

WEAPON KATAS SIMPLIFIED

\$5.00

By
Richard P. Baillargeon 7th Dan



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PREFACE

This book is intended to serve as a guide to instructors and students wanting to learn new weapon katas. The word kata defined in the martial arts is, "a pre-arranged form demonstrating methods of attacks, defense and counter-attacks against imaginary opponents."

I realize katas are difficult to learn from a book, but I hope this book of katas, illustrated by a series of movement by movement photographs and diagrams, will aid you in mastering these weapon katas quite easily.

"ACKNOWLEDGEMENT"

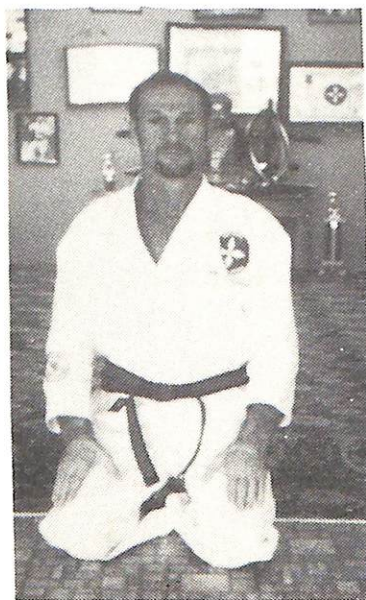
I owe a great deal to Shihan Joseph R. Ruiz, who inspired me to write this book on Weapon Katas. I also want to thank the following black belts who contributed their time and efforts demonstrating a weapon kata for this book:

Ricky Adams
Richard Campbell
Faye Hand
Toby Lewis

Mount Dora, Florida
Drums, Pennsylvania
Vadosta, Georgia
Elizabeth, City, North Carolina

The responsibility for the book's shortcomings and errors is, of course, exclusively my own.

Richard P. Baillargeon



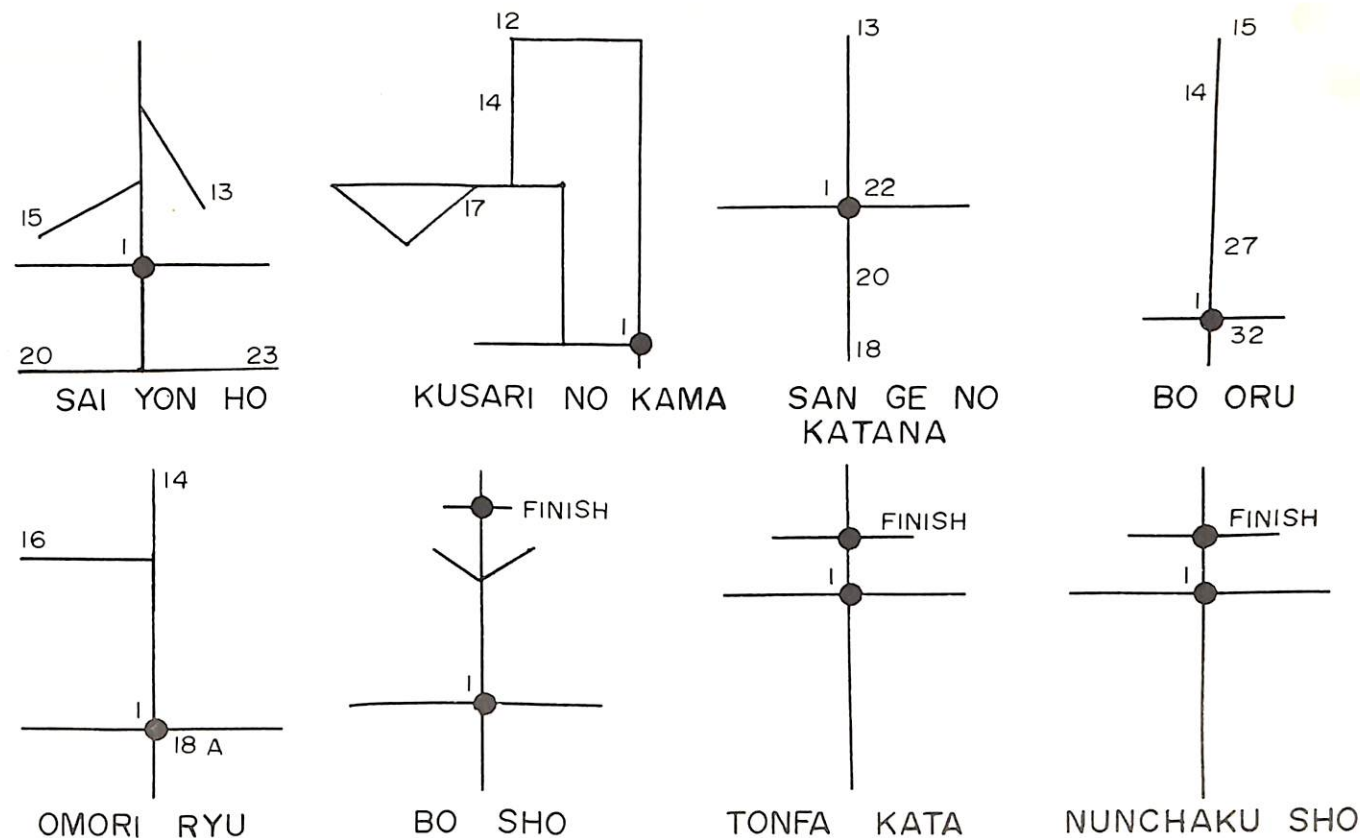
THE AUTHOR

Soke Richard P. Baillargeon, the Director of the National Karate and Jiu Jitsu Union, has over 22 years in the martial arts.

Mr. Baillargeon learned his karate under the personal instructions of Mr. Siyogo Kuniba and Kishin Kayo in Japan. He also holds a Master's Degree in Pakistan Weapons. There are only two Americans in the United States who earned this degree, Doctor Robert Zepecki and Mr. Baillargeon.

Doctor Zepecki and Mr. Baillargeon took the examination at Peshawar, Pakistan, April 1968.

DIAGRAMS OF KATAS



Samurai Swords



A SHORT HISTORY. The sword of the feudal Japanese warrior, the famed **Samurai Sword**, is the best known of all Japanese weapons. These swords may be divided into three kinds, i.e., the long sword, **Katana**; a shorter version of the long sword, known as **Wakizashi**; and a short dagger-type sword, **Tanto**. Together the **Katana** and the **Wakizashi** comprise the **Daisho**, the distinctive badge of the Samurai, the only person privileged to wear the combination. The longer blade was reserved for combat. The shorter blade was intended for **Seppuku** or **Hara-Kiri** (belly cut), although it was sometimes used as a secondary weapon. The dagger-type sword, **Tanto**, was employed for beheading the defeated enemy. Credit for the kill being allowed only when the severed head was presented to a superior for identification.

The Japanese sword held a unique importance in both individual and national life, which is difficult for the occidental mind to grasp. National honors were heaped upon a master swordsmith and an incredible value was assigned to a good blade. The forging of the blades was attended by religious ceremony and the weapons were referred to as the soul of the warrior. Such items as the sword guard, **Tsuba**, are truly works of art upon which artists and craftsmen lavished their greatest skill. Upon this single item alone an entire legend or a philosophy of life was often expressed within the compass of the sword guard ornamentation.

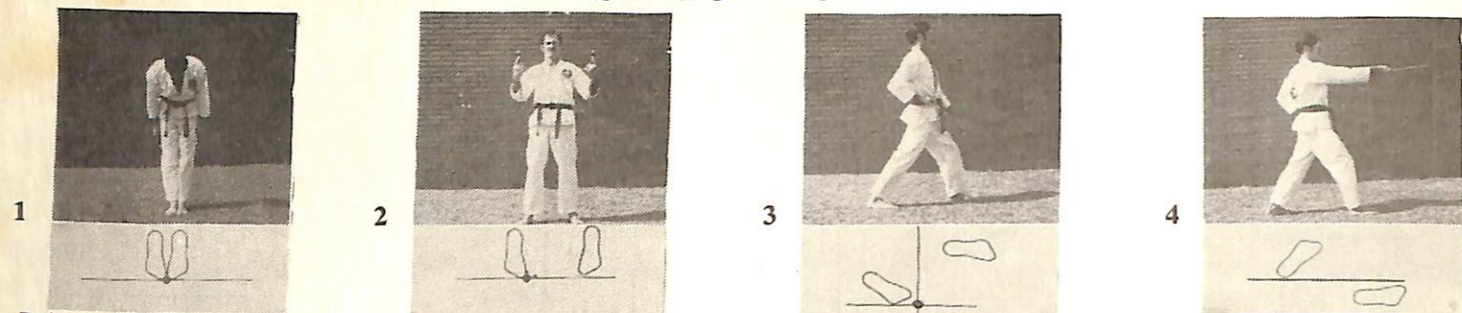
Wrapped within the handle of the sword were the **Menuki**, small ornamental, highly decorative devices holding great ceremonial meaning for the sword's owner. Incorporated into the scabbard was the **Kozuka**, a small decorative knife which in the hands of an expert could be thrown with great precision. It was often used for striking through the eyeholes of the face mask and warriors were trained in its use from childhood. Samurai etiquette permitted its use against the forehead, eyes, throat or wrists only.

Quite naturally, an elaborate etiquette was built up around the sword. When not being worn, the sword or swords were placed on a special stand, **Katana Kate**, which was placed in a location of honor in the home. The sword in its scabbard was received in a wrapper of fine silk, for it was a serious breach of etiquette to receive it on the bare hands. Even to touch the scabbard of one's sword against that worn by another was considered enough of an insult to demand mortal combat. To turn one's scabbard around in one's belt or girdle, as if to draw it, was considered a challenge to a duel to the death. Indeed, the mere touching of another's sword in any manner whatsoever without permission was a most serious matter.

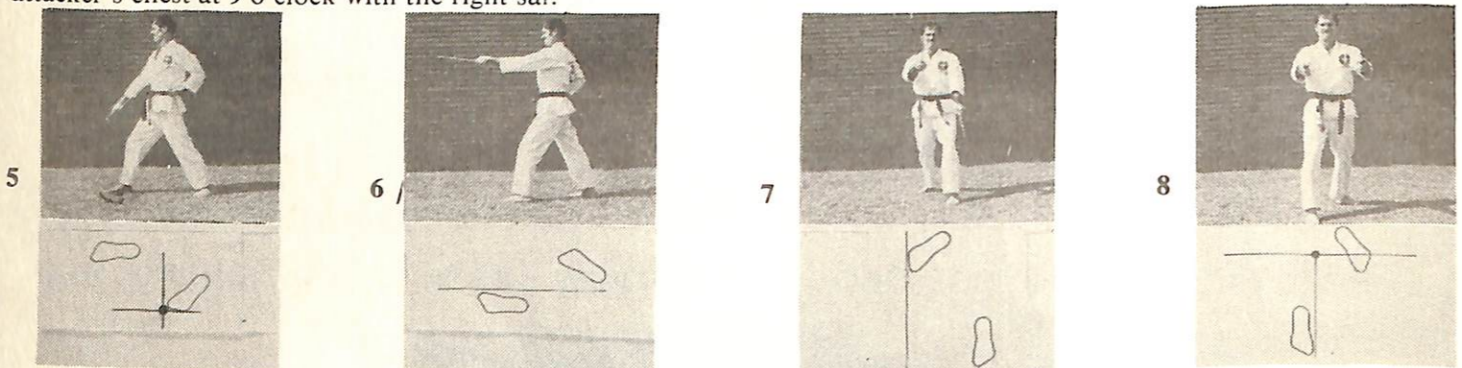
Rarely, except in combat, was a naked sword ever displayed. On very special occasions, if a sword were rare or famous, a request might be entertained to see the blade. Upon such occasions the owner elaborately asking the pardon of all present for unsheathing the blade. The owner, holding the back of the blade toward the onlookers, slowly, inch-by-inch, withdrew the blade for the admiring gaze of the audience. Hardly ever was the blade completely withdrawn except at the insistence of some extremely honored personage.



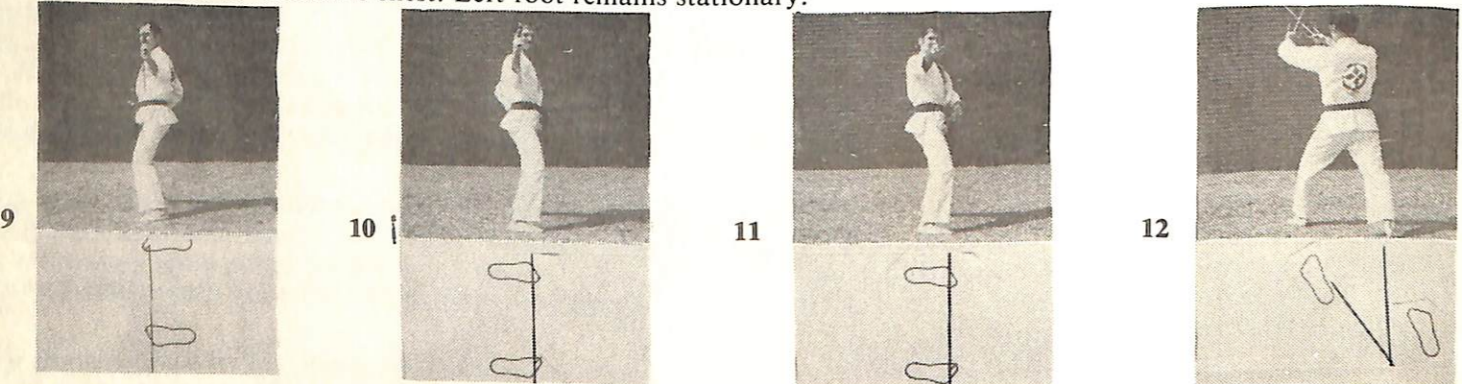
SAI YON HO



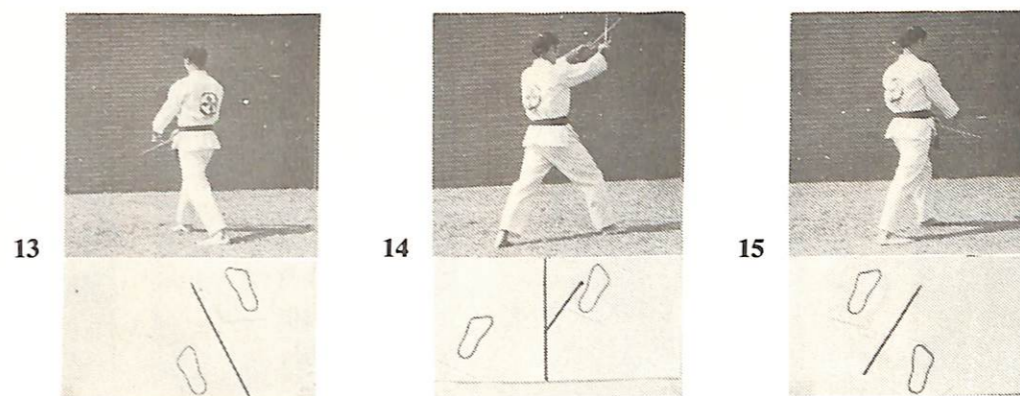
1. Rei
2. Slide the left foot 12 inches to the open leg stance, arcing the sai handles up across the body in a circular motion, right sai moving in front of left to shoulder level.
3. Slide left foot counter clockwise to 9 o'clock into a front stance. Right foot pivots in place executing a down block with the left sai, pulling right sai to hip.
4. Slide the right foot into a front stance at 9 o'clock, left foot remains stationary, pulling left sai to hip and stabbing to attacker's chest at 9 o'clock with the right sai.



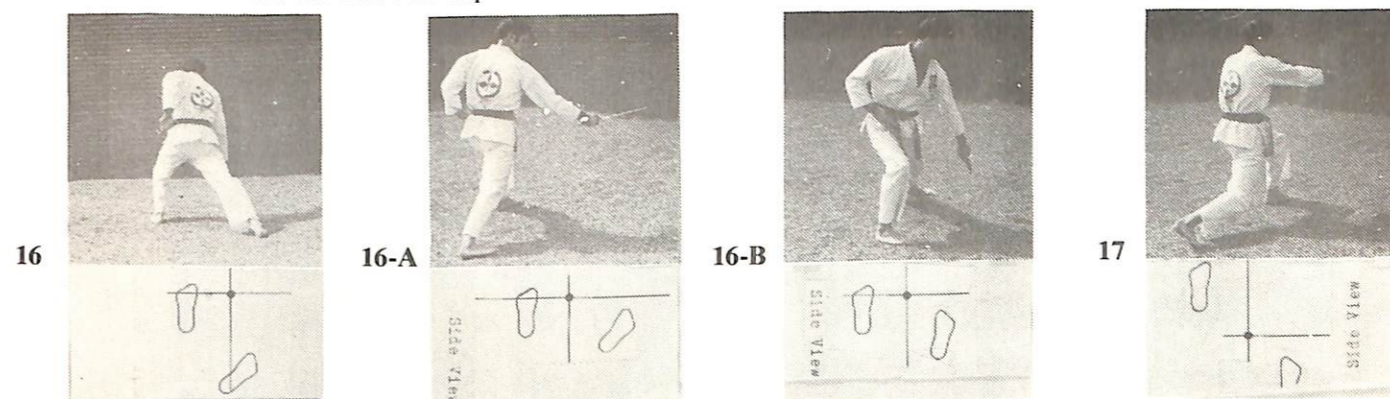
5. Reverse flip right sai to your forearm sliding right foot clockwise to 3 o'clock into a front stance, left foot pivoting in place, right sai executing a low down block at 3 o'clock. Left sai is on hip. NOTE: This movement is done in a continuous movement.
6. Slide the left foot into a front stance at 3 o'clock, right foot remains stationary, pulling right sai to hip and stabbing to attacker's chest at 3 o'clock with the left sai.
7. Slide left foot counter clockwise to 12 o'clock into a front stance slashing down with the left sai blade (to block a bo strike to knees) and slashing attacker's neck with right sai simultaneously. Attacker is at 12 o'clock.
8. Reverse flip sais to your forearms drawing them back to hips, sliding right foot to a front stance at 12 o'clock and thrusting out sais to attacker's chest. Left foot remains stationary.



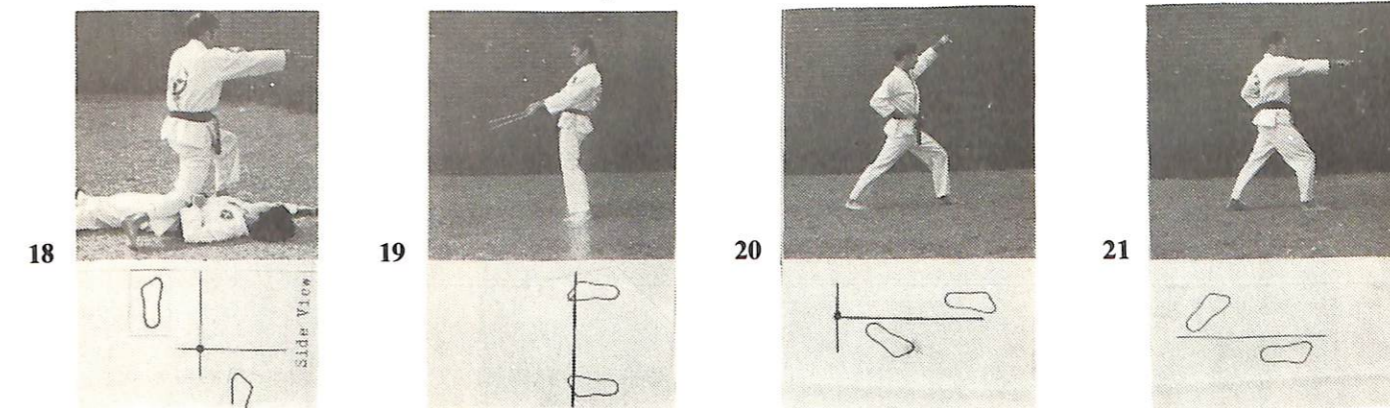
9. Slide left foot clockwise to 3 o'clock into a horse stance while pivoting on right foot making a left forearm block with the sai blade (bo was aimed at your chest) pointing down pulling right sai to hip.
10. Slide right foot counter clockwise to 12 o'clock into a horse stance while pivoting on the left foot making a right forearm block with the sai blade pointing down, pulling left sai to hip.
11. Stab attacker at 12 o'clock to the solar plexus with the left sai and strike the top of the head with the right sai, pivoting the body from the waist only, feet remain in horse stance.
12. Slide left foot counter clockwise to 4 o'clock into a front stance pivoting on the ball of the right foot thrusting the sais up to a high X block, left sai blade under right blade.



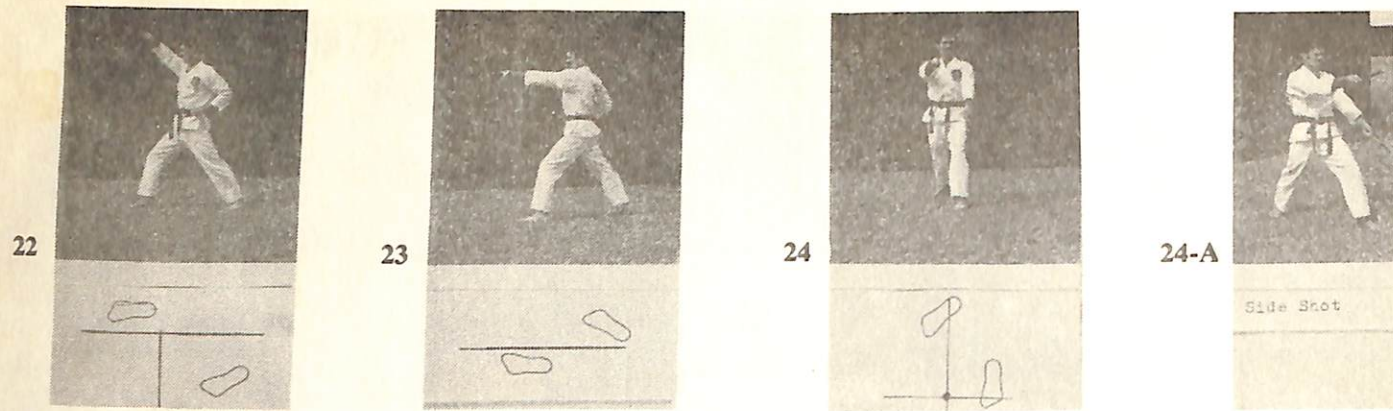
13. Slide right foot into a stance at 5 o'clock left foot remains stationary, arcing sais down simultaneously to a low X block with the left sai blade on top.
14. Slide right foot clockwise to 8 o'clock into a front stance pivoting on the ball of the left foot drawing sais to hips then thrusting the sais up to a high X block, right sai blade under left blade.
15. Slide left foot into a front stance at 7 o'clock, right foot remains stationary, arcing sais down simultaneously to a low X block with the left sai blade on top.



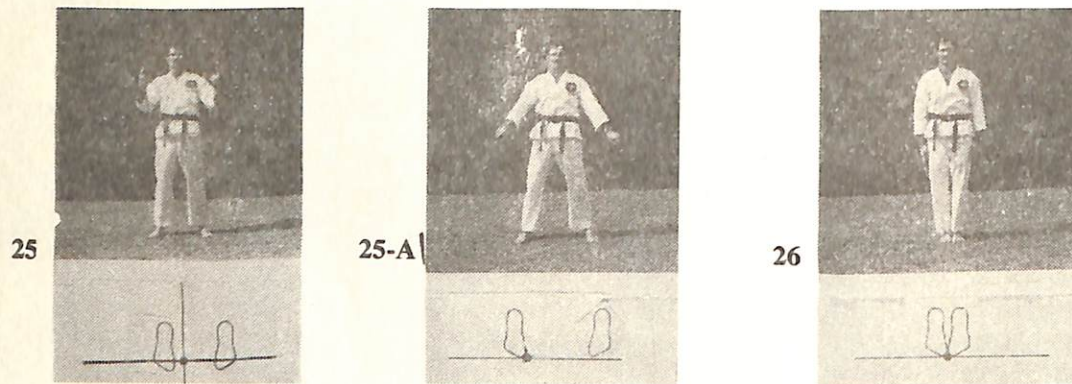
16. Draw the left heel counter clockwise to 12 o'clock into a horse stance while pivoting on the right foot, pulling left sai to hip executing a low scooping block with the right sai handle to attacker's left ankle tripping him down (attacker is at 6 o'clock) and flipping the right sai blade to his face. Pivot on the balls of both feet to 7 o'clock pulling the right sai to your hip punching down with the left sai to attacker's chest who is on the ground. NOTE: This technique is done in a flowing motion.
17. Step over attacker (who is still on the ground) with the left leg to 6 o'clock into a forward stance, your right knee coming down on attacker's chest while thrusting out both sai handles to groin of new attacker at 6 o'clock.



18. Arc sais from groin to head of attacker who is bent over from technique #17.
19. Step up to a front stance at 6 o'clock with the right foot, as soon as right foot touches the ground, draw your left heel back counter clockwise to 9 o'clock into a horse stance. Right foot pivots simultaneously (body is facing 3 o'clock) rotating sais in the hands and stabbing down with the blades to attacker's ribs while he is falling.
20. Slide the left foot counter clockwise to 9 o'clock into a front stance, pivoting on the right foot, executing a high block with the left sai. Right sai is pulled to hip.
21. Slide the right foot to a front stance at 9 o'clock thrusting the right sai to attacker's neck, pulling left sai to hip.

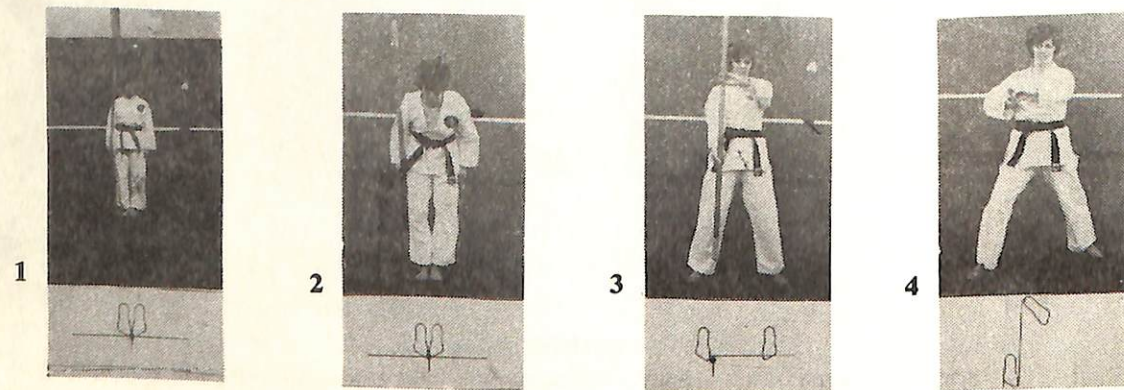


22. Slide right foot clockwise to 3 o'clock into a front stance, pivoting on the left foot, executing a high block with the right sai. Left sai is pulled to hip.
23. Slide the left foot into a front stance at 9 o'clock, thrusting the left sai to attacker's neck, pulling right sai to hip.
24. Slide the left foot counter clockwise to 12 o'clock into a front stance pivoting on the ball of the right foot letting the sai blades slide into your hands 3 inches, while making a low block with the left sai handle (bo is striking at your left knee) right sai handle striking attacker, who is at 12 o'clock, on the side of the face.

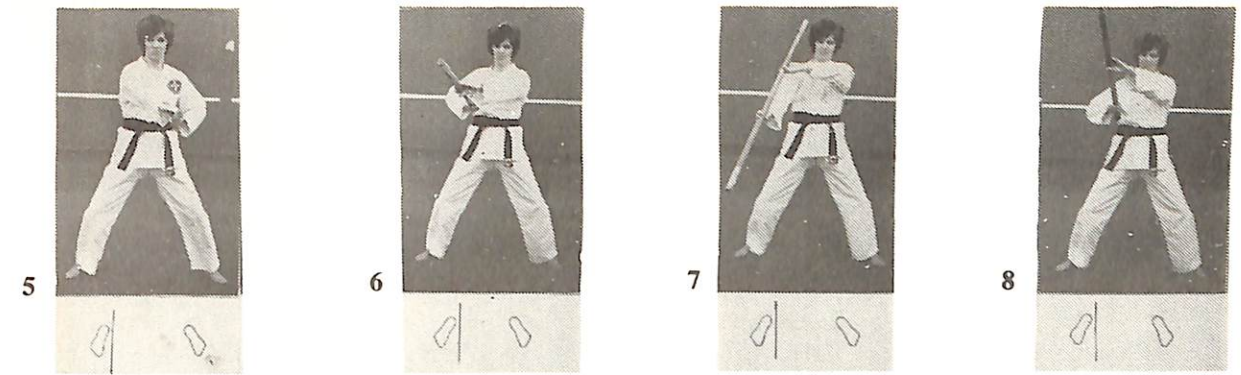


25. Slide the right foot on line with the left foot into the open leg stance drawing the sais to eye level, letting the handles slide into your palms then arcing the sai handles down across your body, right sai in front of left sai to the informal open leg stance.
26. Bring the left foot next to the right dropping sais to side of legs, handles down and rei. (Finish.)

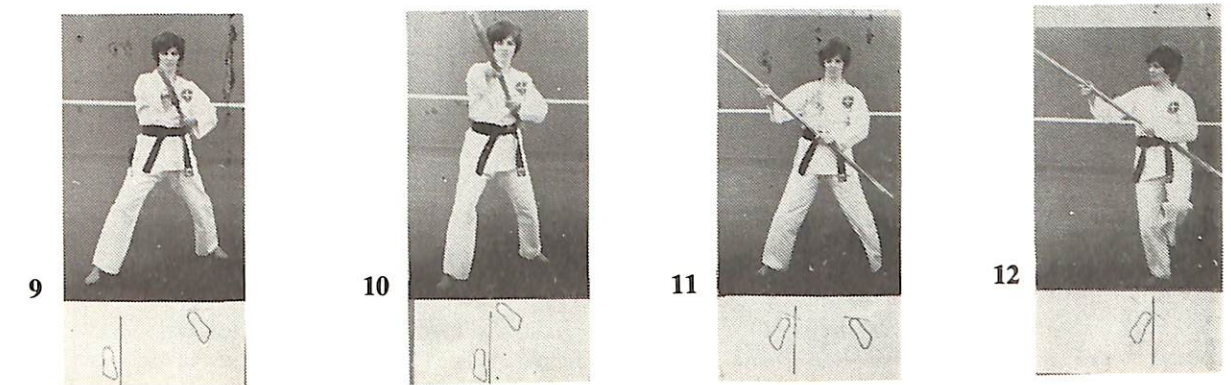
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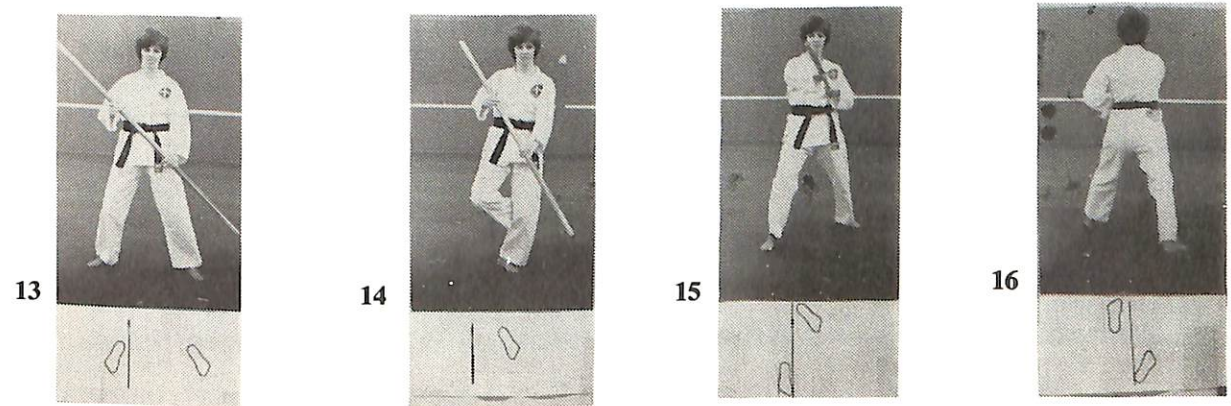
1. Formal attention stance.
2. Rei.
3. Step out with left foot into open leg stance and push bo out in front of body to block vertically.
4. Step out with right foot into front stance, bringing bo down over opponent's head at 12 o'clock, bo coming under right arm.



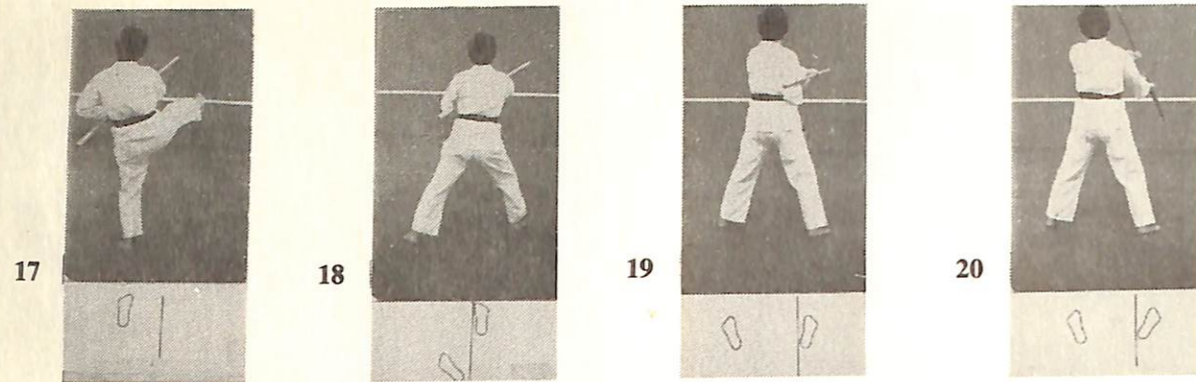
5. Step forward with left foot into shiko stance bringing bo counter clockwise to break opponents left ribs.
6. While still in stance, bring bo back in clockwise direction to break ribs on opponent's right side.
7. Still in shiko stance bring bo from behind and strike opponent in groin.
8. Bring other end of bo down over opponent's head at 12 o'clock.



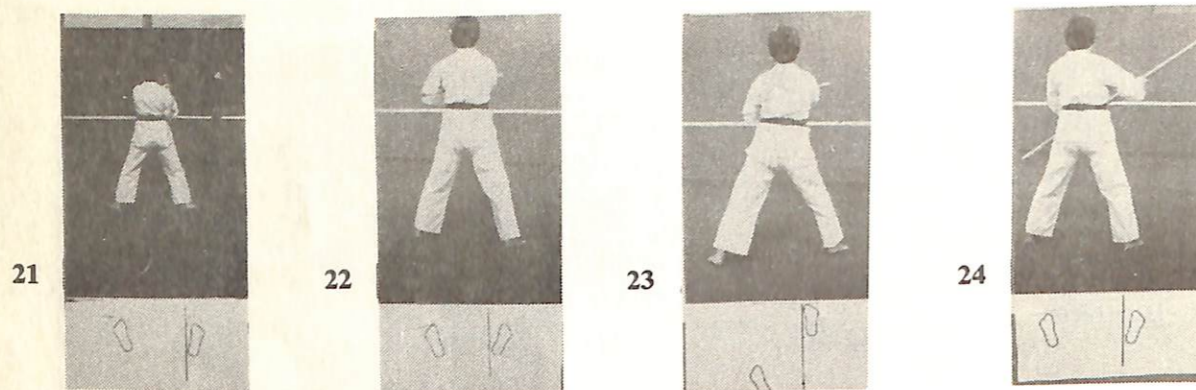
9. Step into front stance with right foot striking opponent's head with other end of bo.
10. Still in front stance, slide forward, stabbing opponent in neck with bo.
11. Step up with left foot into shiko stance executing a circle block with upper right end of bo at 3 o'clock.
12. Bring left leg up into crane stance, stab opponent in throat at 3 o'clock.



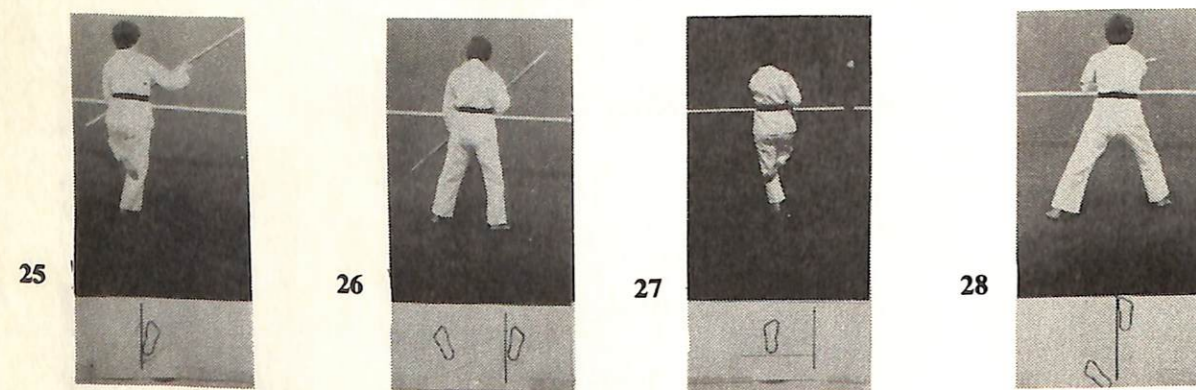
13. Return left foot at shiko stance position and stab down on opponent's shin at 9 o'clock.
14. Lift right foot into crane stance and use bo to sweep opponent's bo strike to your legs at 12 o'clock.
15. With right foot, step into front stance and strike opponent in head with bo at 12 o'clock.
16. Turn counter clockwise to 6 o'clock using bo to scoop opponent's leg, stopping bo neck high.



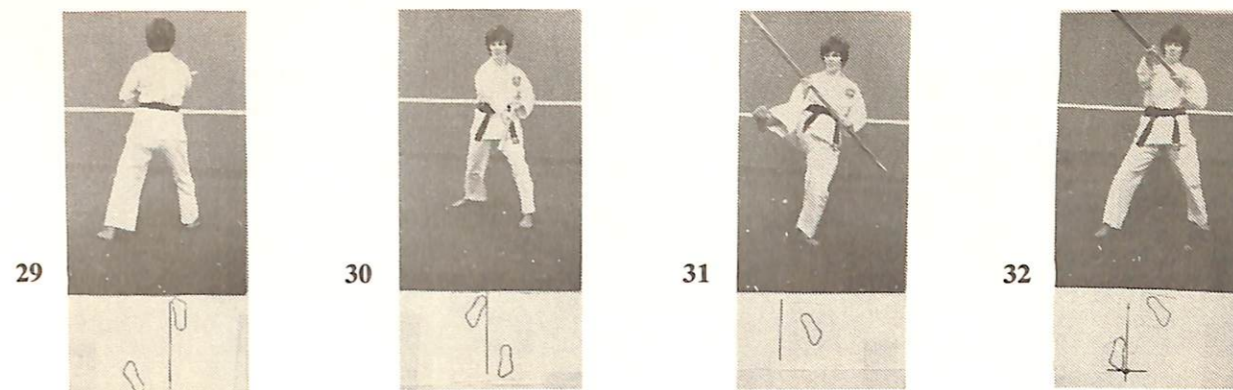
17. Front snap kick opponent in abdomen with right foot at 6 o'clock.
18. Step into right front stance and stab opponent in neck.
19. Bring left leg up into shiko stance and bring bo clockwise across body striking opponent in his right ribs.
20. Bring bo from behind while still in shiko stance and strike opponent in groin.



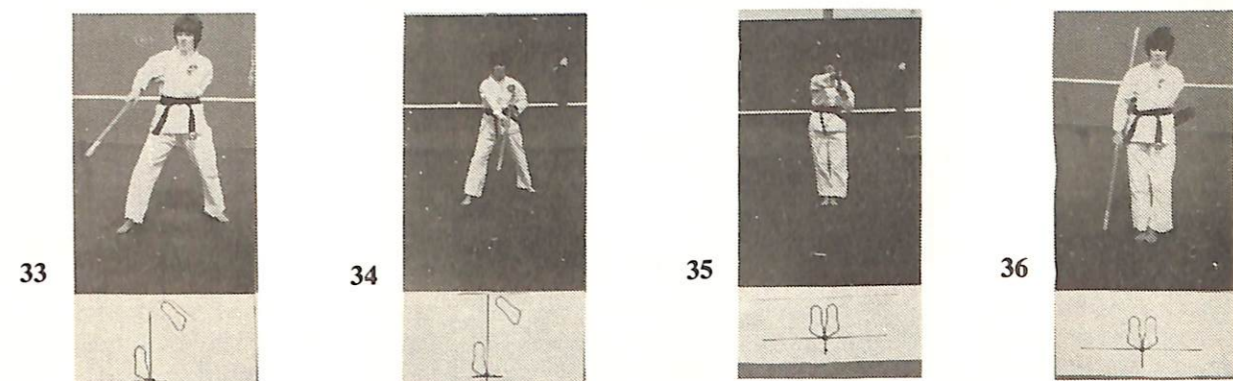
21. Bring bo down over opponent's head at 6 o'clock.
22. Bring bo counter clockwise back across to your left breaking opponent's left ribs.
23. Step with right foot into front stance and stab opponent in neck.
24. Step up with left foot into shiko stance holding bo across front of body, executing a circle block with right end of bo at 9 o'clock.



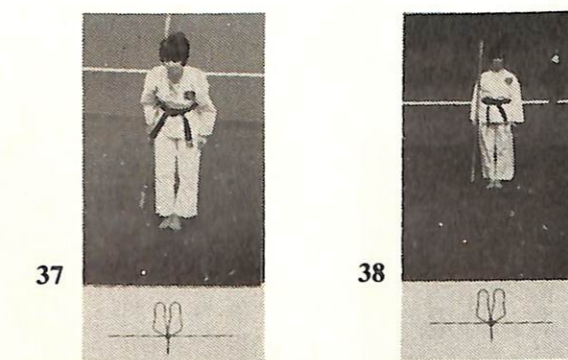
25. Bring left foot up into crane stance and stab opponent in throat at 9 o'clock. (Same technique as No. 12.)
26. Return left foot to shiko stance and stab down to opponent's shin at 3 o'clock.
27. Bring right foot up into crane stance and use lower end of bo to sweep opponent's bo strike at 6 o'clock. (Same as No. 14.)
28. Step into right leg forward stance as you smash opponent's head with bo at 6 o'clock.



29. Still in forward stance, shuffle forward and stab opponent in throat at 6 o'clock.
30. Turn counter clockwise to 12 o'clock using bo to scoop opponent's leg, stopping bo neck high. Bo is under left arm.
31. Right front snap kick opponent in stomach at 12 o'clock, coming down in right front stance.
32. From right front stance stab opponent in throat with bo at 12 o'clock.

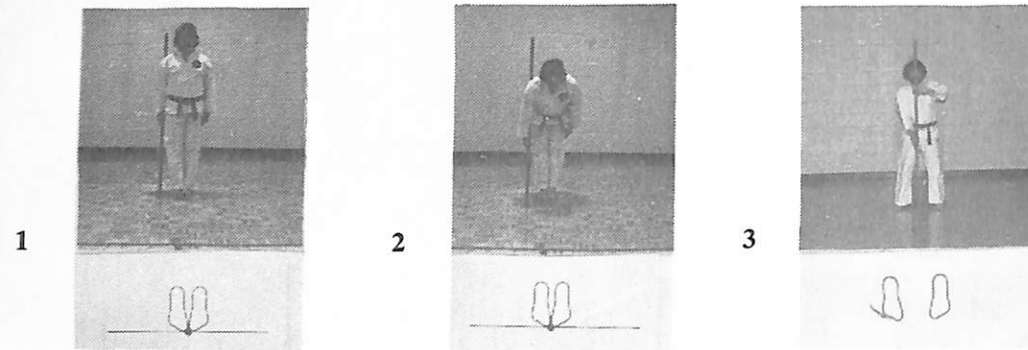


33. Bring bo counter clockwise over your head to strike opponent in his right leg, tucking your bo under your right side.
34. Bring bo back clockwise over your head to strike opponent in his left leg, tucking your bo under your left arm.
35. Step up with left foot next to right foot, bringing bo down over opponent's head at 12 o'clock.
36. Bring bo back to right side and tuck under right arm.

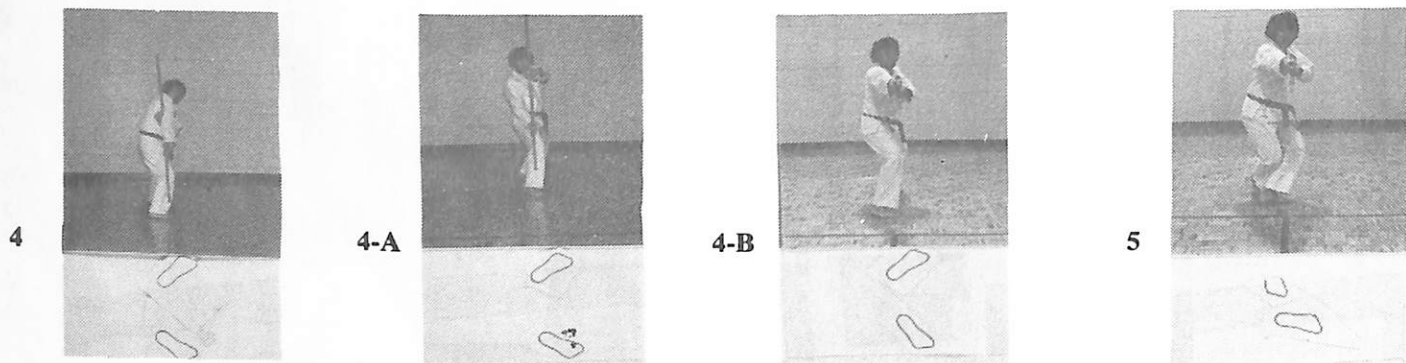


37. Rei.
38. Return to formal attention stance.

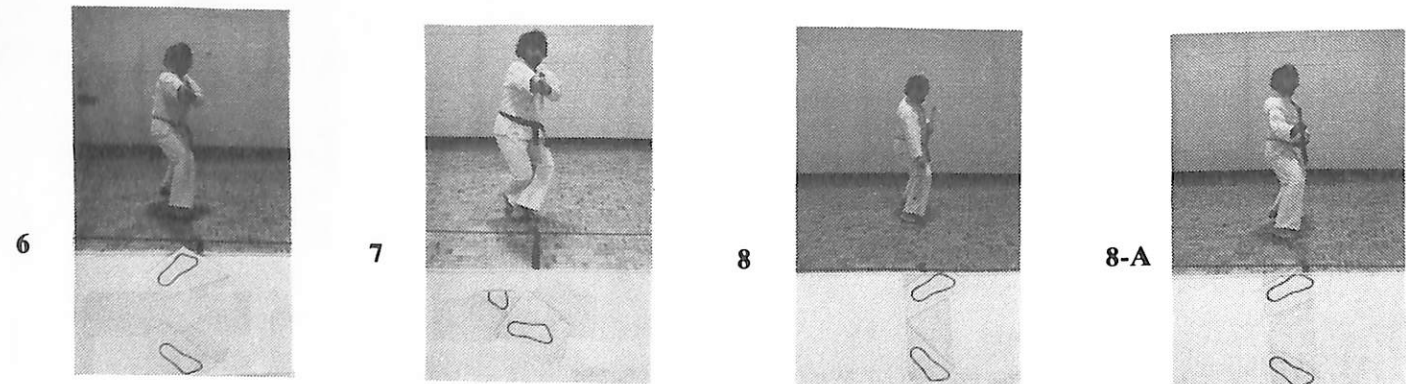
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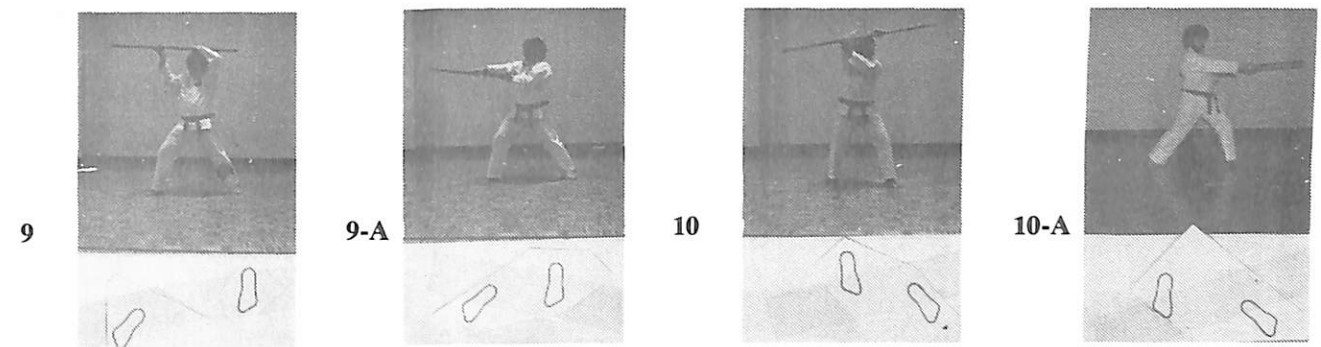
1. Attention stance; bo rests on the ground behind the right arm, the hand grip is thumb down (12:00 - photo #1).
2. Bow and return to the attention stance; as you perform the bow, slide the right hand down the weapon to a position 1/3 the length of the bo from the floor and grip the bo with the right index finger pointing down toward the floor; as you return to the attention stance, the bo will lift off the ground (12:00 - #2).
3. Cross the left hand under the right arm and grip the bo about 1/3 from its top (the left thumb should point down the bo and the left palm should point to the underside of the right arm); move the left foot out shoulder width to the ready stance and snap the bo out to a vertical middle guard position (12:00 - #3).



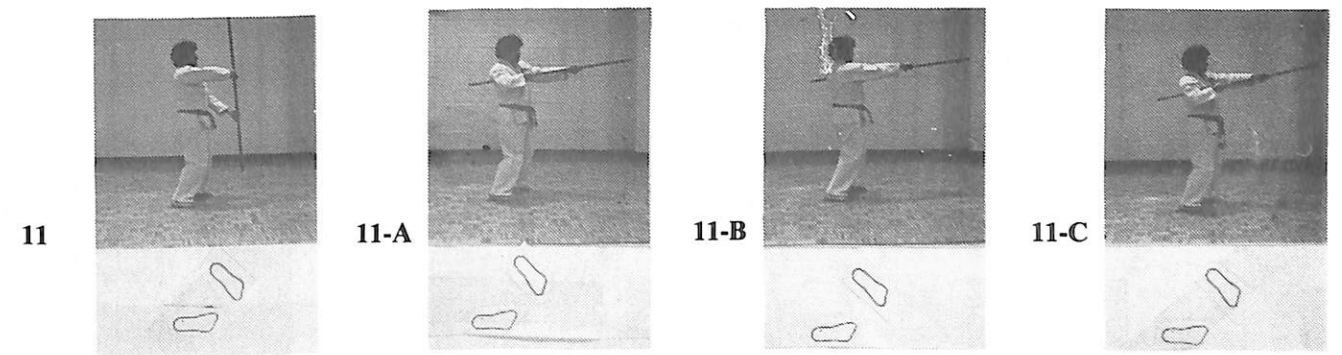
4. Crescent step back with the left foot to 6:00 into a right side-facing sumo stance; as you step back, block low with the bo in the same position with which step #3 began, then rapidly snap the bo to the guard position in #3, but this time to the right side of the body, as you complete the stance (stance at 9:00/gase & technique at 12:00 - #4, 4a; see photo #13 for view of stance).
In the same stance; circle the lower tip of the bo back behind the right shoulder and down to a right downward strike to the head (bo ends under the left armpit - #4b).
5. Cross the left foot forward in front of the right foot to a left cross stance; perform a middle thrust by keeping the right hand in place and drawing the bo back with the left hand, then thrusting with the left hand (the motion is like that of using a pool cue; the weapon slides between the right thumb and index finger; stance is at 9:00/gase & technique are at 12:00 - #5).



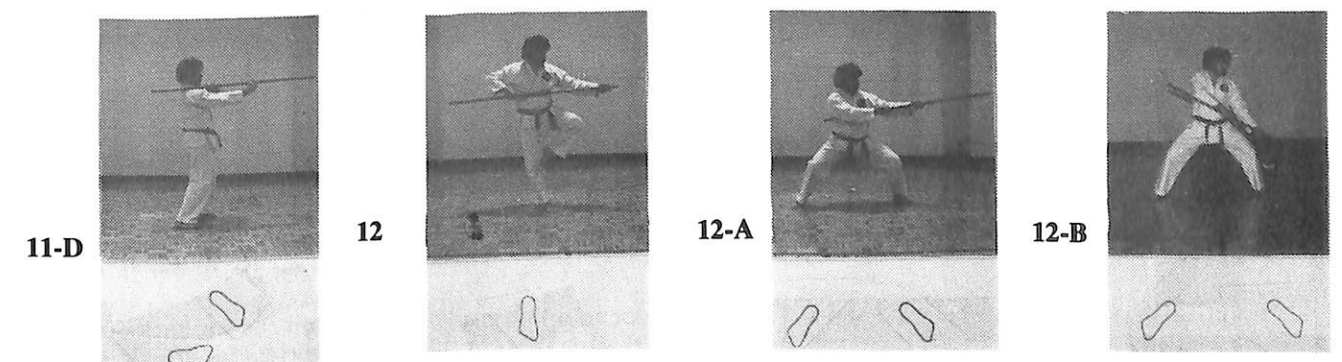
6. Step at 12:00 to a right side-facing sumo stance; repeat the thrust as in step #5 (see photo #4b).
7. Repeat step #5.
8. Step back with the left foot to 6:00 into a right side-facing sumo stance as in step #4; sweep low to the right side with the bo and up to a middle guard position (photo #8 & 8a).



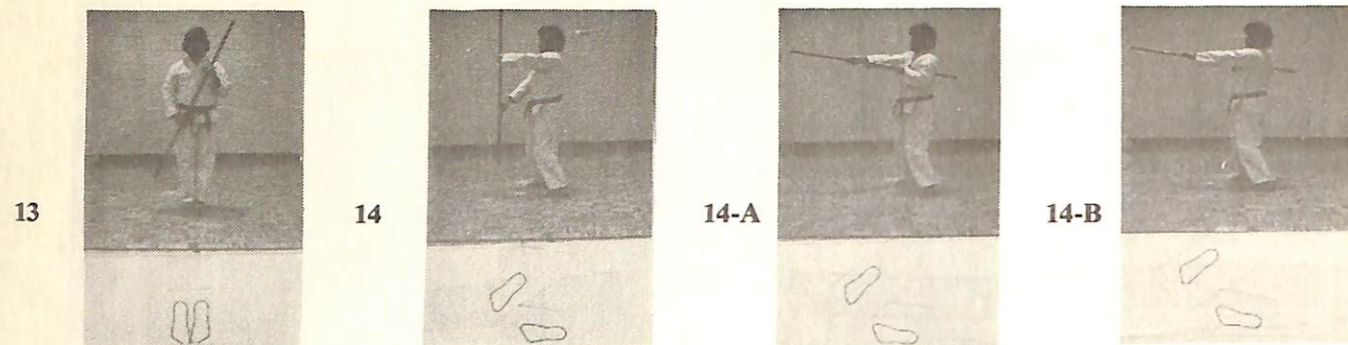
9. Look to 1:30; crescent step the right foot back to the left, then out at 1:30 to a right front stance; the bo passes overhead as you step and ends in a right side strike (1:30 - #9, 9a).
10. Look to 10:30; crescent step the right foot up to the left, then out at 10:30 to a left front stance; the bo moves overhead as in step #11 and ends in a right reverse side strike (10:30 - #10, 10a).



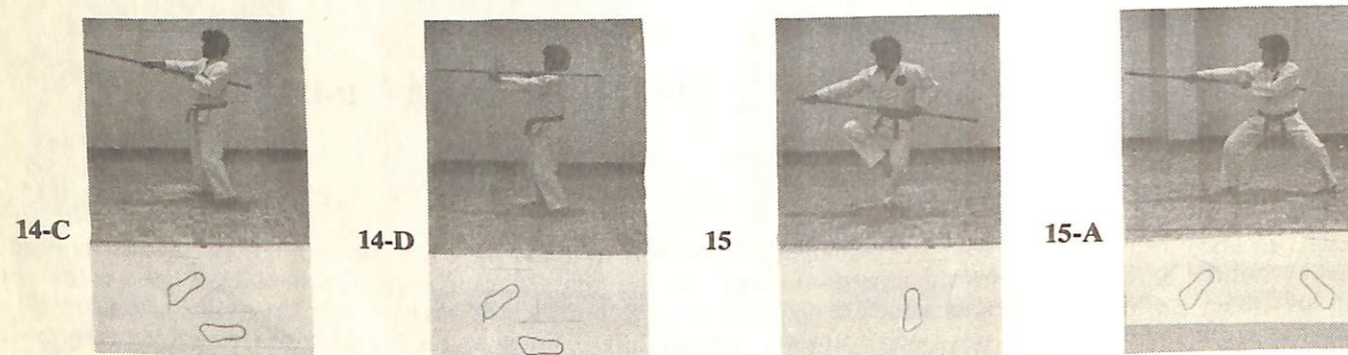
11. Look left to 9:00; move the left foot straight over to 6:00 and slide the right foot up to a left hourglass stance at 9:00; perform a middle block guard with the right hand high and the right thumb pointed down; the left hand is low with the left index finger pointing down; (as you move to this stance, **both** hands reverse their position on the bo; the bo is pushed out from the chest to its position; both feet slide slightly forward as the blocking movement is performed; 9:00 - #11).
In the same stance, perform the following rapid sequence with the bo (this sequence is repeated twice more in the kata):
 - left down strike to the head (#11a)
 - right reverse strike to the side of the head (#11b)
 - left side strike to the side of the head (#11c)
 - right reverse upward strike to the chin (#11d)
 - repeat #11a
 - repeat #11b
 - repeat #11c



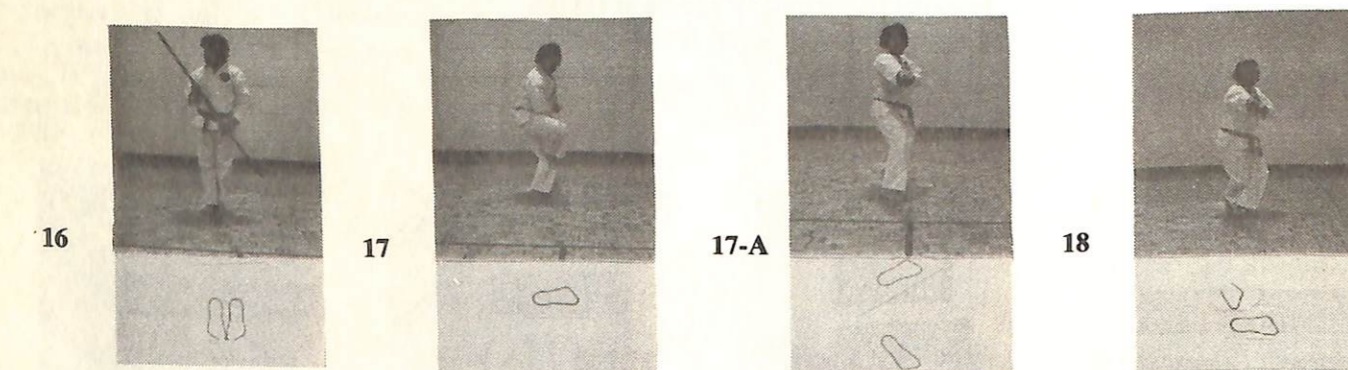
12. Pivot on the right foot to 12:00 and lift the left foot to a right crane stance; load a right "pool cue" thrust as in #5; step with the left foot to 9:00 into a left side-facing sumo stance with a middle thrust of the bo as you land; sweep the bo low as you move to the next stance (stance at 12:00/gase & technique at 9:00 - #12, 12a, 12b).



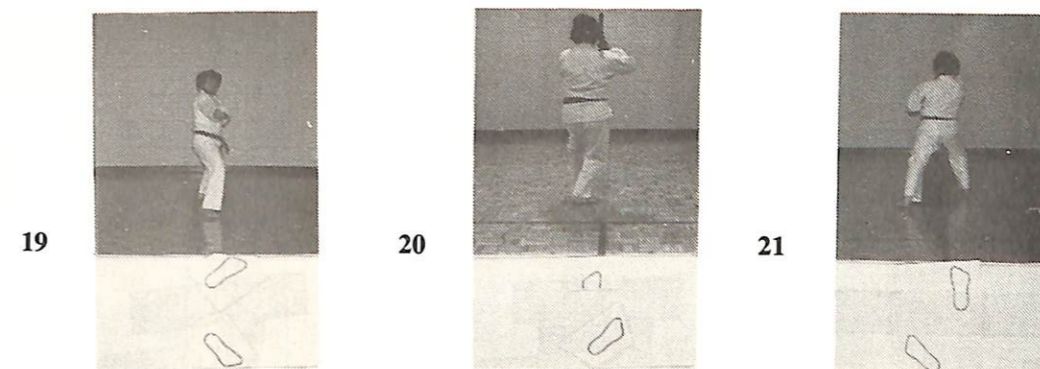
13. Move the left foot over to the right in the attention stance; the bo circles up from the low sweep in #12 to a middle guard position with the wrists curled in and a tight grasp on the bo; the gaze moves to 12:00 as this move is done (12:00 - #13). |
14. Look to 3:00; step about 2' to 3:00 with the right foot and slide the left foot up into a right hourglass stance; the bo repeats the same movement as in step #11, but to the opposite side (that is, the left hand is high with thumb down, etc.; 3:00 - #14).
In the same stance, repeat the seven step rapid sequence in step #11, but to the opposite side (that is, the first move is a right downward strike to the head, etc.; 3:00 - #14a-14d).



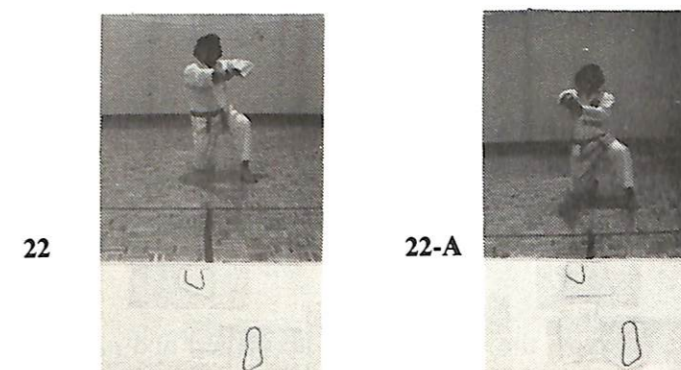
15. Repeat step #12, but to the opposite side (thus, it is a left crane stance, etc.; low sweep as you move into step #16; stance at 12:00/gaze & technique at 3:00 - #15, 15a).



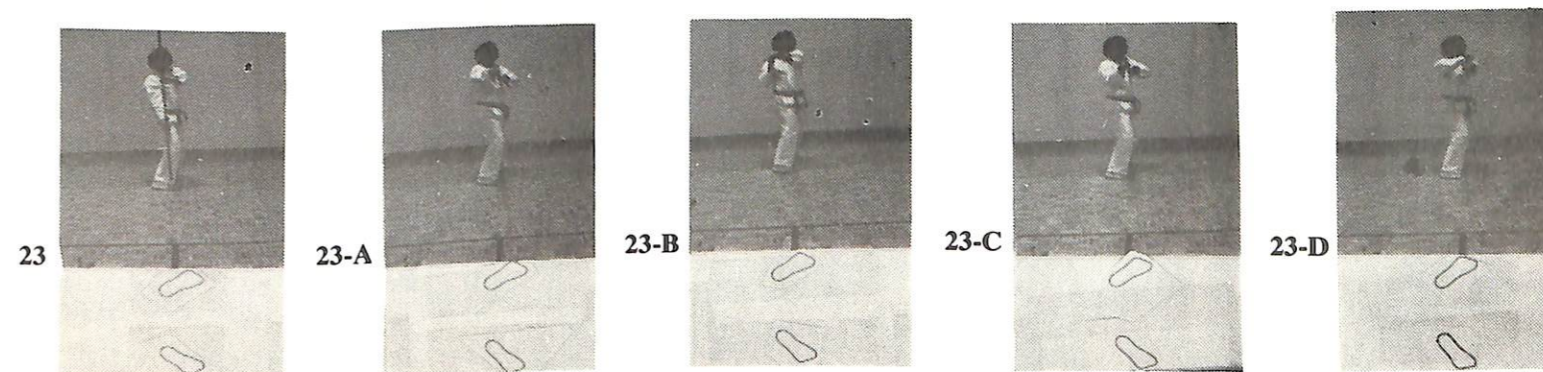
16. Repeat step #13, but to the opposite side (thus, move the right foot to the left one, etc.; stance at 12:00/gaze at 3:00 - #16).
17. Look to 12:00; pivot the left foot to 9:00 and lift the right foot to a left crane stance; load the bo back for a two-hand middle thrust (not a pool cue thrust) and step down at 12:00 with the right foot into a right side-facing sumo stance with a middle power thrust (stance at 9:00/gaze & technique at 12:00 - #17, 17a).
18. Repeat step #5, but the thrust is the same as in step #17 (a power two-hand thrust, not the pool cue type - #18).



19. Repeat step #6, but with a power thrust (see photo #17).
20. Look to 6:00; pivot on the right foot to 6:00 and pull the left foot in to a left cat stance; the bo rests at the right shoulder on the thumb notch of each hand; the fingers of both hands extend upward in a spearhand; the front of the bo tilts slightly downward (see photo #27a for the hand position; 6:00 - #20).
21. Crescent step forward with the right foot to a right front stance at 6:00; right middle strike to the ribs (see photo #30; 6:00 - #21).



22. Look over the left shoulder to 12:00; cross the left foot behind the right and straight to 9:00 from its present position and turn to a left kneeling stance at 12:00; as you start the move load the bo across the back (see photo#) and perform a right reverse power smash as you land in the stance; pass the bo overhead and reverse the strike (the right palm faces outward and the left hand is under the right armpit when the strike is done; (12:00 - #22, 22a).



23. Move the left foot in double length step back at 6:00 and slide the right foot back to a right side-facing sumo stance; bo is in a right side middle block guard (hands are the same as in #3 and #14; stance is at 9:00/gaze & technique are at 12:00 - #23).
In the same stance, repeat the same strike sequence as in step #14, but this time the strikes are all done to the right side of the body (#23e, f, g are the same as #23a, b, c - #23a-d).

24



24-A



25



24. Lift the right foot to a left crane stance and load a right side pool cue thrust (same move as in #15a but facing 12:00 instead of 3:00); step the right foot down to a right side-facing sumo with a right side middle pool cue thrust (see #15), then sweep the bo down as you move to step #25 (stance at 9:00/gaze & technique are at 12:00 - #24, 24a).
25. Repeat step #16, but stance is at 9:00 and eyes are at 12:00 (#25).

26



26-A



26-B



26. Look over the right shoulder to 6:00; cross the right foot behind the left and pivot at 3:00 to a right side facing sumo stance with the gaze at 6:00; right low strike to the side with the bo (the right hand is low; there is no h and change with this move; stance is 3:00/gaze & technique are at 6:00 - #26).
In the same stance, flip the bo up with the right hand so that it rotates 180° and grab the opposite end with the right hand as the bo comes up (bo ends parallel to the ground with the left hand palm up and the right hand palm down (#26a, 26b).

27



27-A



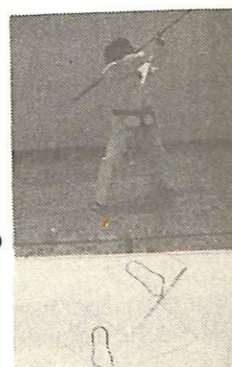
27-B



27-C



27-D



27. Look left at 12:00; crescent step at 12:00 with the right foot to a right front stance (see photo #27 for the hand position); drop the bo to your waist and change hands as shown in photo #27a (same hands as in #27b), then perform high block with the bo in the thumb notch of both hands as in photo #27b.
In the same stance, perform the following strike and smash set:
- rotate the bo overhead from the high block to a right low strike (#27c)
 - power load across the back and smash right low again (#27d, 27e).

27-E



27-F



27-G



27-H



- spin the bo through 1½ circles by changing **both** hands as you rotate the weapon and end with a left reverse low strike (#27f).
- repeat the power load to the opposite side and smash low with a left reverse smash (#27g, 27h).

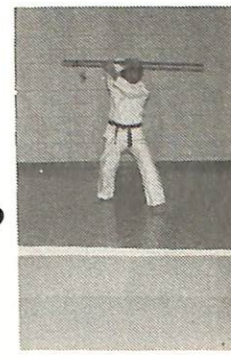
28



28-A



29



29-A



28. Look over the left shoulder at 6:00; cross the left behind the right and turn to 6:00 in a left front stance; power load the bo across the right shoulder and back as you make the turn and end with a left side strike to the ribs (left arm is extended with left index finger pointing down the bo and the left palm down; the right hand is palm up under the left arm; 6:00 - #28, 28a).
29. Look over the right shoulder at 12:00; move the left foot back across and in front of the right foot and turn to 12:00 in a left front stance; the bo spins overhead as you turn and ends in a right reverse side strike to the ribs (12:00 - #29, 29a).

30



30-A



30-B

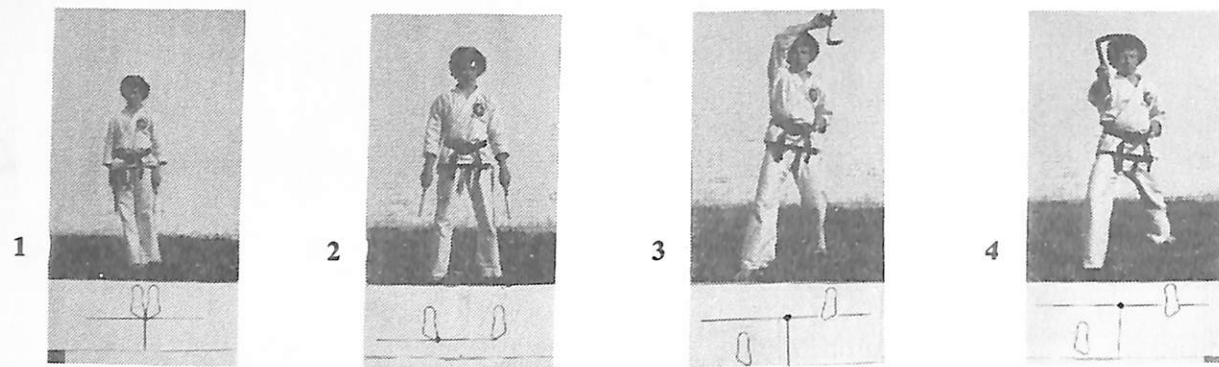


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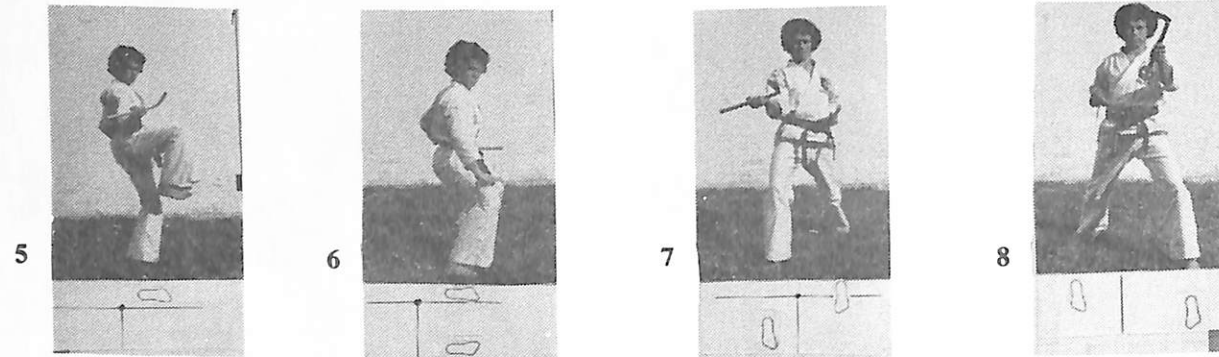


30. Crescent step forward at 12:00 to a right front stance; right side strike to the ribs; follow quickly with a left reverse side strike, right side strike and left reverse side strike **again** (the last strike repeats photo #30a; 12:00 - #30, 30a, 30b).
31. Step up at 12:00 with the left foot to the attention stance; bo strikes down to head and ends in the position shown in step #1; bow and return to the attention stance (photo #2).

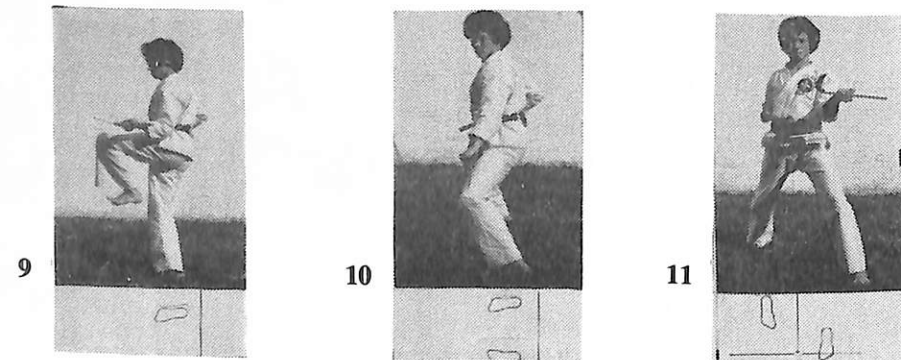
KUSARI NO KAMA



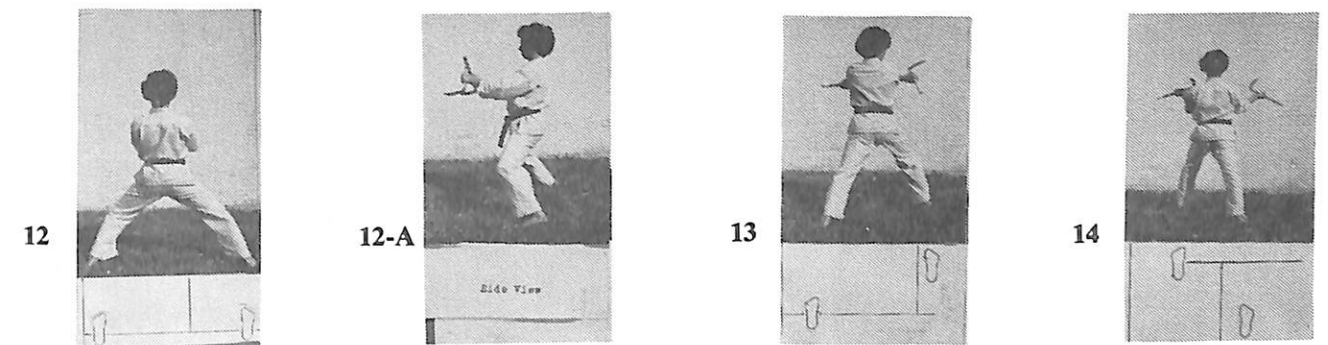
1. Formal stance and Rei.
2. Move the left foot ten inches to 9:00 Kamas at side.
3. Draw the right foot to the left foot and step out into a right front stance at 12:00. Flip the right kama between the index and middle fingers, by placing the index finger on the inside and the thumb on the outside, in a circular arc counter clockwise overhead.
4. Catch the attacker behind the neck at 12:00.



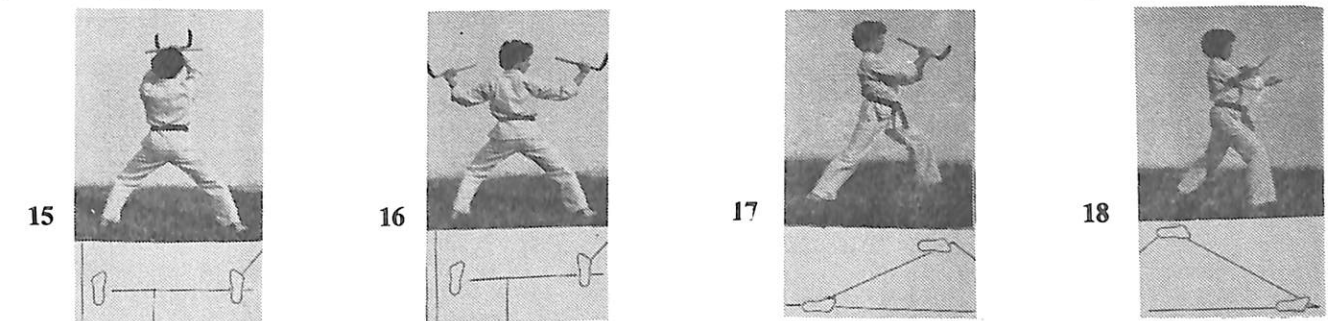
5. Lift the right leg to crane stance facing 9:00, pivoting on the ball of the left foot. Flip the right kama down between the index and middle fingers, by placing the index finger on top and the thumb on the bottom. Blade now facing 9:00. Cut attacker across solar plexus to 12:00.
6. Step down with the right foot into a horse stance at 12:00, body facing 9:00. Rotate wrist counter clockwise, palm facing down and cut down on attacker 12:00 knee high.
7. Slide the right foot into a right front stance at 12:00, pivoting on the ball of the left foot. Cut attacker across the solar plexus, blade facing attacker at 12:00.
8. Draw the left foot to the right foot and step out into a left front stance at 12:00. Flip the left kama between the index and middle fingers, as performed in #3, in a circular arc clockwise overhead, catch attacker behind the neck at 12:00.



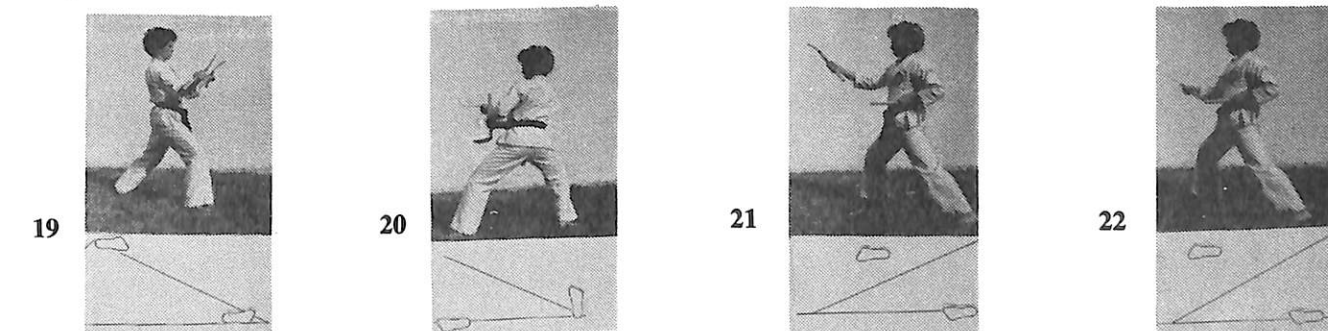
9. Lift the left leg into a crane stance facing 3:00, pivoting on the ball of the right foot. Flip the left kama down between the index and middle fingers, as performed in #5, blade now facing 3:00. Cut attacker across the solar plexus to 12:00.
10. Step down with the left foot into a horse stance at 12:00, body facing 3:00. Rotate wrist clockwise, palm facing down, and cut down on attacker 12:00 knee high.
11. Slide the left foot into a left front stance at 12:00, pivoting on the ball of the right foot, and cut across the solar plexus to 12:00.



12. Draw the right foot to the left foot and step counter clockwise to 9:00 into a horse stance facing 6:00. X block with both kama handles solar plexus level with blades down. (See side-view #12a.)
13. Draw the right foot to the left foot and step out into a right front stance at 6:00. Cut with both kamas, left kama on top, cutting across attacker's neck, (blade facing 9:00) right kama on bottom, cutting across attacker's stomach, (blade facing 3:00).
14. Draw the left foot to the right foot and step out into a left front stance at 6:00. Rotate the wrist and kamas so the palms face up. Cut with both kamas to the outside across the attacker's body, blades facing 12:00.



15. Draw the right foot to the left foot and step out into a horse stance at 9:00 facing 6:00. Rotate right kama handle to 3:00 and the left kama handle to 9:00.
16. Strike with both kamas simultaneously in a downward arc of 24" with the left kama at 3:00 and the right kama at 9:00.
17. Draw the left foot to the right foot and step out into a left front stance at 9:00. Cut under the chin with both kamas simultaneously at 9:00.
18. Draw the right foot to the left foot and step out into a right front stance at 9:00. Cut with both kamas across the attacker's solar plexus simultaneously, left kama on the top, blade facing 12:00, right kama on the bottom, blade facing 6:00.



19. Remain in a right front stance and rotate the wrist and kamas so the palms face up. Cut back across the attacker's solar plexus with both kamas at the same time to the outside, blades facing 9:00.
20. Draw the left foot to the right foot and step out to 3:00 (pivoting on the ball of the right foot) into a left back stance at 3:00. Cross kama handles with blades facing 3:00. Left kama is parallel to the ground and the right kama is perpendicular to the ground.
21. Draw the right foot to the left foot and step out into a right front stance at 3:00. Flip the right kama between the index and middle fingers, as performed in #3, in a circular arc counter clockwise overhead, catching attacker behind the neck at 3:00, blade facing 12:00.
22. Remain in a right front stance and flip the right kama down between the index and middle fingers, as performed in #5, and cut attacker across the solar plexus to outside, blade facing 3:00.



23



24



25



26

23. Remaining in a right front stance, rotate the right wrist and kama so the palm faces down, and cut across the attacker's solar plexus to the inside at 3:00, blade facing 12:00.
24. Draw the left foot to the right foot and step out into a left front stance at 3:00. Flip the left kama between the index and middle fingers, as performed in #3, in a circular arc clockwise overhead, and catch attacker behind the neck at 3:00.
25. Remain in left front stance, flip the left kama down between the index and middle fingers, as performed in #5, and cut attacker across the solar plexus at 3:00, blade facing 3:00.
26. Remain in left front stance, and rotate the left wrist and kama so the palm faces down, and cut attacker across the solar plexus at 3:00, blade facing 6:00.



27



28



29

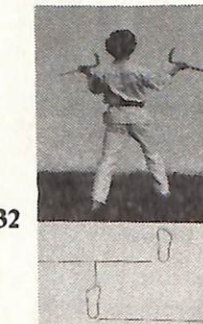


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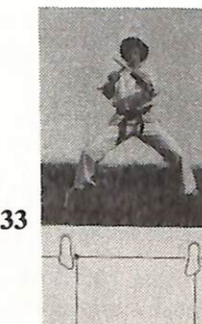
27. Draw the right foot to the left foot and step out to 3:00 into a low square stance facing 12:00. Double thrust to attacker's groin with the ends of the handles, blades facing the ground.
28. Draw the left foot to the right foot and step to 6:00, pivoting on the ball of the right foot counter clockwise. Drop to the right knee, (one fist distance between the left foot and the right knee), with both kamas cut across attacker's legs and waist, left kama on the top, blade facing 9:00, right kama on the bottom, blade facing 3:00.
29. Remain in a low square stance, rotate wrists and kamas so the palms face up and cut back across the attacker's legs and waist, blades facing 6:00.
30. Draw the right foot to the left foot and step out into a right front stance at 6:00. With both kamas cut across attacker's solar plexus, left kama on the top, blade facing 9:00, right kama on the bottom, blade facing 3:00.



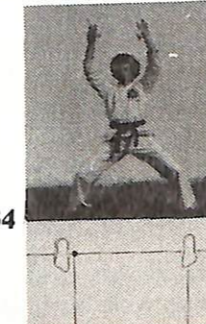
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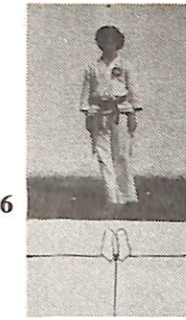


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31. Remaining in a right front stance, rotate the wrists and kamas so the kamas face up, bring the kama blades close together with 6" between them, left kama on the inside of the right kama, blades facing up.
32. Remaining in a right front stance, raise the right heel and push it back down while pulling the kamas apart 24", blades facing up.
33. Draw the right foot to the left foot and step counter clockwise to 3:00; into a horse stance facing 12:00. Cross the kama handles in front of solar plexus, blades facing 12:00.
34. Flip both kamas at the same time between the index and middle fingers, as performed in #3, in circular arcs overhead, left kama clockwise and right kama counter clockwise.



35



36

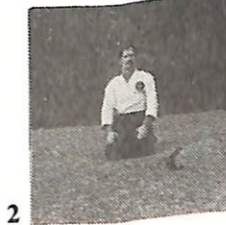
35. Catch the attacker at 12:00 behind the neck with both kamas.
36. Draw the left foot to the right foot. Flip both kamas down between the index and middle fingers, as performed in #5, Rei and finish. . .



OMORI RYU



1



2



3



4

1. Rei. Remove scabbard from hip with the left hand pulling it straight out.
2. Sit in formal position laying sword on left side then put hands on legs.
3. Place palms on ground in a "V" and rei.
4. Return to sitting position.



5



5-A



6

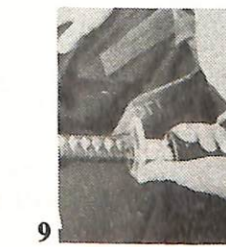


7

5. Pick up scabbard with left hand, moving it to the left side, handle tilted forward with bottom of scabbard in line with left hip then grab scabbard with the right hand above the left hand.
6. Slide left hand down scabbard until reaching your belt then separating the belt from the hip with your thumb and sliding the scabbard halfway down between belt and hip.
7. Move left hand from the hip putting it palm down on top of sword handle pushing sword down until scabbard stops at the hip.

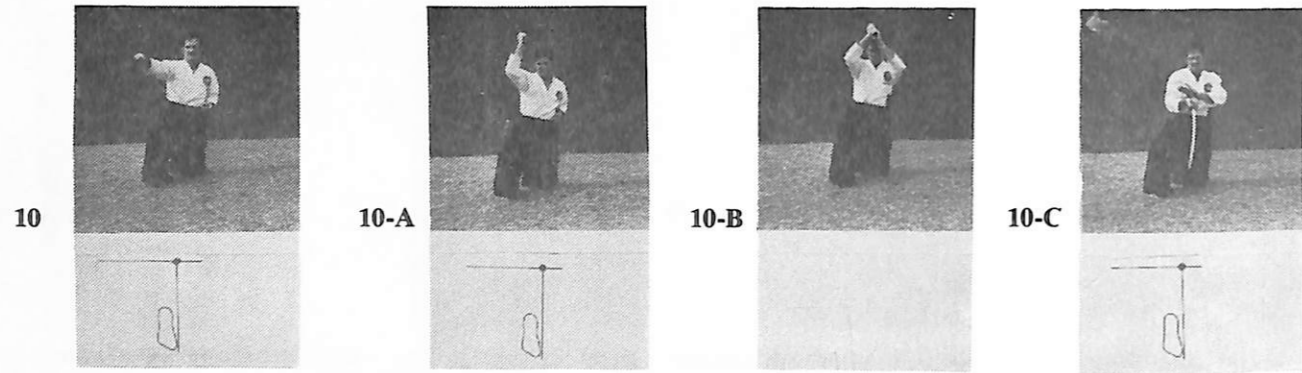


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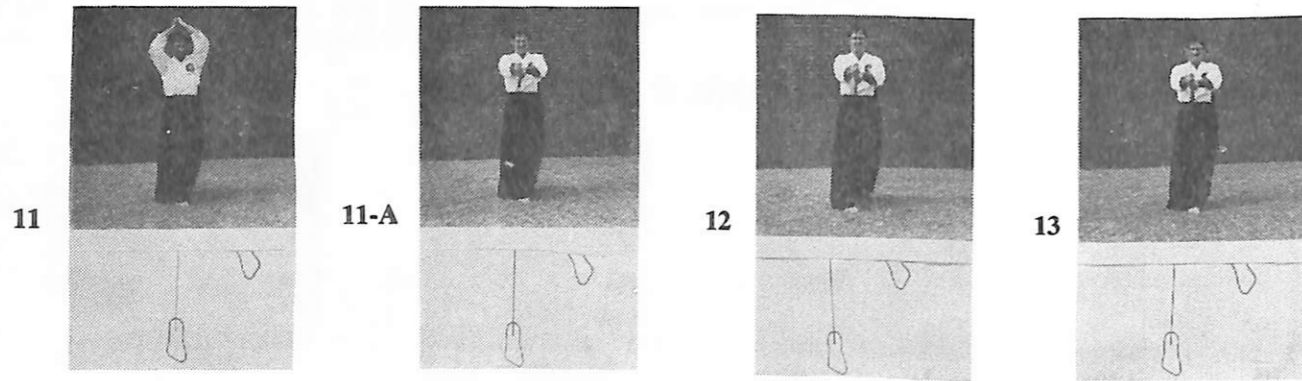


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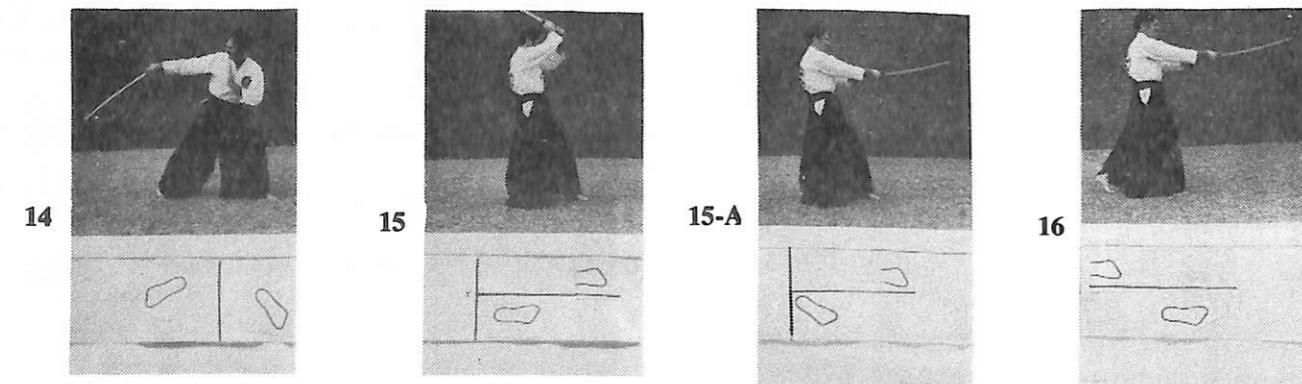
8. Return to sitting position.
9. Reach under the scabbard with the left palm up, trigger finger on the sword release button and thumb on sword guard, pushing it out from scabbard 1". NOTE: This is done in a continuous motion.



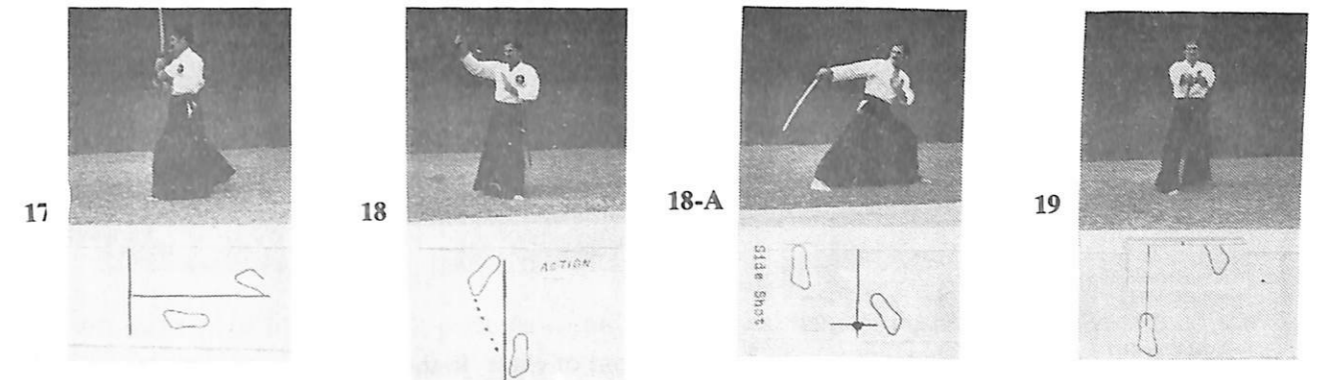
10. Reach over, grabbing sword handle with the right hand (left hand holding scabbard), draw sword out and across attacker's solar plexus in an arc at 12:00 while getting up off the right knee, left knee remains on the ground, left hand drawn to center of your chest, sword circling over your head counter clockwise and coming down with the handle tilted in front of your chest, left hand moving to top of handle and pushing down 6".



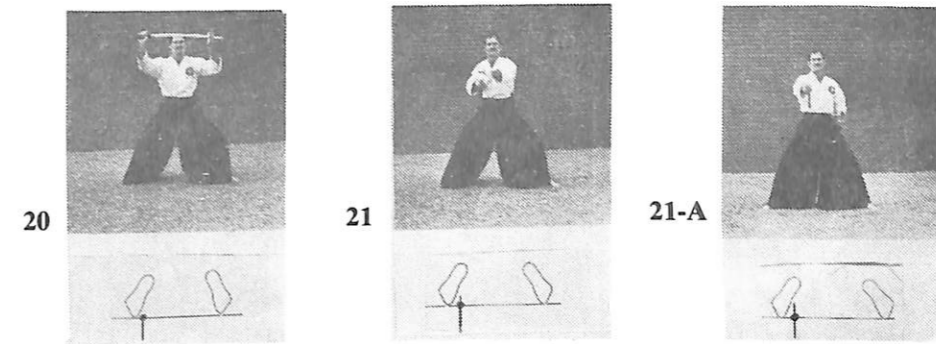
11. Stand up in place, right foot in a front stance at 12:00, left foot on toes, in place, swinging the sword in a clockwise circular motion over your head until hands are over center of your head, then cut down at attacker's head at 12:00.
 12. Skip forward 8" with the right foot in front and dragging left foot, still on toes, dropping sword blade behind center of your back, then cut down at attacker's head at 12:00.
 13. Repeat movement #12 again.



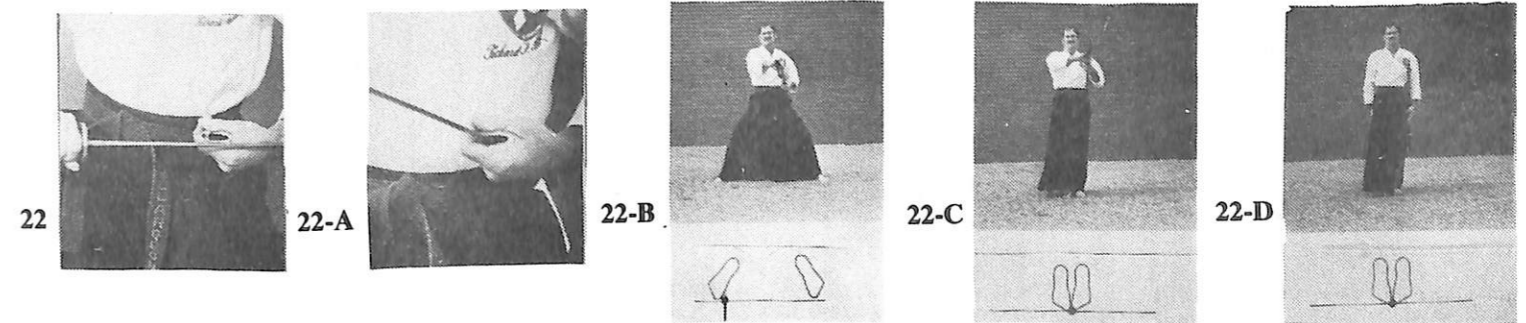
14. Step forward to 11:00 with the left foot (right foot stays in place), leaning forward pulling left hand open from sword to center of chest, sword cutting down and up clockwise to 3:00 in an arc.
 15. Slide the left foot counter clockwise to 9:00 into a cat stance pivoting on the right foot, circling the sword over your head counter clockwise to 9:00. When sword reaches center of your head reach up and grab the handle with your left hand and cut down at 9:00.
 16. Slide right foot into a front stance at 9:00, left foot still on toes, pushing sword point into attacker's neck at 9:00.



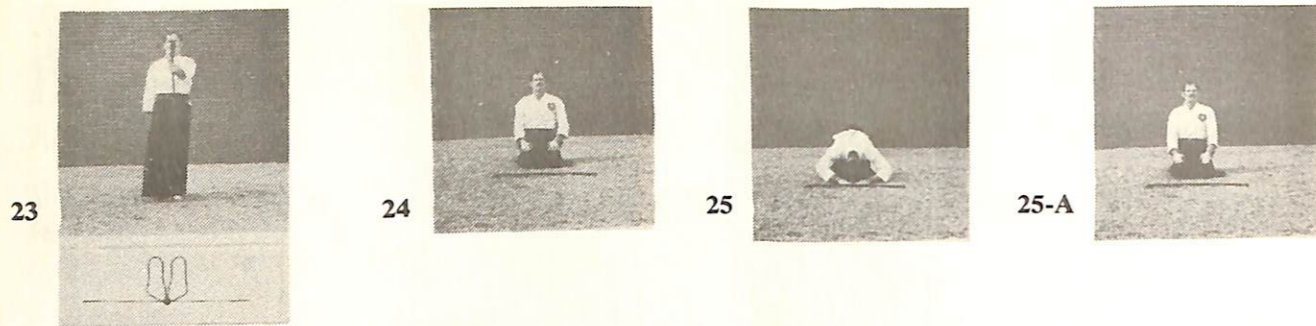
17. Slide left foot counter clockwise to 3:00 pivoting up on the right toes, slashing down and coming up to the left shoulder in an arc with the cutting edge stopping 4" in front of your left shoulder. Body is facing 3:00.
 18. Slide left foot clockwise to 6:00, pivoting on the ball of right foot, left hand releasing sword, right hand circling sword over head 360° clockwise and arcing down and up to 5:00 while sliding right heel clockwise to 6:00, pivoting on the left foot. NOTE: This movement is done in a continuous turning motion to 6:00.
 19. Slide the right foot counter clockwise to 12:00 into a front stance, pivoting up on the toes of the left foot, circling the sword over your head counter clockwise to 12:00. When sword reaches center of your head, reach up and grab the handle with your left hand and cut down at 12:00.



20. Slide the left foot over to 9:00 into a shiko stance (your body is facing 12:00) arcing the sword blade backward into your left hand between the thumb and forefinger, cutting edge up, point facing 9:00.
 21. Arc the sword blade, cutting edge down, to attacker's head at 12:00, left thumb on top of sword blade, pushing the blade out when 3/4 of the blade passes under left thumb, move left hand to scabbard, pushing sword out until right arm is fully extended.



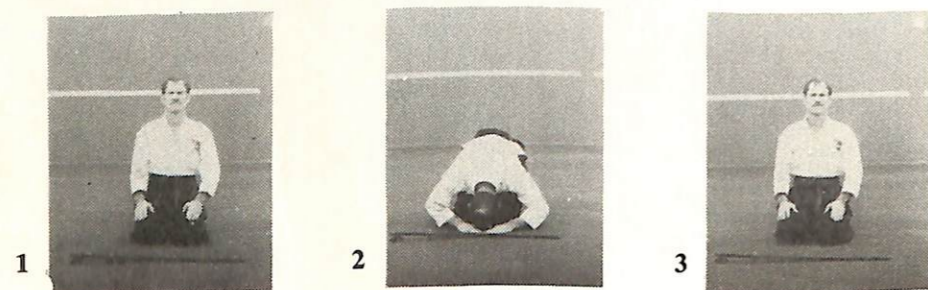
22. Pull scabbard 8" from belt, tilting the sword blade back until it comes to a rest, cutting edge up, between the thumb and forefinger of the left hand, which is on the lip of the scabbard. Draw sword blade across lip of scabbard until tip of blade falls into scabbard slot. Push in sword 1/2 way. Draw the left foot to the right foot standing straight up while pushing the scabbard up the sword blade until it locks.



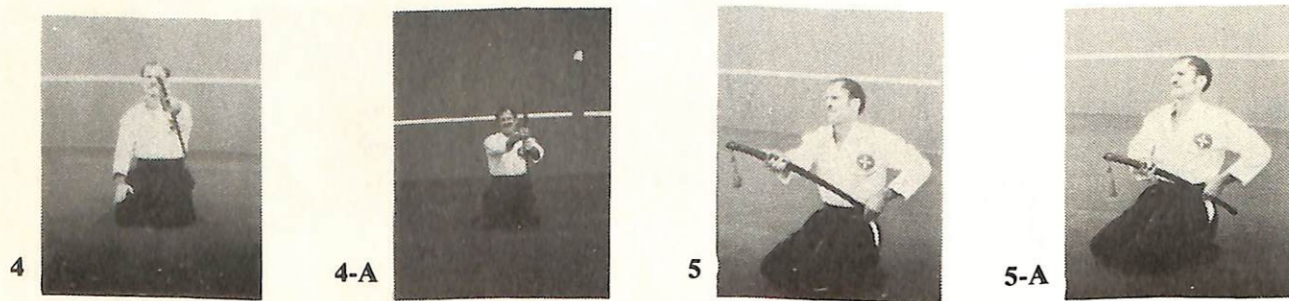
23. Remove the scabbard with the left hand moving the sword in front of chest. Right hand drops to right leg.
24. Kneel down laying sword in front of knees and sit back with hands on legs.
25. Rei and return to sitting position. (Finish.)



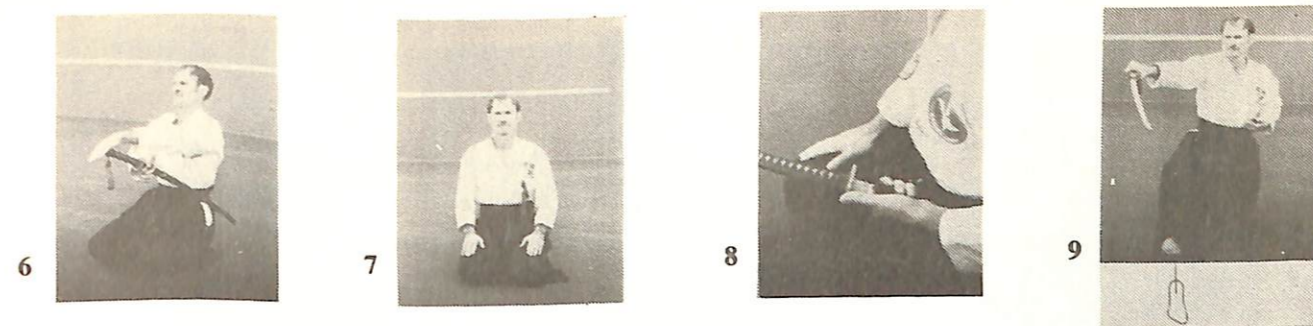
SANGE NO KATANA



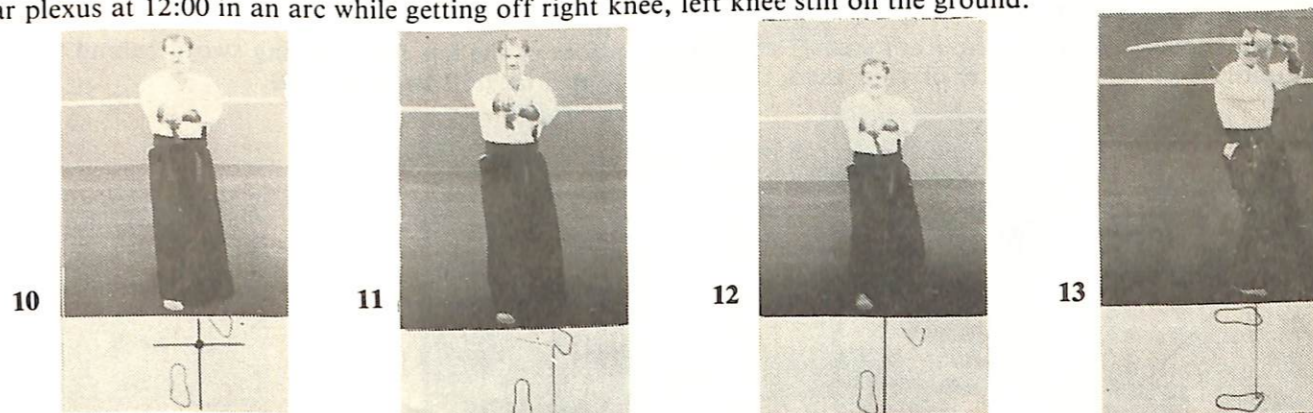
1. Sit in formal position with hands on legs.
2. Place palms on ground in a V and rei.
3. Return to sitting position.



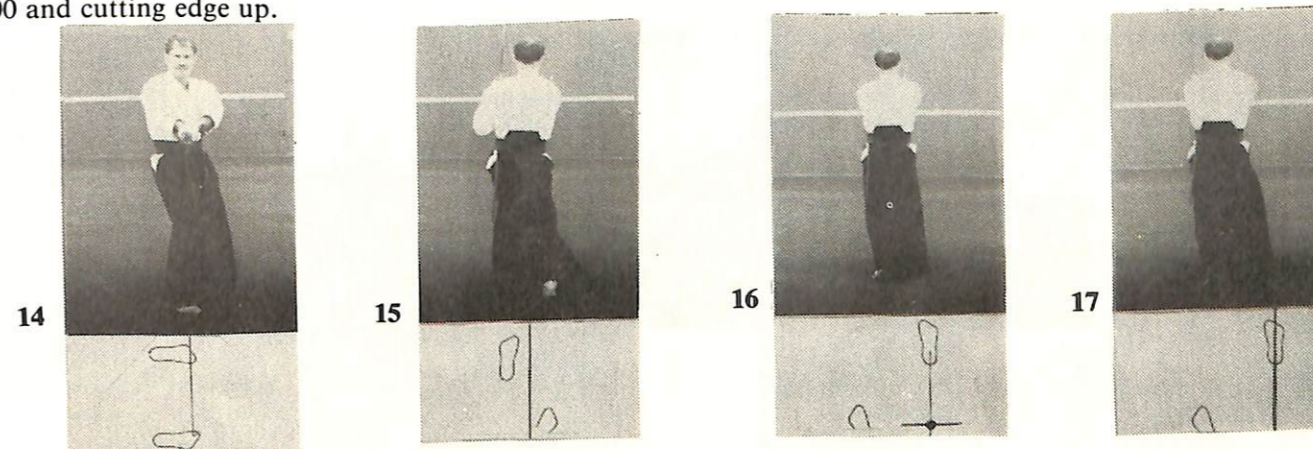
4. Pick up scabbard with left hand moving it to the left side, handle tilted forward with bottom of scabbard in line with left hip, then grasp the scabbard with the right hand above the left hand.
5. Slide left hand down scabbard until reaching your belt, then separating the belt from the hip with your thumb and sliding the scabbard half-way down between belt and hip.



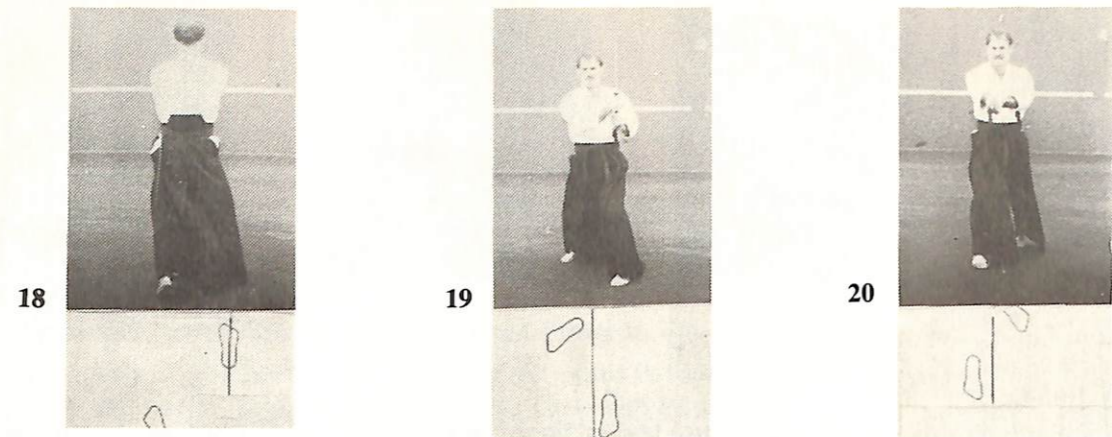
6. Move left hand from hip putting it palm down on top of sword handle, pushing sword down until scabbard stops at hip level.
7. Return to sitting position.
8. Reach under the scabbard with the left hand palm up, trigger finger on the sword release button, and thumb on sword guard, pushing it out from scabbard 1". NOTE: This is done in a continuous motion.
9. Reach over, grabbing sword handle with the right hand (left hand holding scabbard), draw sword across attacker's solar plexus at 12:00 in an arc while getting off right knee, left knee still on the ground.



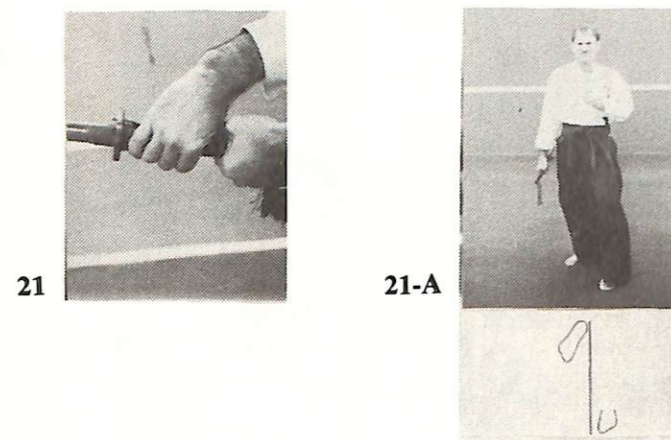
10. Stand up in place, right foot in a front stance at 12:00, left foot on toes in place, left hand grabbing sword behind, right hand swinging the sword in a clockwise circular motion over your head until hands are over center of your head, then cut down at attacker's head at 12:00.
11. Skip forward 8" with the right foot in front and dragging left foot, still on toes, dropping sword blade behind center of your head and cut down at attacker's head at 12:00.
12. Repeat movement #11 again.
13. Pivot on both heels into a horse stance, toes now pointed at 9:00, pulling sword into a high block with point facing 3:00 and cutting edge up.



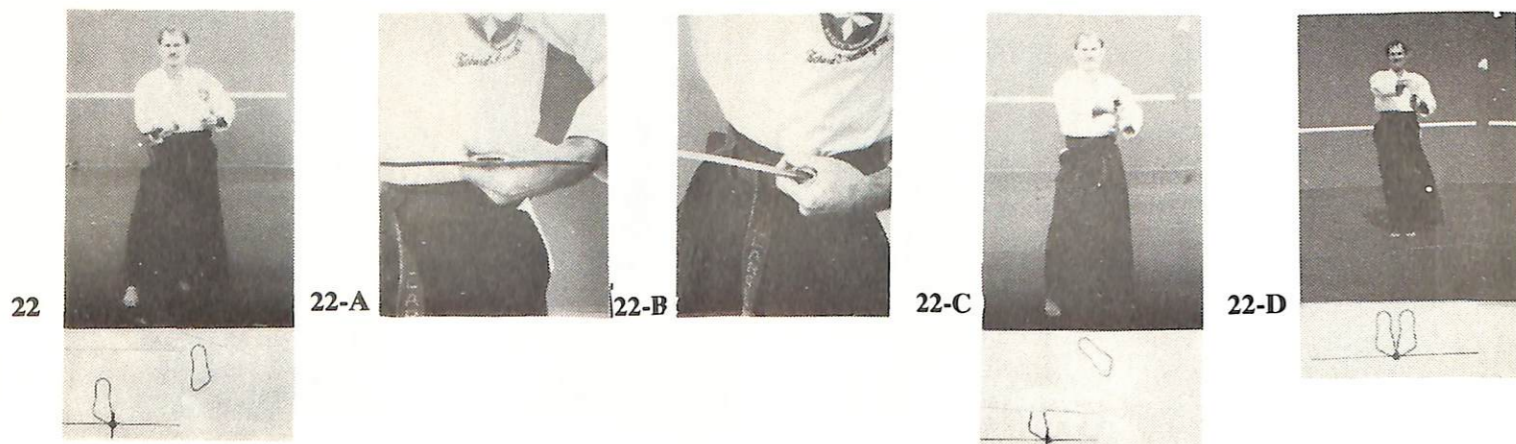
14. Circle sword over head and cut down at 12:00, turning the body from the waist up, feet still in a horse stance.
15. Slide the left foot counter clockwise to 6:00 into a front stance pivoting up on the right toes, slashing down and coming up to the shoulders in an arc with the cutting edge stopping 4" in front of the left shoulder.
16. Slide the right foot to 6:00 into the front stance, coming up on toes of left foot, circling sword clockwise over your head until hands are over center of your head, then cut down at attacker's head at 6:00.
17. Skip forward 8" with the right foot in front, dragging left foot, still on toes, dropping sword blade behind center of your head and cut down at attacker's head at 6:00.



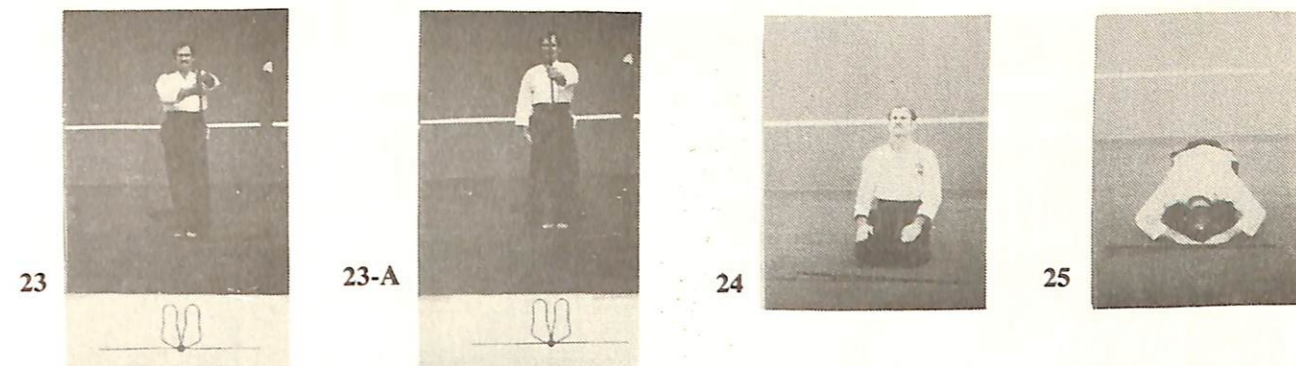
18. Repeat movement #17 again.
19. Slide left foot counter clockwise to 12:00 into a front stance, pivoting up on the right toes, slashing down and coming up to shoulders in an arc with the cutting edge stopping 4" in front of the left shoulder.
20. Slide the right foot to 12:00 into the front stance, coming up on toes of the left foot, circling sword behind your head clockwise until hands are over center of your head, then cut down at attacker's head at 12:00.



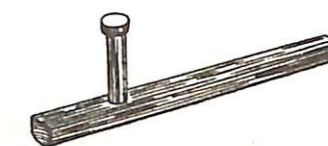
21. Remove right hand from bottom of sword, putting it on top of handle, knuckles facing 9:00, drawing left hand from sword, palm open, to center of chest while turning the sword point clockwise to 6:00, sliding right heel back 28" to 6:00, pulling left foot into a cat stance while stabbing attacker in the chest at 6:00.



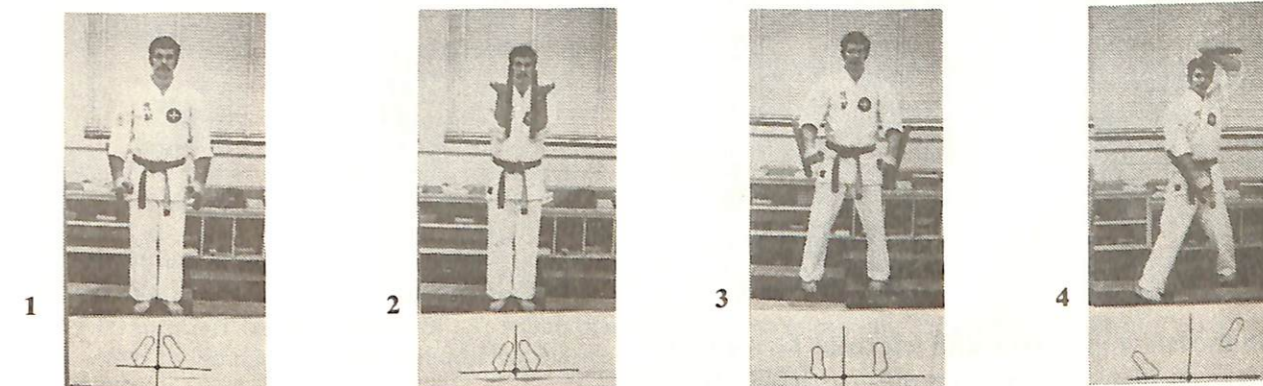
22. Slide left heel back 28" to 6:00, pulling right foot into a cat stance while slicing across attacker's solar plexus at 12:00 while left hand is reaching for scabbard and pulling it out 8" from belt, the sword coming to a rest between thumb and forefinger on lip of the scabbard, cutting edge up. Draw sword across hand and lip of scabbard until sword tip drops into scabbard slot, push sword in half-way, then step up with the left foot to informal stance, pushing scabbard the rest of the way up the blade until it locks. Place right hand on top of sword handle and push down until scabbard stops at the hip, then move right hand to right leg.



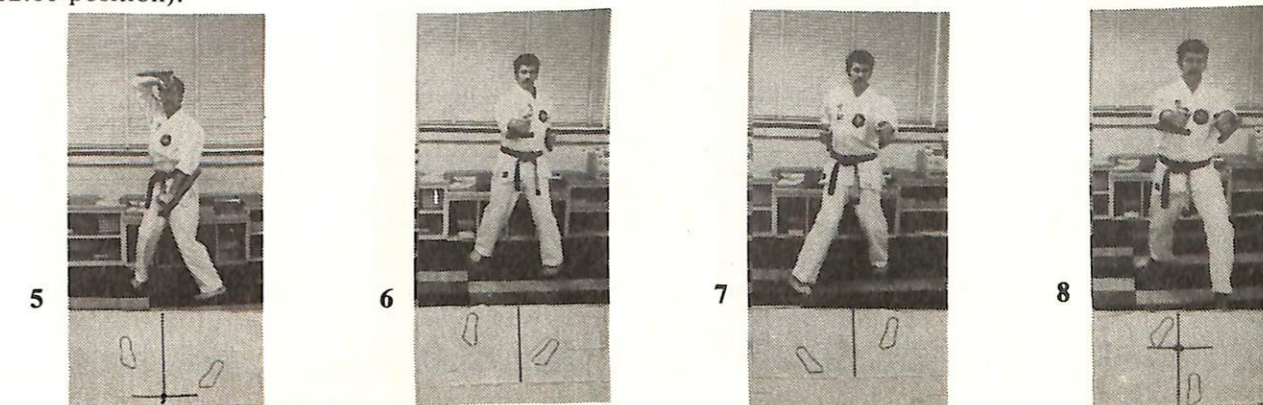
23. Remove the scabbard from hip, the left hand bringing it to center of chest.
24. Kneel down, laying sword on ground at 12:00 and return to formal sitting position.
25. Rei and return to formal sitting position. (Finish.)



JUSHI NO TONFA



1. After bow, ready stance is the beginning of the kata in 12:00 position.
2. From the side, both tonfa are brought up crisply and straight.
3. Immediately drop the hands to the side as the left foot moves out to yoi dachi.
4. Left foot moves back to sanchin as left hand goes up to high block and right low block (this is done with breathing still in 12:00 position).



5. Right foot moves back to sanchin, facing the same direction, and with the same breathing technique.
6. In place, reverse punch with slow breathing.
7. Step forward to right sanchin with another breathing reverse punch.
8. Advance to left front stance with a double punch.



9



10



11



12

9. Advance to right front stance with double outside strike.
10. Still facing 12:00, advance to left front stance and double punch.
11. Lift right foot up to right crane stance facing 10:00 with right side strike.
12. Step to right front stance at 12:00 with a left reverse punch.



13



14



15



16

13. Left foot in the left crane stance with left strike facing 12:00.
14. Drop to left front stance and right reverse punch back to 12:00.
15. Left foot retreats back to right straddle-leg stance with a right down block (body facing 9:00).
16. Right foot moves counter clockwise around to affect a 270° turn to left front stance with left high block (this move places you back to face 12:00).



17



18



19

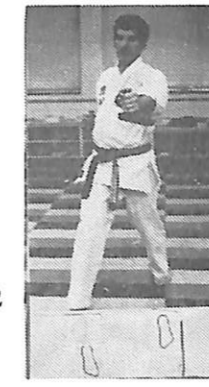


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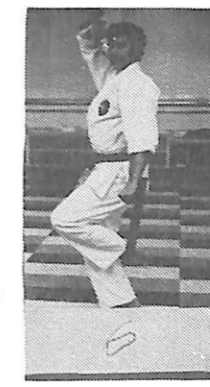
17. In place, reverse punch.
18. Advance to right front stance with X block.
19. Advance to left front stance with double inside out strike.
20. Advance to right front stance and reload for double punch.



21



22



23

21. Right foot pulls back to right crane stance with right low strike and left high guard with body facing 10:00.
22. Drop to 12:00 into right front stance with quick right high strike before left reverse punch.
23. Left foot back to left crane stance with left low strike and right guard while body facing 2:00.



24



24-A



24-B



25

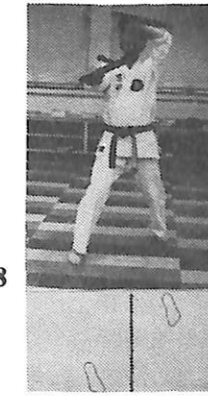
24. Step to 12:00 into left front stance with left strike before right reverse punch. Throw up tonfa and catch by mid-shank. Left foot starts move back to right straddle leg stance.
25. Right high strike with handle.



26



27

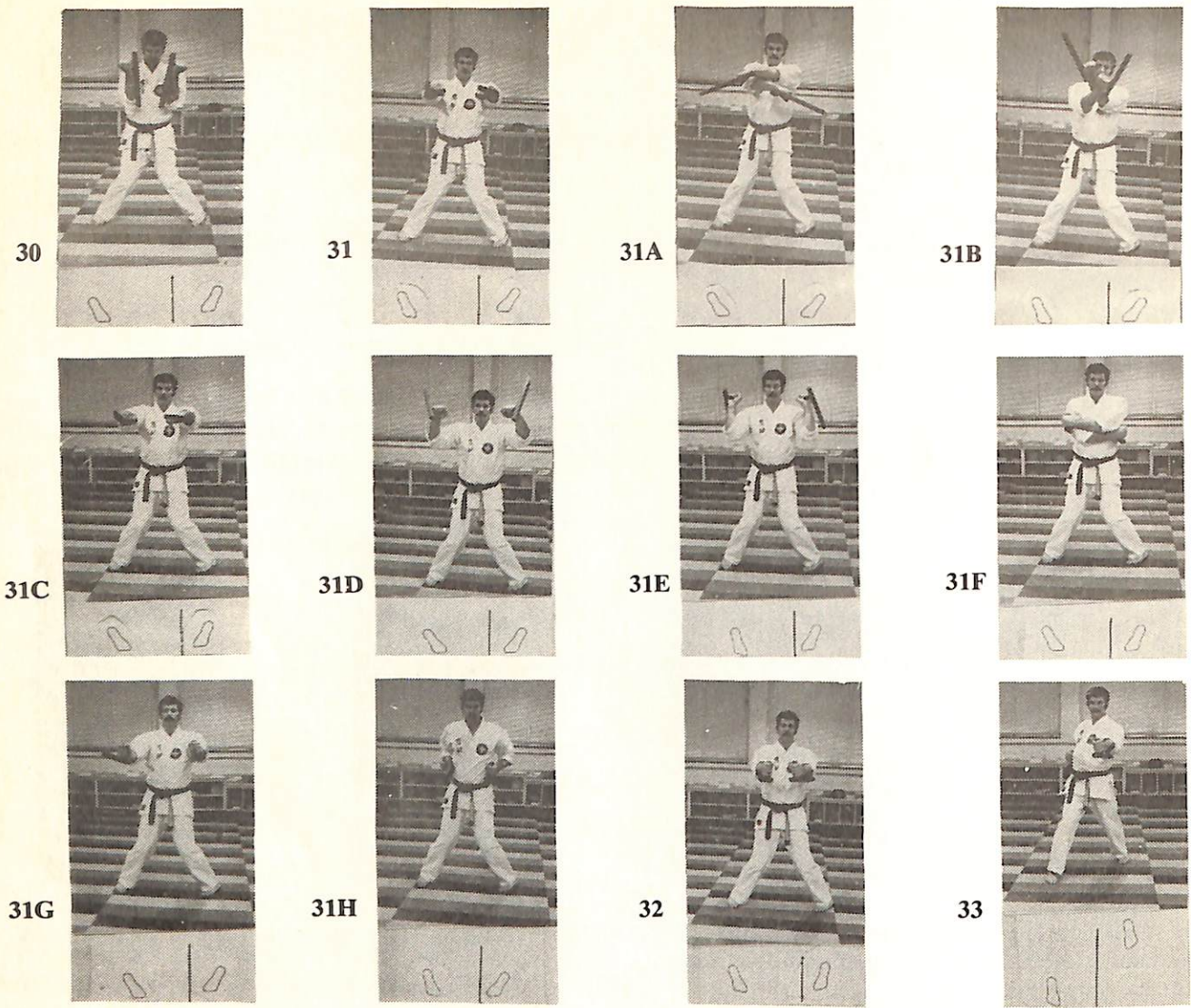


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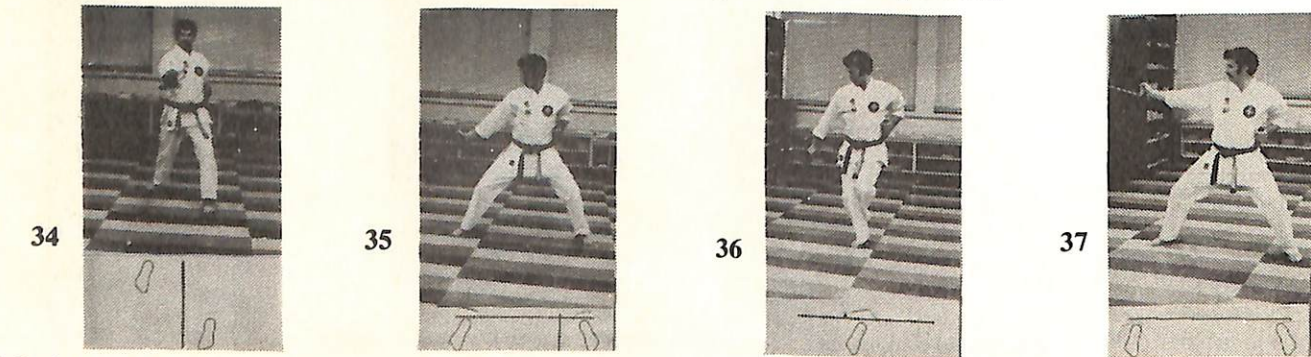


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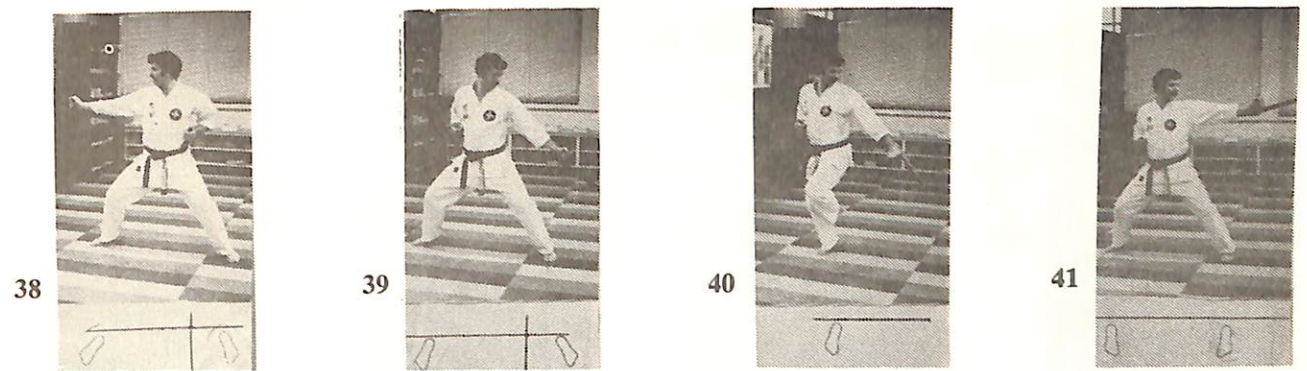
26. Right foot moves counter clockwise across and around while right hand loads for strike.
27. Stop in left front stance facing 12:00 with left high block and right side strike.
28. Advance to right front stance and right inside-out strike.
29. Toss left tonfa up and catch by the handle and immediately load and punch. (See Photo #24-A.)



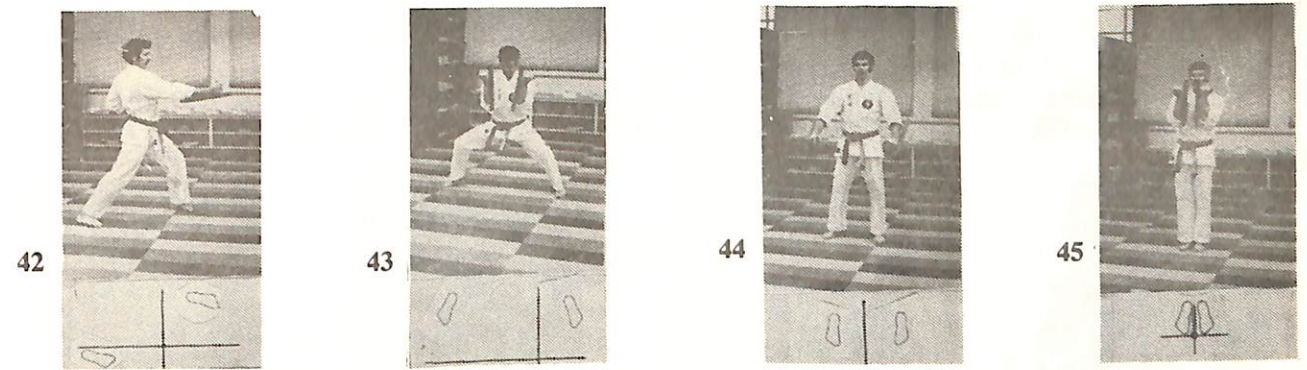
- 30. Right foot pulls back to square sanchin stance with "V" strike.
- 31. In place, double overhand strike. Start of figure eight. Figure eight continued. Finish position of the figure eight with overhanded strike. Reload top and load side for an inside-out double strike. The resulting strike. Reload.
- 32. Double strike.
- 33. Retreat to right front stance, right down block and left reverse punch in 12:00 position.



- 34. Still facing 12:00 position, retreat to left front stance, left down block and right reverse punch.
- 35. Right foot up to straddle leg stance and right low strike with no change of direction.
- 36. Left foot up to crane stance and right down extended block.
- 37. Drop foot to straddle leg stance and right high strike.



- 38. Reload and right side punch with body still facing 12:00.
- 39. Switch to left low strike with no direction change.
- 40. Pull left foot up to crane stance and left down strike.
- 41. Drop back to straddle leg stance as before and left side strike.



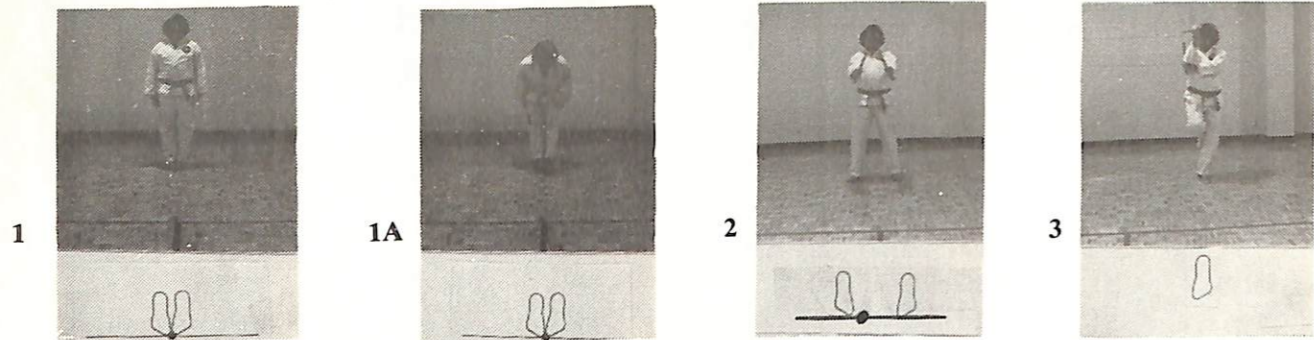
- 42. Shift left leg to left front stance to 9:00 with right reverse punch.
- 43. Right foot back to straddle leg stance facing 12:00 with "V" strike and Kiai.
- 44. Right foot pulls in to yoi dachi.
- 45. Left foot in to attention stance.



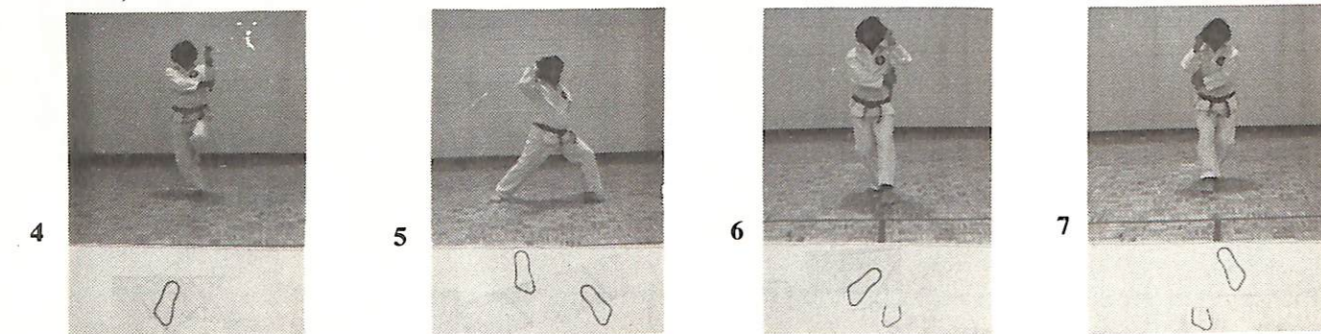
46. Bow and close.



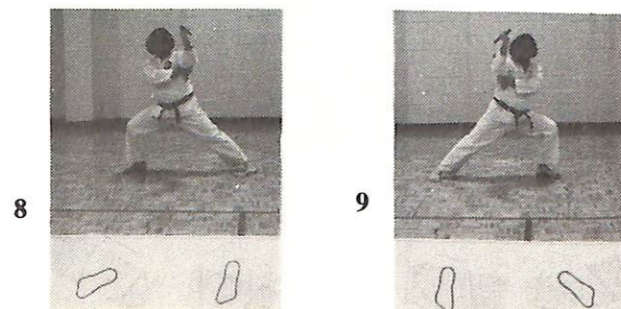
NUNCHAKU SHO



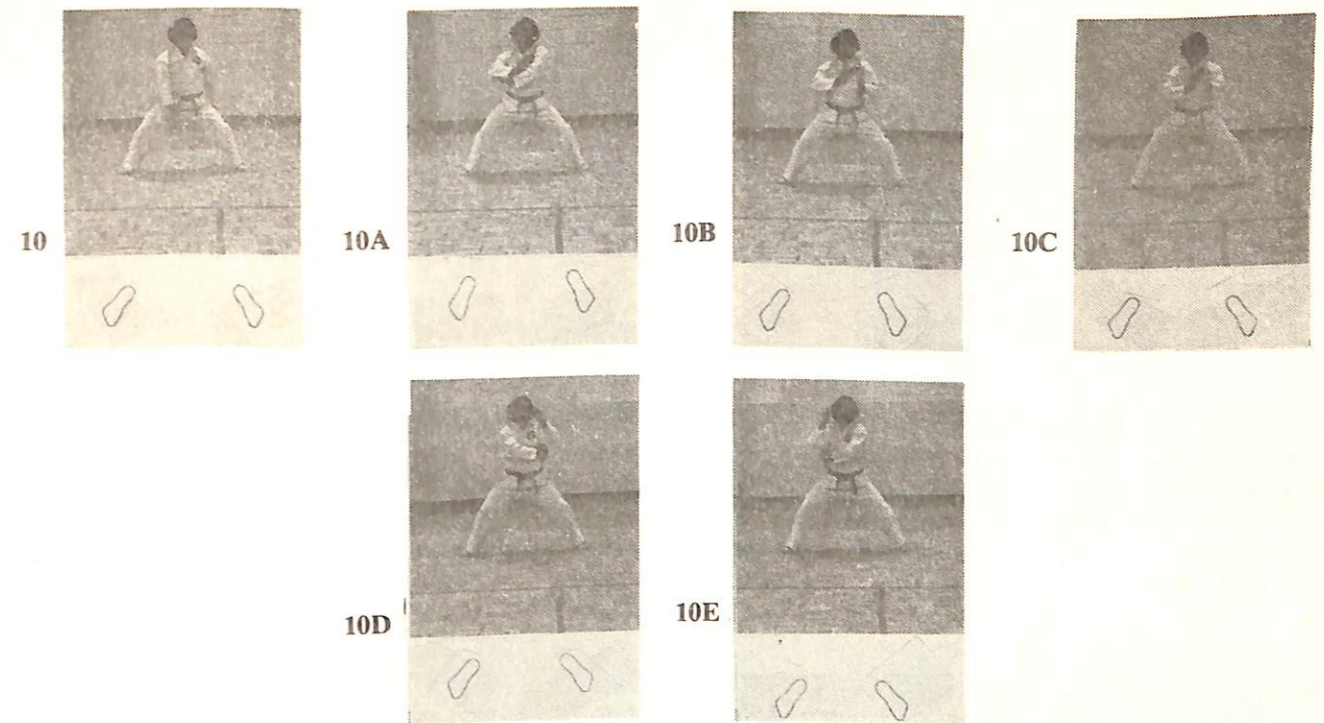
1. Attention stance (the string of the weapon should be pulled taut); bow and return to the attention stance (12:00 - photos #1, 1a).
2. Move the left foot out at 9:00 to the ready stance; snap the nunchaku to the middle guard position (grasp the weapon about 2" from each end and open it sharply so that the string "snaps;" 12:00 - #2).
3. Look at 1:30; step the left foot about 12" toward 9:00 to a left crane stance; right high block at 1:30 (the left foot is at 12:00, but the gaze & technique are at 1:30; rotate the right hand up and the left hand under the right arm to perform the block - #3).



4. Look at 10:30; step down and over about 18" at 9:00 with the right foot to a right crane stance; left high block (the stance is at 12:00, gaze & technique are at 10:30 -#4).
5. Step out and down at 10:30 with the left foot to a left front stance; right upward chin smash and catch the weapon behind your back with the left hand (10:30 #5).
6. Look at 12:00; move the left foot to 12:00 into a left cat stance; left upward chin strike and catch the weapon in the right hand under the left armpit (12:00 -#6).
7. Step back toward 6:00 with the left foot to a right cat stance; right upward chin strike and catch the weapon in the left hand under the right armpit (12:00 -#7).



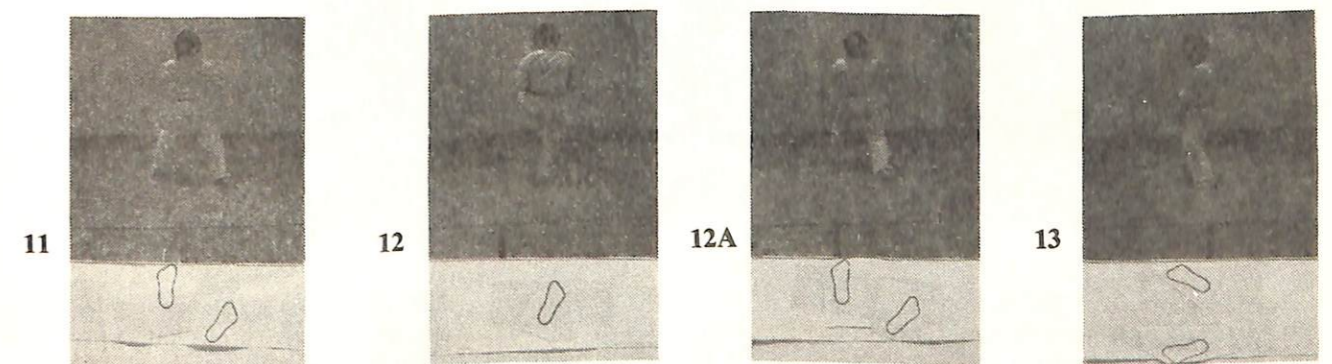
8. Look at 10:30; step to 3:00 with the right foot to a right leaning stance; left high block (for steps #8 and #9 a circular rotation of the arms without letting go of the weapon is necessary; the stance leans to 3:00, the gaze & technique are at 10:30 - #8).
9. Look at 1:30; in place, shift your weight to a left leaning stance; right high block (stance is at 9:00, the gaze & technique are at 1:30 - #9).



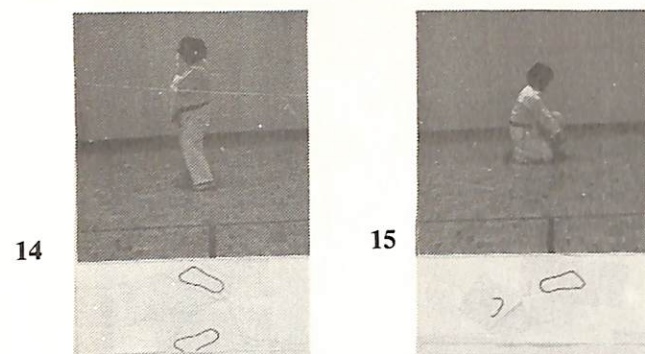
10. Look at 12:00; shift in place to a sumo stance at 12:00; right downward strike between the legs and catch behind the buttocks in the left hand (12:00 - #10).

NOTE: the following sequence of strikes is repeated three times in the kata. It begins with either the left hand or the right one, but in either case the strikes follow the same order.

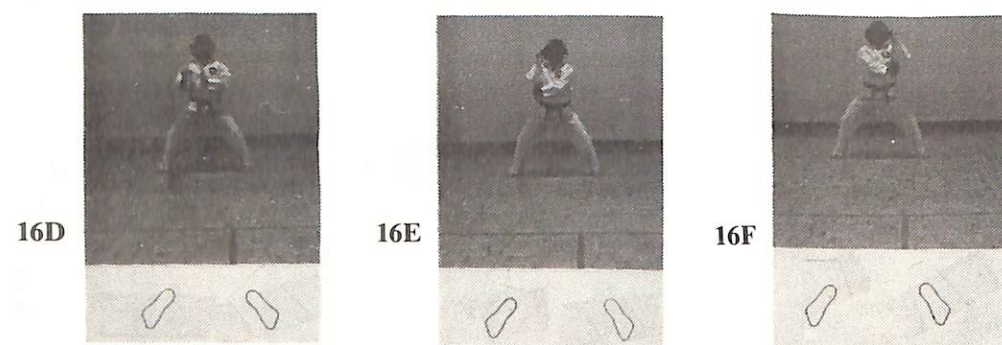
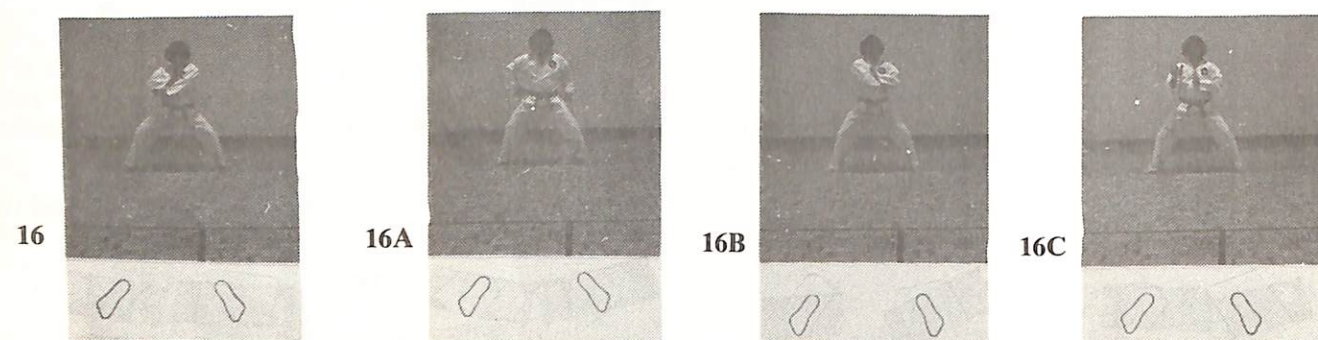
- in place, sweep the weapon in the left hand one turn around above the head, then smash down across the front of your body; the right hand forms an open hand guard at the chest; the samsh ends under the right elbow; circle the weapon back across the body and spin it outside the left arm to a left armpit catch (#10a, 10b).
- left double circle front strike to the face (the weapon strikes out from the armpit, circles once outside the left arm to a second strike, then returns to a left armpit catch - #10c).
- left upward chin strike and catch as in step #6 (#10d).
- right upward chin strike and catch as in step #7 (#10e).



11. Look to 6:00 over the left shoulder; step the right foot diagonally forward and across in front of the left foot to 10:30 and turn to 6:00 in a left front stance; repeat the "snap" middle guard block as in step #2 (6:00 - #11).
12. Pull the left foot up to a right crane stance and draw the weapon into your chest to load for a thrust (the ends of the weapon almost touch the midsection; the hands are rotated so that the palms face fully up; the hands touch one another); step down at 6:00 to a left front stance; middle thrust with the end of the nunchaku, palms rotated up and hands touching (6:00 - #12, 12a).
13. Step the right foot up toward 6:00 and in line with the left foot and pivot into a right side-facing sumo stance (the stance faces 3:00, the gaze & technique are at 6:00); with each hand about 2" from the ends of the weapon and the string pulled taut, step 6" to 6:00 with the right foot and slide the left foot to keep the same stance; perform a right sideward middle thrust with the right end of the taut weapon (see #28 - #13).



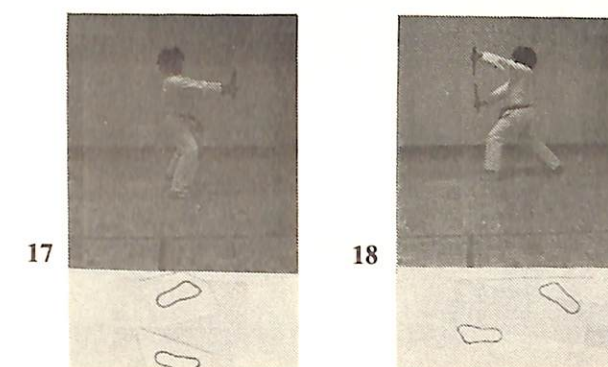
14. Move the right foot about 6" to 6:00 and slide the left foot up to keep the same stance as in step #13; right sideward face thrust with the right end of the taut weapon (see #29 - #14).
15. Move the left foot diagonally behind the right to 7:30, then pivot on the ball of each foot and drop to a left kneeling stance at 9:00; with the weapon in the right hand, strike **low** around the left ankle as you drop into the stance and catch the weapon in the left hand (the left hand faces palm **out** as a target for the strike, then closes around the weapon; 9:00 - #15).



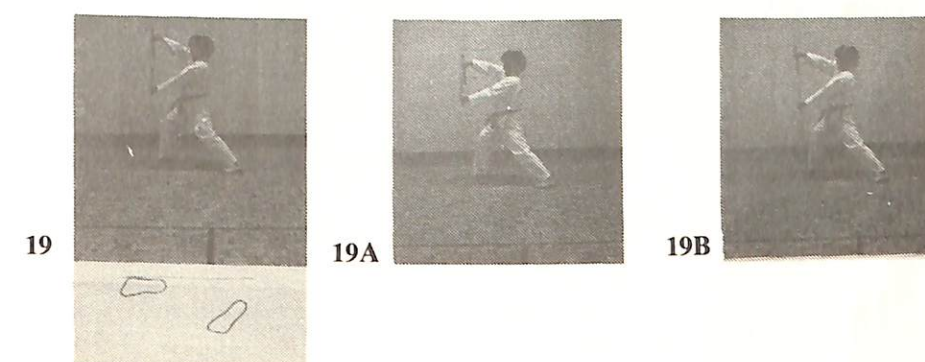
16. Look to 12:00; move the right foot back in line with the left, then pivot up at 12:00 in a sumo stance; left middle cross-body strike (the grip on the weapon is reversed in this strike; the left thumb is near the non-string end and the left palm faces up); the right hand forms an open hand guard at the chest; pass the weapon back across the front and catch it behind your back in the right hand (12:00 - #16, 16a).

NOTE: The following repeats the sequence in step #10, but begins with the right hand.

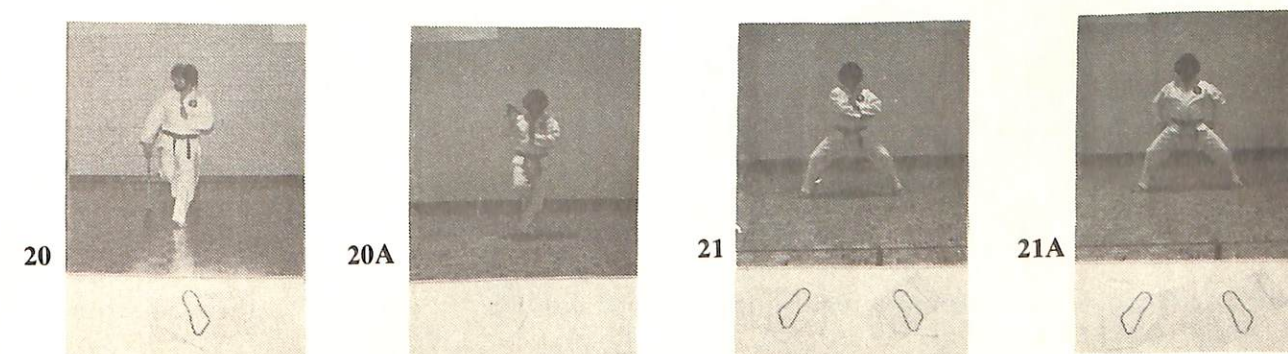
- in place, right overhead sweep and cross-body smash; circle outside the right arm to a right armpit catch (#16b, 16c).
- right double circle front strike to the face, then return to right armpit catch (#16d).
- right upward chin strike and underarm catch (#16e).
- left upward chin strike and underarm catch (#16f).



17. Look to 9:00; crescent step the right foot up and out right to a sumo stance at 9:00; middle "snap" block guard (9:00 - #17).
18. Look over the left shoulder to 3:00; step to 7:30 with the right foot and turn to 3:00 into a left front stance (pivot on the ball of the left foot as you turn); middle outside block with the weapon pulled taut (the block focuses slightly to the left of your centerline; 3:00 - #18).



19. Crescent step forward with the right foot into a right front stance; right upward strike to the chin with the end of the weapon and with the weapon still taut (this strike is on the centerline); "snap" the weapon by quickly moving the right hand down and the left hand up at the same time, then back to the same position as in the upward chin strike (3:00 - #19, 19a, 19b).



20. With the gaze still at 3:00, pivot on the left foot to 12:00 into a left crane stance; right downward smash along the right side of the body and return the weapon over the right shoulder (the left hand is in the chest guard position; stance at 12:00, gaze & technique at 3:00 - #20, 20a).
21. Look at 12:00; step the right foot down to a sumo stance; right smash across your chest, then back across your front and catch it behind your back in the left hand and "tuck" it in hard against your hips (12:00 - #21, 21a).



22



23



23A

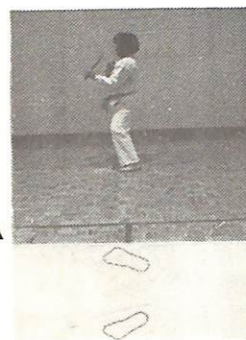


23B

22. Look to 6:00 over the left shoulder; cross the right foot behind the left and turn to 6:00 into a sumo stance; weapon remains tucked in at the hips (6:00 - #22).
23. With the gaze still at 6:00, crescent step the right foot at 6:00 into a right side-facing sumo stance with the weapon still tucked; **quickly** move the right foot about 3" at 6:00 and slide the left foot up to keep the same stance, right middle thrust from behind the back with the weapon taut. Look at 12:00; step the left foot 3" to the left in the same stance; left behind the back middle thrust (the motion in the stance is a quick slide or hop to the right, then instantly back to the left; sumo stance faces 3:00, while the slide thrust techniques are at 6:00 and 12:00 - #23, 23a, 23b).



24



24A



24B



24C



24D

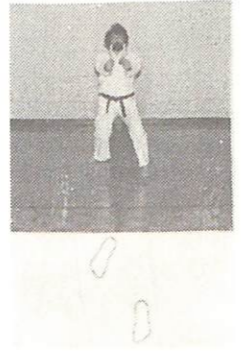
24. In the same stance, look at 3:00; repeat the same sequence of strikes as in step #10, beginning with the left overhead cross-body smash and ending with a right upward chin strike (the photos here show the concluding position after each strike; 3:00 - #24 to 24d).



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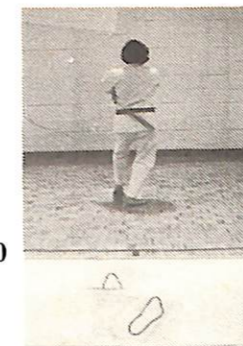


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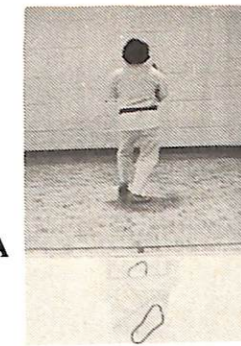
25. Look over the left shoulder at 12:00; pivot on the right foot and draw the left foot back to a left cat stance at 12:00; low "X" block (12:00 - #25).
26. Step forward with the right foot to a right front stance; high "X" block (12:00 - #26).
27. Crescent step forward with the left foot to a left front stance; as you move, load the weapon slightly back over your head, then smash down to the chest with both ends of the weapon (12:00 - #27).
28. Crescent step up at 12:00 with the right foot and step out about 6" further than usual so that you step into a right side sumo stance that requires you to slide the left foot toward the right in order to form the stance (this move combines the normal crescent step with the slide step in #14); repeat the side middle thrust as in #13 (stance at 9:00, technique at 12:00 - #28).



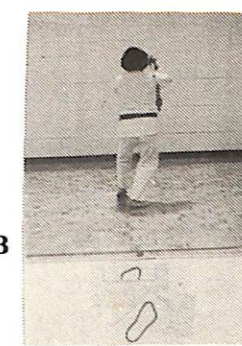
29



30



30A

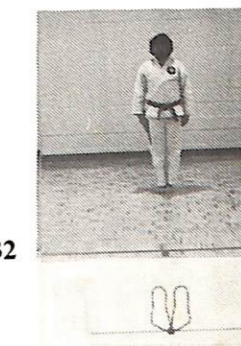


30B

29. Repeat step #14 (stance at 9:00, technique at 12:00 - #29).
30. Look at 6:00 over the left shoulder; pivot on the right foot and draw the left foot in to a left cat stance at 6:00; right head smash across the body and return outside the right arm to a right armpit catch; right upward chin strike and return to a catch in the left hand under the right arm (6:00 - #30, 30a, 30b).

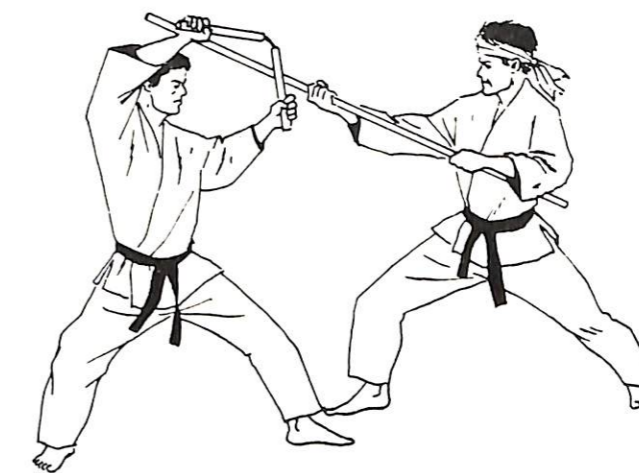


31



32

31. Look at 12:00 over the left shoulder; cross the right foot in front of the left at 4:30, then pivot on the balls of both feet to a left front stance at 12:00; block as in step #2 (12:00 - #31).
32. Step back with the left foot to the attention stance; refold the weapon as you step back. Bow and close the kata.



WEAPON KATAS SIMPLIFIED

This book is intended to serve as a guide to instructors and students who are familiar with martial arts weapons. The weapon katas featured in this book are from the Koga Clan.

The "Koga Ryu" weaponry and katas were strictly kept secret and passed on from father to son, even then with the utmost discretion. Disclosure of the secrets to unauthorized persons meant death at the hands of another member of the same group.

Books and documents (Torimaki) related to the heritage, arts and techniques of the Koga Ryu were considered secret family treasures; and it was required of each generation of the Koga Clan to preserve them.

The founder of the Koga Ryu style was Master Ashikaga (Koga) Tomonori, who lived in the Tokugawa Era.

The techniques of combat with which the "Koga Ryu" members had to familiarize himself and which he had to master (including the traditional martial arts of the country):

Archery
Spearmanship
Swordsmanship
Kusari Gama Jitsu
Shuriken Jitsu

Kama Jitsu
Sai Jitsu
Manji Jitsu
Bo Jitsu
Tonfa Jitsu

Nunchaku Jitsu
Manriken Kusari
Iaido Jitsu (Kotori, Omori Ryu)
Iaijitsu
Blow Guns

BASIC NUNCHAKU TECHNIQUES

