**Kukishin Ryu Roku Shaku Bo Jutsu – long staff techniques**

As taught by Moti Nativ, 15th dan

The long staff techniques of the Bujinkan come from Kukishin Ryu, tradition of the ‘nine demon gods’. Around 1,180 ad this school began its long tradition. The name was given in 1330, when a young warrior named Kurando managed to save his lord from attack (Godaigo). While escaping, the young man used a naginata to fight. During the battle the blade broke and Kurando continued to fight, eventually winning using only the stick that remained. The lord gave him a new name, Kuki, meaning one who fights like nine demons.

 Soon after Kuki began teaching, and the techniques were based foremost on long stick techniques. We also study Kukishinden battlefield methods without arms and other implements, but it is the Bo Staff we examine in this manual for Land of the Sky Wilderness School / Martial Arts. This text is a reference, actual instruction should come from a licensed teacher.

**Basics / Kamae**

Hira Ichimonji – *standing with stick level in front with both hands*

Ichimonji – *same but back in ichimonji no kamae*

Seigan – *same as above but tip pointed upward toward throat*

Chudan – *same but now raise rear end into arm pit and clamp down*

Daijodan – *diagonal, rear hand high front hand low, over head protecting*

Ten Chi Jin – *feet together at 90 degree (rear to side), open upper hand along stick and lower hand grasping stick at mid level, stick straight up to the sky*

Gedan – *long end rearward front hand mid and rear hand low (tail)*

Heito – *same but rotated around as if over cocked for a twisting strike, perpendicular*

Heian no Kamae – like daijodan but off center of the top

**Strikes**

Menuchi – *coming over from the top straight down or slight diagonal, pay close attention to body movement and* ***sliding of the hands***

Yoko Menuchi – *side strike, whole body movement*

Ashi Barai – side strike low

Ani Age – *upward strike*

Tsuki – *step with front foot and thrust out.*

Master different distances, also you can use a partner to train striking targets leaving enough room to be safe! Body movement, or tai sabaki, must become more accurate, otherwise you cannot control such a long weapon.

**KAITEN**

Rolling forward, rearward, tip touch and roll, evasion rolls with stick, side rolls and counter attack.

**Defences**

1. Attack come in from high, step in and strike to mid, disarm opponent, continue wrapping motion to entangle the arm and throw. Look for finger traps.
2. Attack from high, step inside grasping with left hand, R strikes face, right arm slips under rear armpit to effect a ganseki nage while also sweeping the leg and grabbing the stick.
3. Attack from high, full turn CC to outside of attack, grab stick with both hands and hook/heel kick inside opponent low, left arm against throat/high and topple rearward. Turn with stick as toppling to enhance throw. Finish with strike to groin.
4. Verse low sweeping/side strike, jump over and stomp kick to attackers leg (thigh), step in and punch to face.

The core of the Roku Shaku Bo techniques is based on 25 traditional Kata. Each one of them is a reconstruction of a real fight with key principles that were analyzed, learned, and passed from generation to generation. Most often the kata portray a stick v sword combination. First learn the form then explore the combative application. Strive for understanding of taijutsu, foot work, angles and distance, and opponent reactions.

**Kata**

**Shingen Gata**, or combative kata, is the essence of the technique and is emphasized by Hatsumi since it conveys the feeling of a true fight.

**Goho** – five ways. *Moving in turning whirl side to side, at right moment attack low side then high side (right), Move to other side attack low, decoy high and then attack the leg instead.*

**Ura Goho** – *Same twirling deterrant -Left Tsuki, switch and side attack R, sweep upward L then jump side attack high R as swordsman comes in with overhead or tsuki.*

**Ura Suso O Toshi** – *tsuki left, low strike R, low strike L, R and L again, then throw rear of stick overhead for high strike downward, as defender blocks, tsuki to mid section.*

**Ippon Sugi** – *from Ten Chi Jin, plant tip down and shuffle forward slamming top of staff flat down with palm as dropping the body weight, pick up and low side strike, circle around and side strike again higher, left side strike high then switch sides and rear tip overthrow strike. Base distances on opponent closing the distance naturally as one would in a real fight.*

**Taki Otoshi** (waterfall drop)– *step and tsuki high from ichi monji no kamae, circle around until bo crosse rear of back upward to right, grasp with R hand, pull out as a strike (yokomen attack), same thing left, pull in and high side strike.*

**Koku –** *tsuki - withdraw stick, when opponent comes in with high attack block with a diagonal block and shift sword by flinging it over to the left, pushing opponent around so you disappear from sight temporarily. Continue flinging motion and high strike against head then rotate down and strike leg. Remember the initial withdrawal can also be a rear tsuki to someone behind, etc.*

**Muke Tsume** – *crate up. Same attack three times in a row. Throw stick over three times, bring it back to first side each time.*

**Ten Chi Jen –** *same kamae as name, sweep low with rotating motion no foot motion but move in as stick returns to starting position, when back to first side tsuki chudan, withdraw quick for high left strike, step through to rear and right high strike, then rotate left side through for mid tsuki attack.*

**Mai Hirogi – before and after.** *Right side mid strike, left side over for overhead attack, slide back for another high overhead strike, assume tenchi jen right side , bottom tip on floor slam forward toward toes, tsuki to midsection and yell. Time counter attack correctly.*

**Ura Nami – haeian no kamae** *tsuki right side high, overhead attack, switch sides and tsuki, tuck under behind back and whip around side strike.*

**Roku Shaku Bo Ju Kata** – all ten kata in sequence, performed as a continual motion with the Bo staff.

**Advanced Techniques**

 Happo hiken taijutsu is a weapon training strategy that combines all available information within the Bujinkan schools. All basic techniques can be applied with any weapon or against any weapon. The principles learned from any school should be trained until they are available in the free mind and body of the martial artist. Hanbo techniques are useful, locks and throws, chokes, strikes and evasions are all possible by using the full length and ranges available with a Bo staff.

 This approach allows the practitioner to respond to various attacks in training using a freestyle, or improvised manner while keeping technical proficiency. Below are a few examples Moti shares with us.

1. Standing in a walking stick position we evade a right handed punch by stepping right and raising bottom of stick up to strike the incoming arm, underneath. Lock elbow with arm behind your head and perform ganseki nage. Heel kick with right foot to opponent’s lead leg for added effect before the throw.
2. Similar start but lift arm up and over instead of locking to reveal opponent’s throat with Bo tip in front. Execute choke and rear takedown using existing knowledge and safety methods.
3. Block right punch or shuto with left forearm and drive bo down to trap and effect a rear shoulder lock. Circle around entire rear of opponent, raise and drop with throw.
4. Practice basic hanbojutsu techniques, such as Koshi Ori. Opponent uses right knife hand which is caught and turned with omote gyaku, he left kicks, insert bo down through armpit against the hip and throw. Reposition bo staff across the bicep and in front of his grounded throat for a simultaneous lock and choke submission. Keep left leg behind the neck for added pressure and step over with right for immobilization.
5. Against high right knife attack step back and side strike into arm/wrist, change sides striking again, grip attacking wrist so that it is pinned to the Bo and ready for gyaku, use the stick leverage and turn into a high right strike with gyaku, rear sweep also, keep leverage until disarm.
6. Against straight knife thrust allow the attack to pass between body and Bo staff, (starting in standing/walking stick position), this evasion is accomplished by stepping left, reach under with left hand and grab the other end up the stick, pulling up to lock the arm, punch in with stick striking body, then leverage the left hand over (stick catches in groin) for the throw down.
7. Against downward stab evade to the right with a small step, step on stick with right foot and slam down into wrist of attacker, move in to throw down.