**Shindenfudo Ryu Manual for Land of the Sky Wilderness School, LLC**

As taught by Soke Masaaki Hatsumi

"*Before all, knowing nature is the foundation. Thus one trains by using the things of nature to make the body strong. First one must condition the legs and hips. Then one must condition the fists. Then for training, in the ancient teachings, one did not build a dojo or make training tools and then train. One would foremost use the things of nature."* - Masaaki Hatsumi

Mizuhara Kuro Yoshinari, lord of Mizuhara castle, brought forth by Minamoto no Yoshitsune during a flight from the capital. He was a great master of Iai, may have been the originator of Iai according to the scrolls of Fudo Ryu.

A particular emphasis of this school of martial study is the use of ones natural surroundings to develop skill and sensitivity. This is in close alignment to the essence of what our school is all about, being a school built around wilderness knowledge. It is natural that we would want to understand our surroundings, and being there often, use them for training skills related to our martial study. Also, we can take things that we must do for remote travel such as pack carrying, endurance, climbing, balance, and observation skills and find ways to weave them into our technique and methods.

**Nichigeki** – *solar strike.* Vs a hip throw. Settle weight rearward, hand in front claws face. No set postures, only changing body position. Front hand finds weapons on opponent, use sword guard to throw also. Search for leg checks. Check that partner land on feet flipping completely over if wearing a sword, not landing on back. Also and next, left elbow strikes low toward kidney as opponent applies technique. Also, rotate both arms/hands counter clockwise not striking face, then ura shuto to neck and choke. Next change timing to step behind with both legs walking behind opponent, then change to both in front.

**Gekkan** – *moon liver*. Verse punch, avoid inward and block, turn to the side, as next hand comes move in and take the attacking arm with opposite hand also (strikes fine), kick mid then throw opponent forward onto his face and down. Use retreat of leg after kick to effect the throw. Also strike with elboe, or lift elbow into face and knee instead of kick. If opponent has a sword lift the saya to cause pain, also can strike with hilt even complete a choke by pulling head down onto hilt end. Always explore taking the scabbard and sword as part of all technique and use it against the opponent.

\*Punching – characteristic of this ryu is the straight natural walking punch.

**Fubi** – *brought down by the wind*. Vs lapel choke, jump onto torso, strike and release. Remember Papa sans adaptations. Use sword to squeeze outside or throw rearward. Rear roll after and search for metsubishi. Grasp shoulders and throw rearwardwith pain, step around body for a body choke.

**Uryu** – *rain dragon*. Vs rear bear hug. Bring hands down by lowering shoulders and squeezing. With arms up high lean and grab his hair to throw. Always search for vital points in grabs. A variation is to keep hands and arms up and straight and move powerfully around and down to grab inside opponents leg and effect a takedown, following through to a pain compliance hold.

**Unjaku** – *cloud sparrow*. Against high punch, drop low to ground then raise and strike chin, then throw. Can counter the technique by drawing sword slightly. Also instead of punching up you can draw sword as the strike. Also step in and strike with ridghand to groin. Also roll forward taking out the knee and hook kicking to face at the same time.

**Setuyaku –** *snow glean.* Block incoming punch, rotate hand omote and strike up under and behind elbow with inner forearm, move in and throw, pin with pain compliance technique pressing on arm and neck. Also, use omote gyaku against whole body rotate arm and pull back and press.

**Musan –** *fog scattering.* Grab attacking arm, spin around CC under to twist and bind attacker, pull him rearward and strike down onto neck or head.

Practice walking and punching naturally.

**Karai –** *mist hunder.* Against a grab, step out slight for kuzushi then step in to deliver vital punch strike mid, hold attackers arm pull straight and throw down. Also hide punch and elbow strike to elbow (same side).

**CHI NO KATA – Earth**

**Riken** – reason fist. Verse grab, seated, draw sword half way and use (or scabbard) on the outside of the arm for a lock and take down, also kick out to mid section. Retrieve smaller sword and stab. Also strike out vs grab with hilt then continue the takedown as usual.

**Shinken** – *heart fist.* Verse grab seated, jakkotsu strike inside arm as stepping forward, kick up to face and rear roll away into defensive position. Also hit leg at same time as jakkotsu strike, then groin, roll neck.

**Raiken** – *thunder fist*. Verse front kick while seated, take leg naturally, in out or under, roll over a little then kick or strike groin. Break leg or pin with pain compliance method. Practice also with swords. Put attacking leg on shoulder draw sword after standing up and take down muso dori style, cut.

**Henkyo** – *changing emptiness*. Counter grab standing up, kick, then throw harshly with omote gyaku. Verse grab and knife thrust, do down to side and kick.

**ISSEN** – *one flash*. Verse blade attack, dodge while seated and sweep leg. As cut comes down stand one leg and sweep. Try against kick and stab/thrust. Block to vital target inside leg and quickly move into legs to avoid down blade strike, raise up to throw attacker forward onto his head.

**Akuken -**  *bridge fist.* Verse down sword strike while seated, counter while back rolling (against wrist/arms). Also move straight in and take his short sword, asweet the led.

Kenkon – *heaven and earth.* Sakki jutsu vs sword, seated, grab wrists and rotate around to throw, or throw over you.

Suiryu – *weeping willow.* Seated verse sword tsuki, Evade, take arms muscle choke rear to forward take down or other outside sweep takedown. Forward helped by stopping ankle with opposite foot, kick groin disarm. Also stand up…