

# Kashima Shinden Jikishinkage-ryū — Hōjō kata

uchidachi haru no tachi shidachi ipponme hassō happa
taiken – mokurei <b>bakken</b> <b>ai seigan</b> (chokuritsu ken – suihei ken) <b>kami hanen</b> <b>niōdachi</b> <b>kazashi</b>
migi naname jōdan jōdan migi hassō <b>uchi komi</b> migi naname hidari muki hitoemi <b>uchi komi</b> tai atari yoko ichimonji tate ichimonji hidari hassō jōdan <b>ura uchi</b> <b>ai jōdan</b> <b>uchi komi</b> morōde jōdan <b>uchi komi</b>
oshi komi <b>ai seigan</b> (chokuritsu ken) <b>shimo hanen</b> <b>niōdachi</b> <b>migi mae naname</b> so tai

uchidachi natsu no tachi shidachi nihonme itto ryōdan
<b>ai seigan</b> (chokuritsu ken – suihei ken) <b>kami hanen</b> <b>niōdachi</b> <b>jōdan</b>
[ hi tachi ] <b>uchi komi</b> (chokuritsu gedan) <b>ai jōdan</b> <b>uchi komi</b> (chokuritsu shōmen) <b>ai seigan</b> oshi komi migi hassō migi kasumi migi dai kaiten (migi hassō) <b>uchi komi</b> migi hassō hidari muki hitoemi tai atari
oshi komi <b>ai seigan</b> (chokuritsu ken) <b>shimo hanen</b> <b>niōdachi</b> <b>migi mae naname</b> so tai

uchidachi aki no tachi shidachi sanbonme uten saten
<b>ai seigan</b> (chokuritsu ken – suihei ken) <b>kami hanen</b> <b>niōdachi</b> <b>kazashi</b>
<u>migi naname</u> <u>seigan</u> jōdan migi naname <b>uchi komi</b> hidari muki hitoemi <b>tai atari</b> <b>ai jōdan</b> <b>uchi komi</b> morōde jōdan <u>ukeru</u> <u>uchi komi</u> <b>hidari kasumi</b> <b>hidari dai kaiten</b> hidari jōdan hidari hassō <b>ura uchi</b> <b>ai jōdan</b> <b>uchi komi</b>
oshi komi <b>ai seigan</b> (chokuritsu ken) <b>shimo hanen</b> <b>niōdachi</b> <b>migi mae naname</b> so tai

uchidachi fuyu no tachi shidachi yonhonme chotan ichimi
<b>ai seigan</b> (chokuritsu ken – suihei ken) <b>kami hanen</b> <b>niōdachi</b> <b>jōdan</b>
[ shokō gedan ] <b>chokuritsu gedan</b> <b>ai jōdan</b> [ sokushin gedan ] <b>chokuritsu gedan</b> <b>ai jōdan</b> <b>uchi komi</b> (chokuritsu shōmen) jōdan seigan <u>hidari ashi kiri</u> <u>hidari ashi tome</u> jōdan seigan <u>migi ashi kiri</u> <u>migi ashi tome</u> <b>migi kasumi</b> <b>tsume</b> <b>ai jōdan</b> <b>uchi komi</b>
oshi komi <b>ai seigan</b> (chokuritsu ken) <b>shimo hanen</b> <b>niōdachi</b> <b>migi mae naname</b> so tai <b>ai seigan</b> <b>no ken</b> mokurei – taiken