study of forms, you must train yourself to attain oneness of mind and body. While practice of Jujutsu is done with more than one person at once, our kempo is practiced by solo with imaginary enemy. By practicing the hit, thrust, kick and step of complemented tricky of forms. It is just like shadow boxing of the boxing practice. We may practice our Kempo in any place at any time, because we don't need any wide space nor tools. You know the form of Kempo is not good to use. You must practice hard so that whenever you need to protect yourself your foot and hand move easily and swiftly as the form teaches you. That is why you should practice every morning before breakfast, or every noon before your lunch. To practice Kempo you must imagine there is an enemy really there in your mind. Your eyes, hit, thrust, kick should be done with your spirit to kill your enemy with one motion. If it is not done this way your movement is meaningless.

Forms of Torano-Kihara

Form No. 1
Standing upright, facing forward, heels opened a little, cross your hands in Front and bow.
Picture No. 1

Form No. 2
Facing your left, step your opponent's right hand, which is thrusting your face from your left side, by using your open left hand's little finger's side up. While keeping your right fist (outside down) at your waist.
Picture No. 2
Form No. 3

Making the fist, bring your left hand to your left waist (outside down), while hitting his Suigetsu with your right fist.

Picture No. 3

Form No. 4

Pull your right fist back to your right waist, while thrusting his Suigetsu with your left fist.

Picture No. 4

Notice-No. 2, 3 and 4 are the defense against your enemy at your left side, blocking his right fist which is about to thrust your face, stepping with your left hand sword and grabbing it. Pull him to your left side, thrusting your right fist into his Suigetsu, and then thrust your left fist into his Suigetsu. So 2, 3, and 4 should be done continuously without changing the position of your feet

Form No. 5

Facing your right, move his left fist which is about to thrust your face, with your right hand. (Direct opposite action of No. 7.)

Form No. 6

Making fist with your right hand, pull it to your right waist, while thrusting his Suigetsu with your left fist. (Direct opposite action of No. 3.)

Form No. 7

Pull your left fist back to your left waist, while thrusting your right fist into his Suigetsu. (Direct opposite action of No. 4.)

Form No. 8

One step backward with your right foot, and hit your enemy at your back with your elbow.

Picture No. 5
Form No. 9

Swing your right hand up making a semicircle hit his nose with your left fist (outside of fist in front.)

Picture No. 6

Form No. 10

Pull your left fist to your left waist, while stopping his left fist which is about to thrust your chudan, with your right hand sword. Twist your upper body to your right as much as possible, and bring your right shoulder forward.

Picture No. 9

Picture No. 7 is a view from the left side.
Form No. 10
Kick your right foot as high as your right hand. Picture No. 10
(Grasping your opponent's foot which is about to kick your stomach, kick his left side stomach or chest, with your right foot.)

Form No. 15
Stepping a big forward step with your right foot, turn to your back. Keeping your right fist to your side, stretching your bented right elbow on your right side. Hold your left fist in your right side front. (This shows the meaning, holding his right arm in your right arm, pushing his wrist up with your left hand, trying to break his elbow joint.) Picture No. 33

Form No. 11
Bring your left fist up, making a semi-circle hit his nose with the outside of your left fist. Notice No. 16, 22, 23, 16, should be practiced continuously. Picture No. 32

Form No. 13
Bring your right foot back to the former position, while hitting your opponent, with your left elbow. Picture No. 11
Form No. 16
One big step with your left foot and turn yourself back, pushing your right palm in front of your chest, holding your left palm as high as your waist, keep it close to your belly.
Picture No. 16

Form No. 18
While kicking his groin with your left foot, hit his face with your left fist, (outside of the fist) with the sweeping up motion.
Picture No. 18

Form No. 17
Facing your left, standing on your right foot, lift your left foot to your right knee. Holding your left fist (outside of the fist out) on your right waist, and holding your right fist under your left fist (outside of the hand underneath.)
Facing your enemy at your left.
Picture No. 15

Form No. 19
As you lower your left foot to your left, hit him with your left elbow, and with your right hand hit his left arm. Then bend your knees. (Grabbing your opponent with your right hand, and pulling him closer, hit him with your left elbow.)
Picture No. 17
Form No. 20
Facing your right, stand on your left foot and lift your right foot to your left knee. Bring your right fist to your left waist, holding your left fist under the right fist. (Direct opposite action of No. 27.)
Form No. 22
While kicking with your right foot, his his face with the outside of your right fist, with the sweeping action. (Direct opposite action of No. 10.)
Form No. 23
While lowering your right foot to your right, hit him with your right elbow. (Direct opposite action of No. 10.)
Form No. 25
Pulling your right foot one step back, and hitting his right fist which is meant to hit your Suluietse, with your left hand swoop, holding your right fist at your right waist with the outside of the fist underneath. (Picture No. 18)

Form No. 24
One step forward with your right foot and thrust his Suluietse with your right fist, keeping your left fist at your left waist with the outside of fist underneath. (Picture No. 19)
Form No. 26
Stepping one step back with your left foot, turning back, hit his temple with your left hand (little finger side.)
Picture No. 21
Notice keeping your right arm held in hammer lock as it is, pulling your left foot back, hitting his temple with your left hand and escape the hammerlock.

Form No. 27
Stepping your right foot one step forward, holding your left palm forward to stop his kick. Twist your upper body to your right as much as possible and holding your right open hand (outside up) in front of your chest.
(Picture No. 22, 23, 26 are all view from the back, so give you a easier understanding.)
Picture No. 22

Form No. 29
With your right hand sword, hit his left arm (outside of your hand under) which is about to thrust you.
Picture No. 29
Form No. 30
Immediately kick him with your right foot.
Picture No. 24

Form No. 32
Hit his nose with your fist (outside of the hand.)
Picture No. 27

Form No. 31
Lowering your right foot in front of you, hit him with your right elbow.
Picture No. 26

Form No. 33
With the motion of brushing aside in front of your face, with your hands (palm toward your opponent) while stepping your left foot to your right front.
Picture No. 28
Form No. 31
Pulling your right foot back and turn yourself back, hit him with your elbow.
Picture No. 29

Form No. 35
Jump up in the air and kick his groin with your left foot.
Picture No. 30

Form No. 36
Before your left foot touches the ground, kick his "aikeisuu with your right foot.
Picture No. 31

Form No. 37
As you are coming down to the ground with your right foot in front and left foot in back, hit his nose with your right fist (with the outside of the fist.)
Picture No. 32
Bringing your right foot one step back, stand as in Picture No. 1 and bow to each other.

Picture No. 1