

## - Ninpo Taijutsu -

### 五 級 (GO-KYU / 5th Kyu)

#### 1. 拳構えと用法〔二〕(KEN GAMAE TO YOHO II)

- (1) 不動拳〔仁王拳・金剛拳〕----- (FUUDO KEN / NIO KEN / KONGO KEN)
  - I. 縦拳 (TATE-KEN; palm to side)
  - II. 横拳 (YOKO-KEN)
    - ① 阿拳 (手の甲上向き) (A-KEN; palm up)
    - ② 呬拳 (手の甲下向き) (UN-KEN; palm down)
- (2) 留 拳 (二 指) ----- (RYU KEN; two fingers)
- (3) 指端拳 (抓拳・三指) ----- (SHITAN KEN/SO KEN; three fingers)
- (4) 錘 拳 (四指) ----- (SUI KEN; four fingers)
- (5) 椿 拳 (五指開き、一寸屈めて) ----- (CHIN KEN; five fingers, like a claw)
- (6) 指半拳 (五指又は四指揃え) --- (SHIHAN KEN; four or five fingers held together)
- (7) 蝦蛄拳 (五音拳・五指猫手形) ---- (SHAKO KEN/GO-ON KEN; five fingers, as a retracted claw)
- (8) 足起拳 (脛・膝) ----- (SOKKI KEN; lower leg or knee)
- (9) 足甲拳 ----- (SOKKO KEN; instep)

#### 2. 捕手基本型〔三〕(TORITE KIHON GATA III)

- (1) 表逆極め技六法 (OMOTE GYAKU KIME WAZA ROPPO)
  - I. 足を肩下に入れ腕極め----- (Right leg under the opponent's right arm and stepping under the right shoulder.)
  - II. 足で顔・首を押え腕極め--- (Right leg under the opponent's right arm and stepping on the face)
  - III. 反対足で背中押さえ腕極め--- (Left leg under the opponent's right arm and stepping on the rib cage.)
  - IV. 手首を内側に折り極め----- (kneeling with the foot on the side of the rib cage so as to straighten opponent's arm, then bending the wrist.)
  - V. 膝で弱筋を押え、手首捻じり極め----- (Kneeling on the opponent's right upper arm with the lower arm perpendicular to the floor, twisting the wrist.)
  - VI. 手首極めたまま前方回転----- (Zenko kaiten from V)
- (2) 裏逆極め技六法 (URA GYAKU KIME WAZA ROPPO)
  - I. 手首を背中側に折り曲げ極め--- (Kneeling with the foot on the side of the rib cage so as to straighten the arm, bending the wrist.)
  - II. 御前捕りに極め----- (Kneeling with the right knee on the opponent's right triceps from above)
  - III. 片膝で背中押し腕極め----- (Kneeling on the opponent's spine and locking the arm with the body's weight.)
  - IV. 腕を曲げ片羽締め極め----- (Bending the opponent's right arm with one's left, kneeling on the small of the back and using the body weight.)
  - V. 背中に仰向けに乗り両腕捕り極め--- (Lying on the opponent's back and lifting both one's arms up by the wrist.)
  - VI. 両腕極めたまま後方回転----- (Koho Kaiten from V)