

# - Ninpo Taijutsu -

## 三 級 (SAN-KYU / 3rd Kyu)

### 1. 拳構えと用法〔三〕(KEN GAMAE TO YOHO III)

- (1) 手甲拳 (手の甲) ----- (SHUKO-KEN; back of the hand)
- (2) 槌 拳 (仁王拳の小指側) ----- (TSUI-KEN; side of the NIO-KEN)
- (3) 指針拳 (小指) ----- (SHISHIN-KEN; little finger)
- (4) 擱 拳 (拇指関節) ----- (KOH-KEN; thumb joint)
- (5) 指刀拳 (拇指先) ----- (SHITO-KEN; thumb nail)
- (6) 八葉拳 (手掌で耳) ----- (HAPPA-KEN; two handed slap)
- (7) 鬼角拳 (頭突き) ----- (KIKAKU-KEN; head-butt)
- (8) 水 拳 (五指揃え指頭で) ----- (SUI-KEN; five fingers held together)
- (9) 押 手 (手掌にて面部、顎) ----- (OH-SHU; pushing with the palm)
- (10) 抓 手 (手指にて雨戸、独骨) ----- (SOH-SHU; grabbing as if to choke)
- (11) 手起拳 (肘) ----- (SHUKI-KEN; with the elbow)
- (12) 体 拳 (肩) ----- (TAI-KEN; with the shoulder)
- (13) 齒 拳 (噛む) ----- (SHI-KEN; biting with the teeth)

### 2. 捕手基本型〔四〕(TORITE KIHON GATA IV)

- (1) 岩 石 (GANSEKI)
  - I. 岩石投げ (GANSEKI NAGE)
  - II. 岩石落とし (GANSEKI OTOSHI)
  - III. 岩石折り (GANSEKI ORI)
- (2) 強者捕り〔武者捕り〕(GOJA DORI / MUSHA DORI)
- (3) 竹折り (TAKE ORI)
  - I. 表竹折り (OMOTE TAKEORI)
  - II. 裏竹折り (URA TAKEORI)
- (4) 本逆 (HON GYAKU)
- (5) 逆背負い (GYAKU ZEOI)
  - I. 片腕 (Kata Ude ----- Either hand)
  - II. 両腕 (Ryo Ude ----- Both hands)