

ひとりのできる 入門書

Ancient Martial Arts of the Ryūkyū Islands Series III. The Basic Formal Exercise of Tonfa

琉球古武道基本技シリーズⅢ トンファー No.1

棒 Bō

井上元勝 著



by MOTOKATSU INOUE

琉球古武道保存振興会

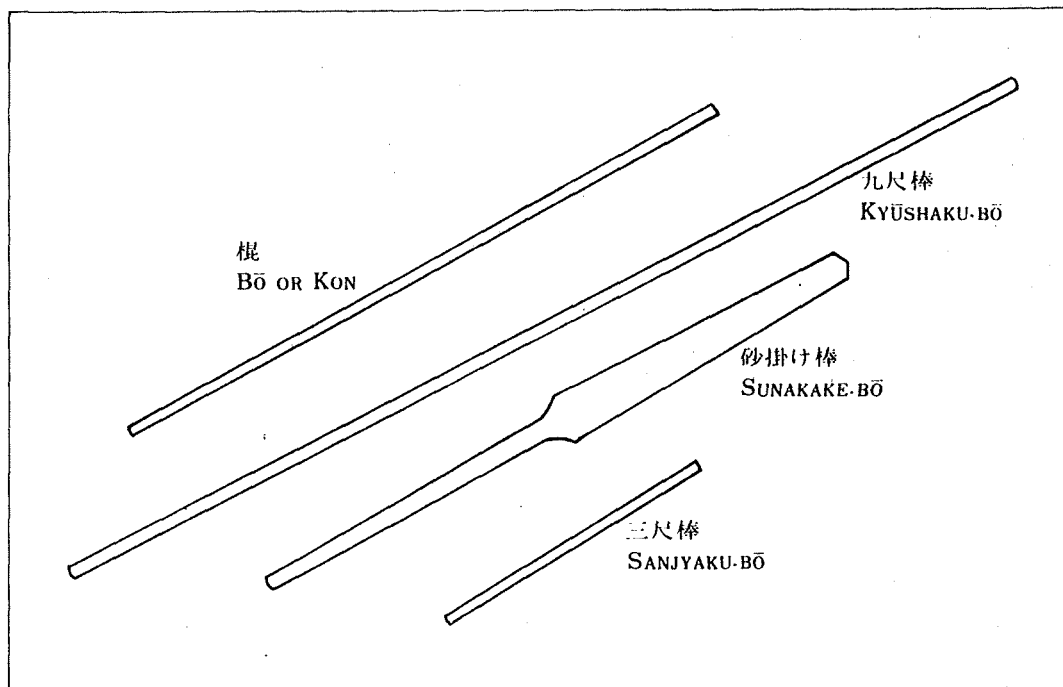
目 次 CONTENTS

◇重要事項 THE IMPORTANT MATTERS	2
I. 棒 BŌ	3
1. 棒の種類 KIND	
2. 棒の寸法 SIZE	
3. 棒の持ち方 WAY OF GRIP	
II. 棒術基本技 BASIC TECHNIQUES	5
1. 構え方の練習法 POSTURE	
2. 受け方の練習法 DEFENSE	
3. 攻め方の練習法 ATTACK	
III. 棒術基本10本組手 10 BASIC KUMITE	14
1. 外受け組手 SOTO-UKE	
2. 内受け組手 UCHI-UKE	
3. すくい受け組手 SUKUI-UKE	
4. 下段受け組手 GEDAN-UKE	
5. 払い受け組手 HARAI-UKE	
6. 振上げ打ち組手 FURIAGE-UCHI	
7. 引掛け打ち組手 HIKKAKE-UCHI	
8. 押えはずし組手〔1〕 OSAEHAZUSHI (1)	
9. 押えはずし組手〔2〕 OSAEHAZUSHI (2)	
10. 流し打ち組手 NAGASHI-UCHI	
IV. 型 KATA	24
1. 周氏の棍 (小) SHŪJI (A)	
2. 佐久川の棍 (小) SAKUGAWA (A)	
V. 基本15動作連続練習法 15 BASIC KUMITE	46
◇ 棒術の型の種類 KIND OF KATA	56

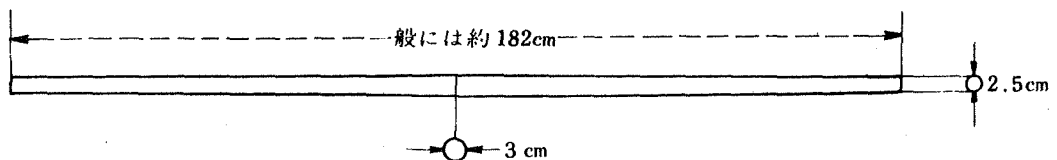
I. 棒

Bō (STAFF)

1. 棒の種類 KIND OF Bō

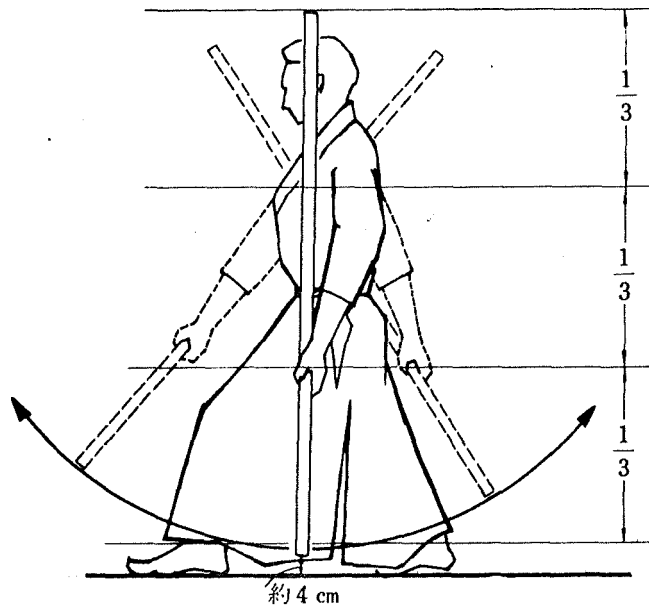


2. 棒の寸法 SIZE OF Bō



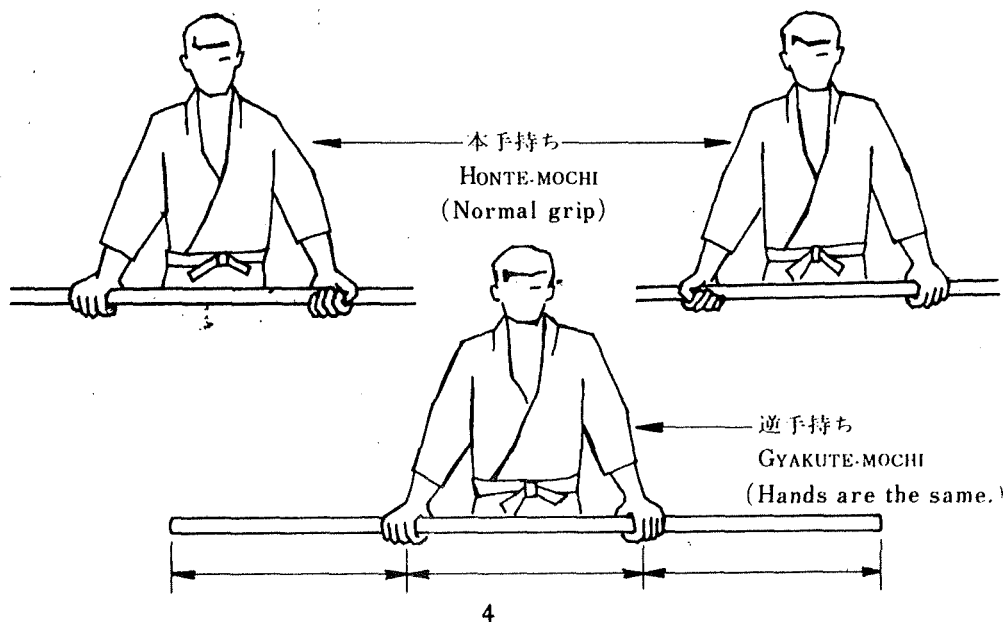
○沖繩では棒を棍（こん）と呼ぶ。一般には櫟（かし）の木が使われ、その長さはふつう 182cm である。

○Bō is called Kon in Okinawa. Generally it is made of oak and its normal size is 182cm.



- 前屈立ちにて棒を1/3に握り、図のように振ってみて、床面より約4 cmくらい間隔があればよい。
- In the Zenkutsu Stance as the picture shows, grip the Bō at about 1/3 from its end, and swing it. If the end of Bō is about 4cm. distant from the floor, it is suitable for you.

3. 棒の持ち方 WAY OF GRIP



II. 棒術基本技

THE BASIC TECHNIQUES

基本技 (BASIC)	構え方 5つ (5POSTURES)	中段の構え	CHŪDAN-KAMAE
		下段の構え	GEDAN-KAMAE
		上段の構え	JŌDAN-KAMAE
		脇の構え	WAKI-KAMAE
		八相の構え	HASSŌ-KAMAE
	受け方 5つ (5DEFENSES)	外受け	SOTO-UKE (OUTER BLOCK)
		内受け	UCHI-UKE (INNER BLOCK)
		すくい受け	SUKUI-UKE (SLIDING UP BLOCK)
		下段受け	GEDAN-UKE (LOW BLOCK)
		払い受け	HARAI-UKE (SWEEPING BLOCK)
	攻め方 5つ (5ATTACKS)	貫き突き	NUKI-TSUKI (SLIDING THRUST)
		前手突き	MAEDE-TSUKI (FRONT HAND THRUST)
		下段突き	GEDAN-TSUKI (LOW THRUST)
		上段打ち	JŌDAN-UCHI (OVERHEAD STRIKE)
		振上げ打ち	FURIAGE-UCHI (UPWARD STRIKE)
	横打ち	YOKO-UCHI (SIDE STRIKE)	
	裏打ち	URA-UCHI (BACK STRIKE)	

1. 構え方の練習法 WAY OF PRACTICING 5 POSTURES (KAMAE)

A. 礼 REI (Bow)



①



②



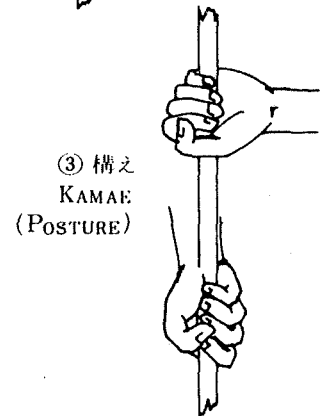
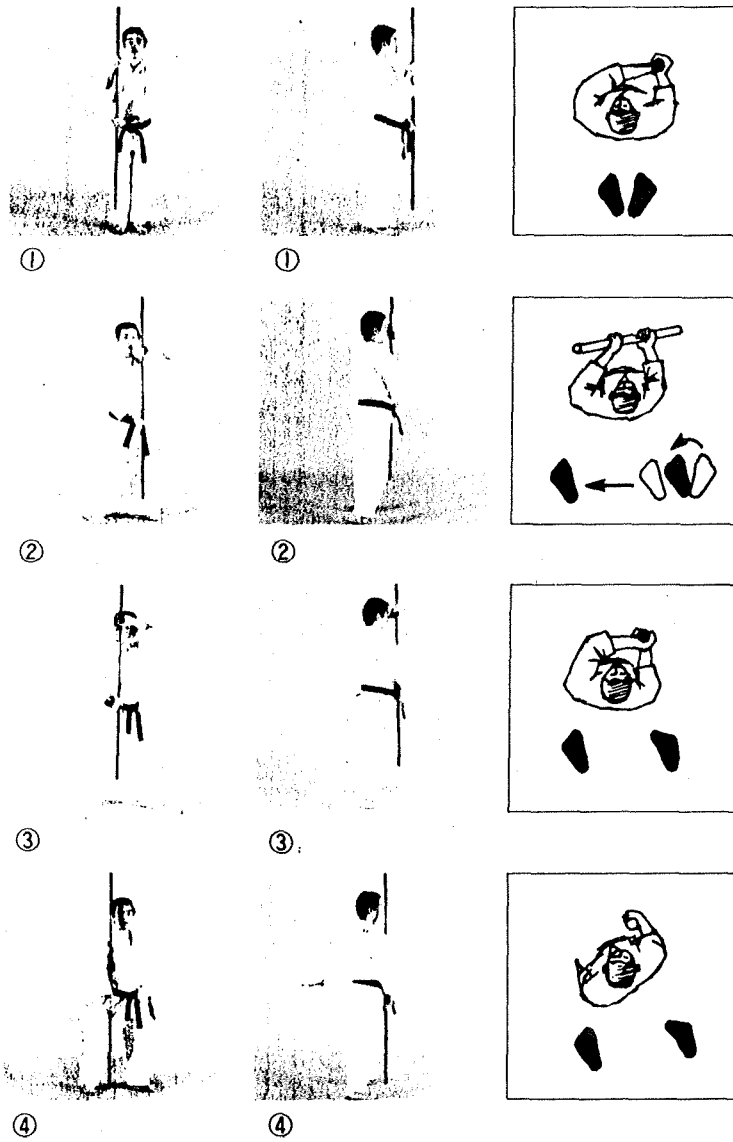
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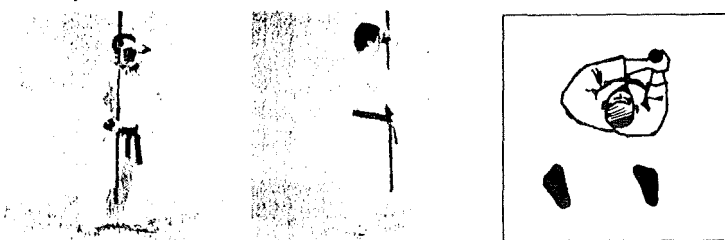
②



B. 用意 YŌI(READY) ⇨ 構え KAMAE(POSTURE)



C. 始め HAJIME (START)

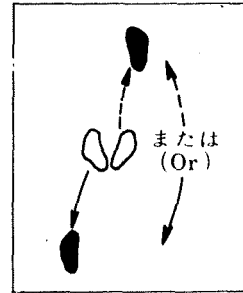
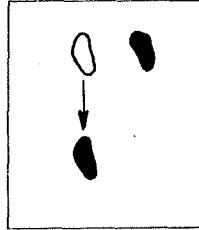
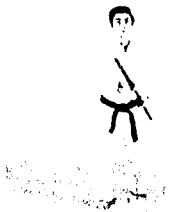


○ またはこの立ち方から
(Or from this stance)



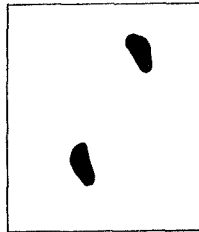
① 中段の構え CHŪDAN-KAMAE

top Bo kuzed nara kuzoi.

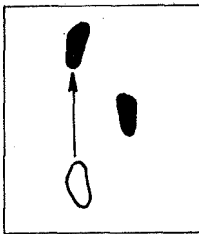
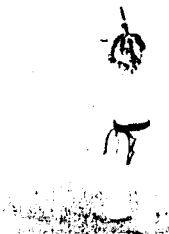


② 下段の構え GEDAN-KAMAE

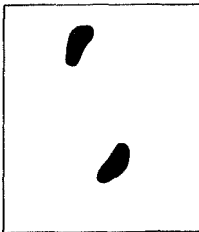
top Bo kuzed nara kuzoi.



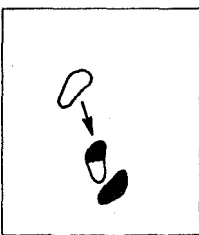
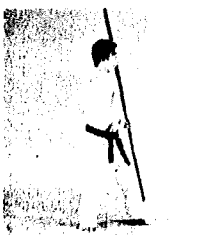
③ 上段の構え JŌDAN-KAMAE



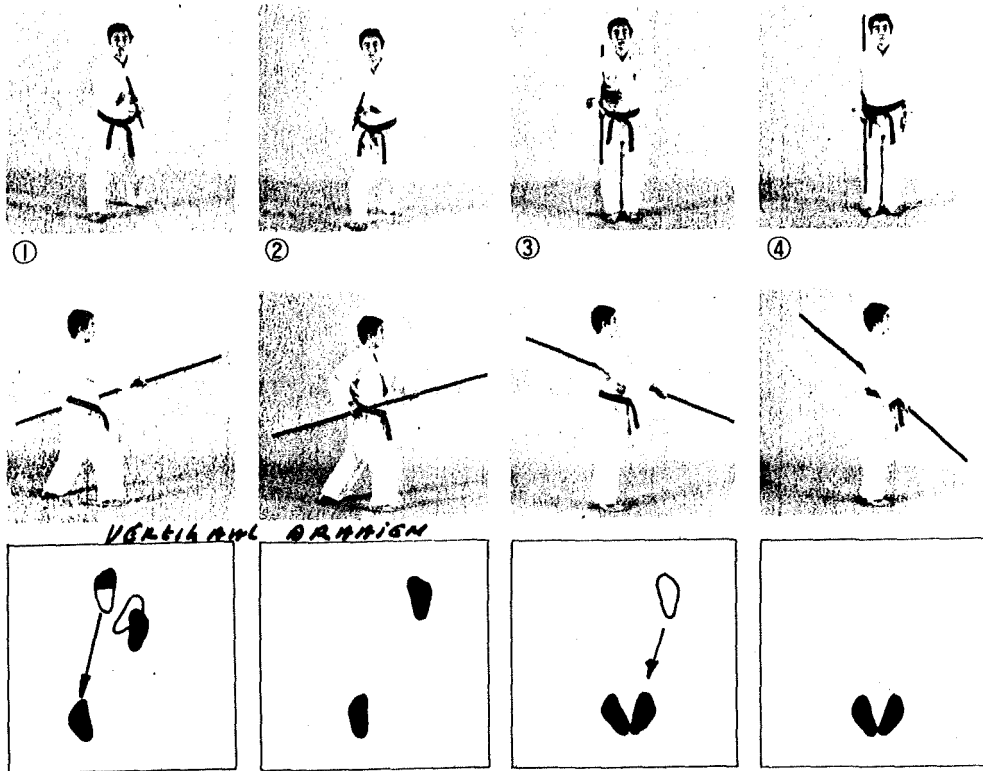
④ 脇の構え WAKI-KAMAE



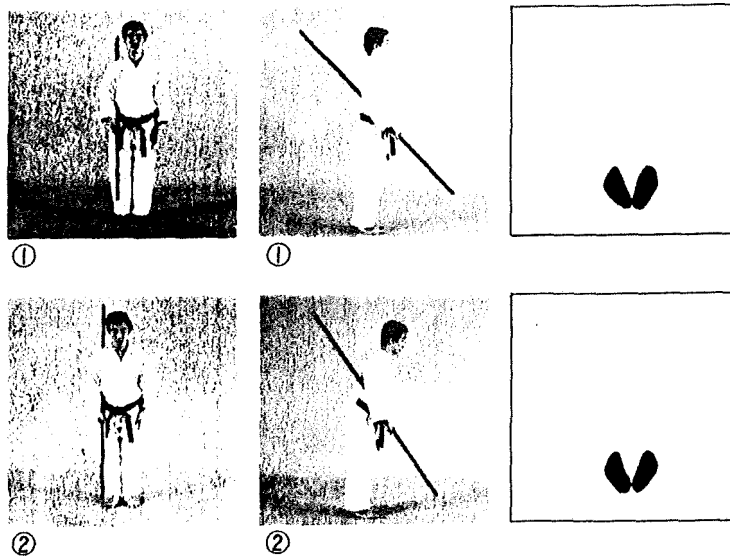
⑤ 八相の構え HASSŌ-KAMAE



D. 直礼 NAORE (FINISH)

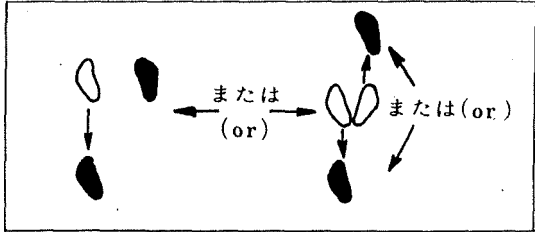


E. 礼 REI (BOW)

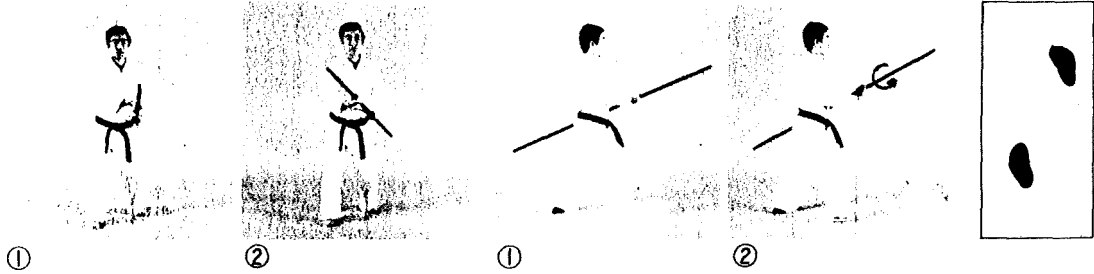


2. 受け方の練習法 WAY OF PRACTICING 5 DEFENSES (UKE)

- A. 礼 REI
- B. 用意 (READY)
- C. 構え KAMAE



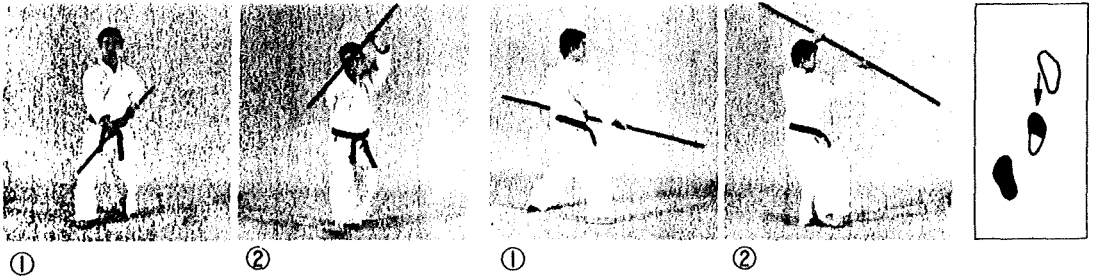
① 外受け SOTO-UKE



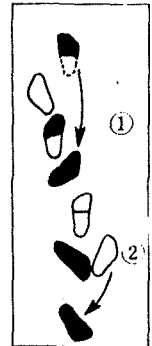
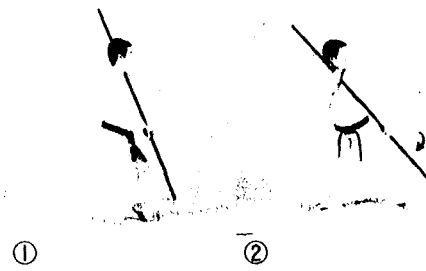
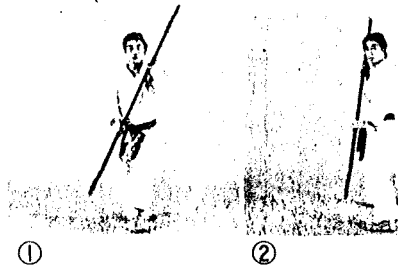
② 内受け UCHI-UKE



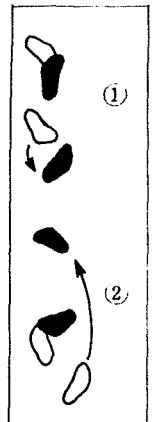
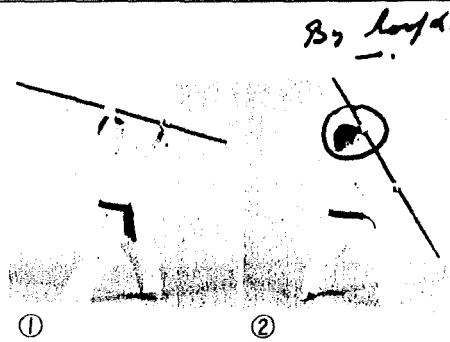
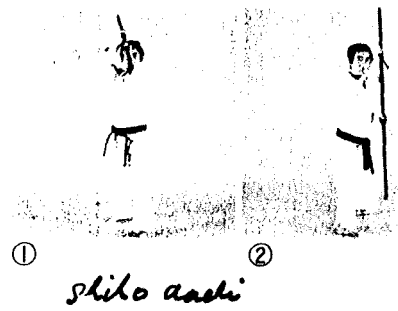
③ すくい受け SUKUI-UKE



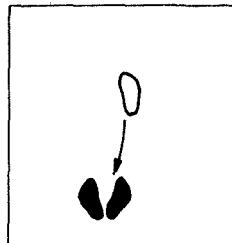
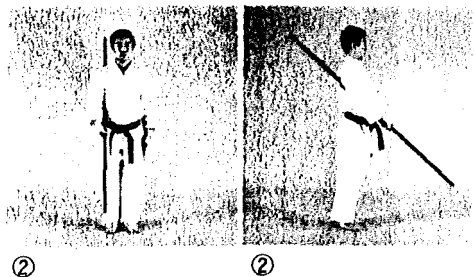
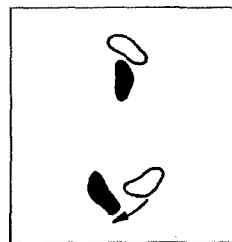
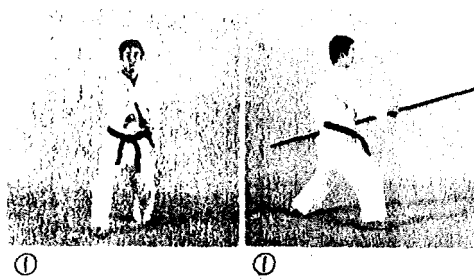
4 下段受け GEDAN-UKE



5 払い受け HARAI-UKE



D. 直れ (FINISH) ⇨ 礼 REI

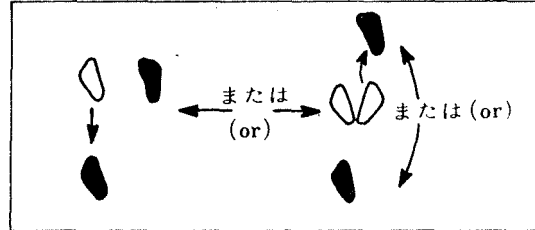


3. 攻め方の練習法 WAY OF PRACTICING 5 ATTACKS (SEME)

A. 礼 REI

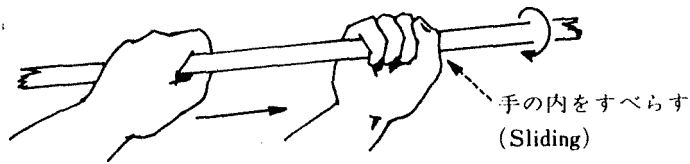
B. 用意 (READY)

C. 構え KAMAE

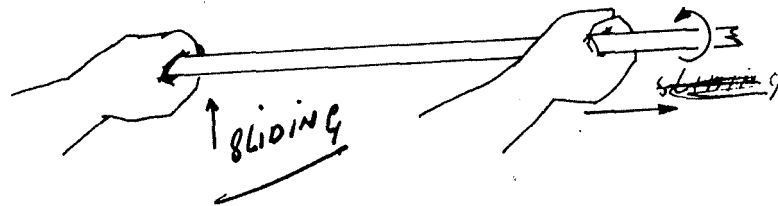
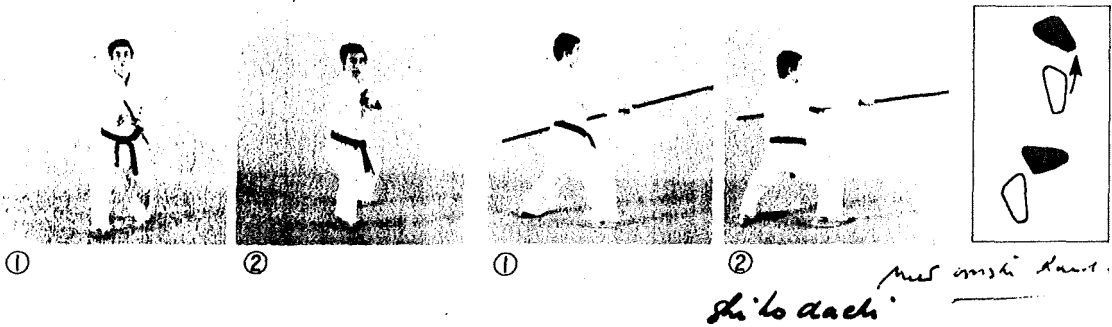


Ⅰ 突き TSUKI (THRUST)

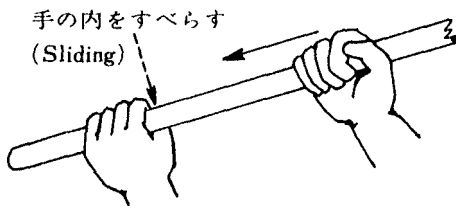
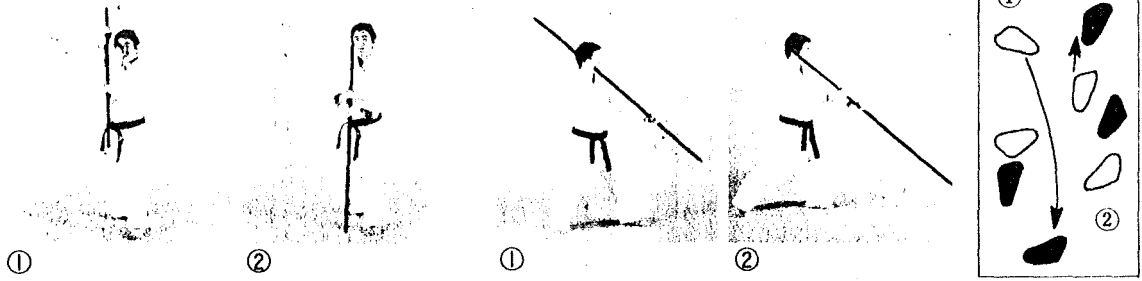
a. 貫き突き NUKI-TSUKI



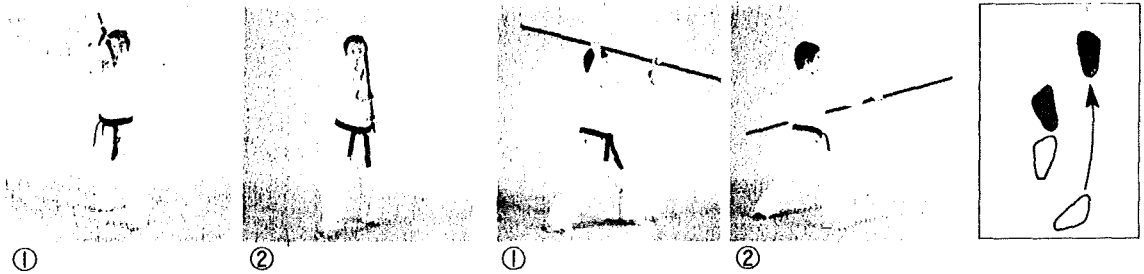
b. 前手突き MAEDE-TSUKI



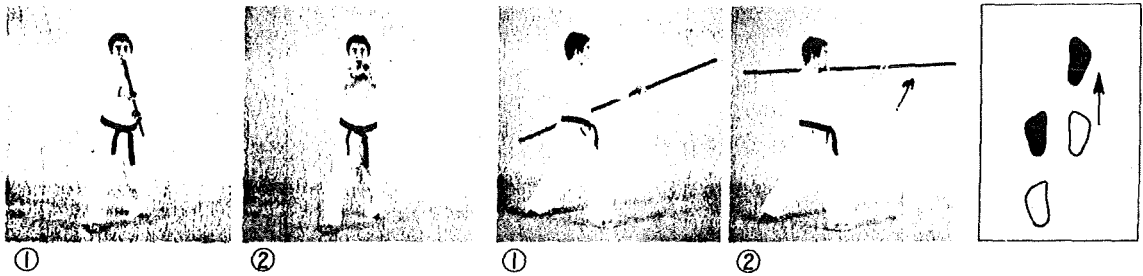
c. 下段突き GEDAN-TSUKI



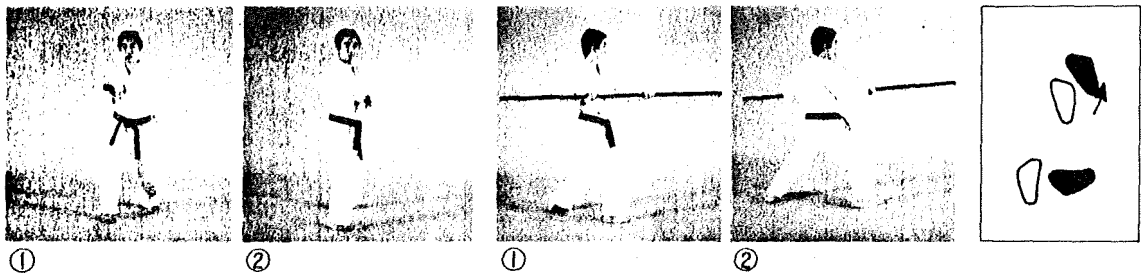
2 上段打ち JŌDAN-UCHI



3 振上げ打ち FURIAGE-UCHI

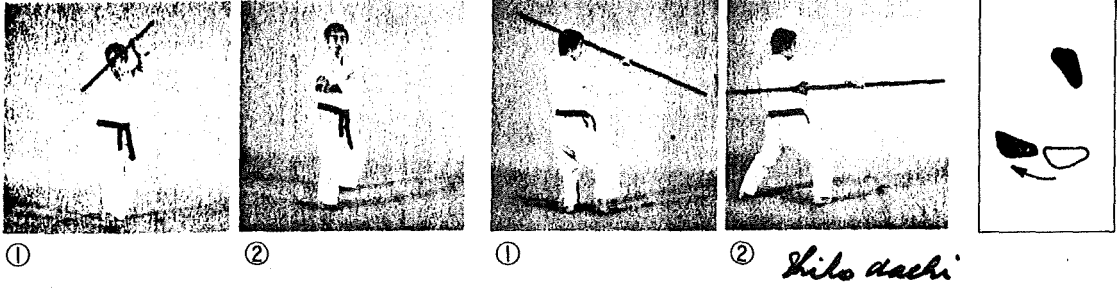


4 横打ち YOKO-UCHI

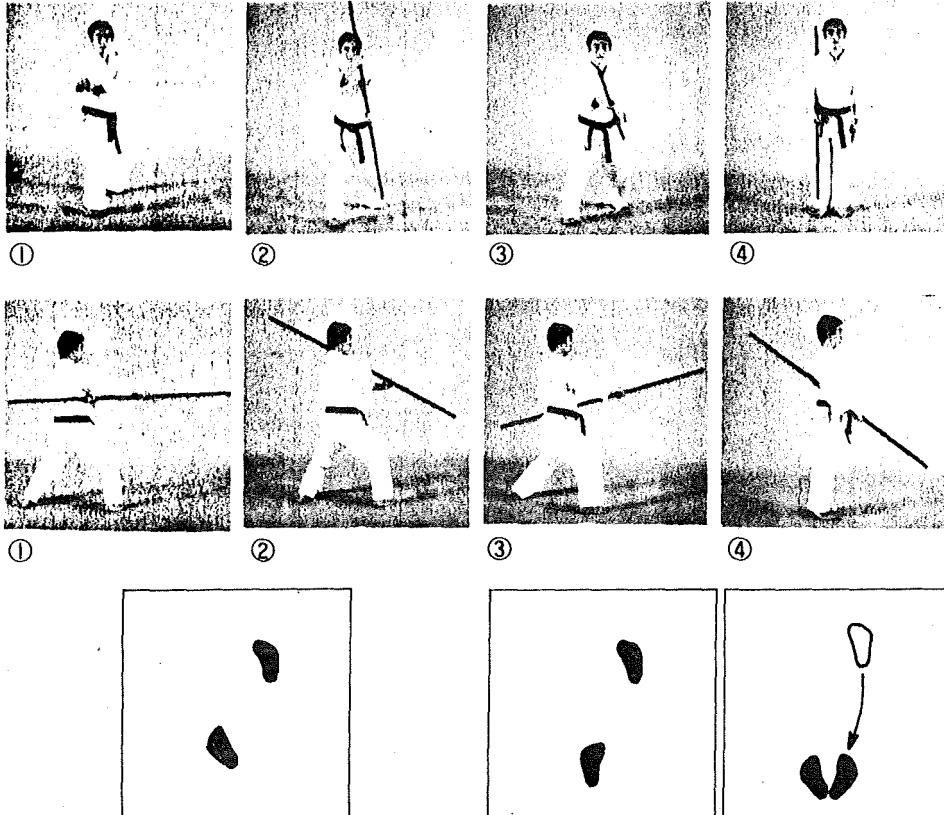


shiko aschi

5 裏打ち URA-UCHI



D. 直れ (FINISH) ⇔ 礼 REI



Ⅲ. 棒術基本10本組手

10 BASIC KUMITE (PREARRANGED SPARRING)

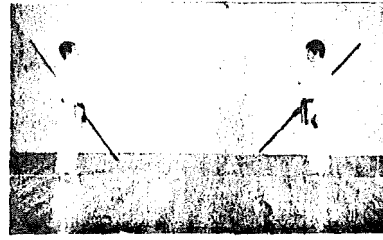
1	外受け組手 SOTOUKE- KUMITE	外受け SOTO-UKE (OUTER BLOCK) ⇒	突 き TSUKI (THRUST)
2	内受け組手 UCHIUKE- KUMITE	内受け UCHI-UKE (INNER BLOCK) ⇒	突 き TSUKI (THRUST)
3	すくい受け組手 SUKUIUKE- KUMITE	すくい受け SUKUI-UKE (SLIDING BLOCK) ⇒	裏打ち URA-UCHI (BACK STRIKE)
4	下段受け組手 GEDANUKE- KUMITE	下段受け GEDAN-UKE (LOW BLOCK) ⇒	下段突き GEDAN-TSUKI (STRIKE TO THE FOOT)
5	払い受け組手 HARAIUKE- KUMITE	払い受け HARAI-UKE ⇒ (SWEEPING BLOCK)	巻き落とし ⇒ 突 き MAKI-OTOSHI ⇒ TSUKI (ROUND SCOOP) (THRUST)
6	振上げ打ち組手 FURIAGEUCHI- KUMITE	上段打ち JŌDAN-UCH ⇒ (OVERHEAD STRIKE)	振上げ打ち FURIAGE-UCHI (UPWARD STRIKE)
7	引掛け打ち組手 HIKKAKEUCHI- KUMITE	引掛け HIKKAKE ⇒ (ROUND BLOCK-A)	はずし ⇒ 打 ち HAZUSHI ⇒ UCHI (TURN AWAY) (STRIKE)
8	押えはずし組手 OSAEHAZUSHI- KUMITE	逆引掛け GYAKU-HIKKAKE ⇒ (ROUND BLOCK-B)	押えはずし ⇒ 押 え OSAE-HAZUSHI ⇒ OSAE (OVERHEAD PUSH) (HOLD)
9	押えはずし組手 OSAEHAZUSHI- KUMITE	逆引掛け GYAKU-HIKKAKE ⇒ (ROUND BLOCK-B)	押えはずし ⇒ 突 き OSAE-HAZUSHI ⇒ TSUKI (OVERHEAD PUSH) (THRUST)
10	流し打ち組手 NAGASHIUCHI- KUMITE	体捌き TAI-SABAKI ⇒ (STEP TO THE SIDE)	流 し ⇒ 打 ち NAGASHI ⇒ UCHI (TURN AWAY) (STRIKE)

1. 外受け組手 KUMITE OF SOTO-UKE

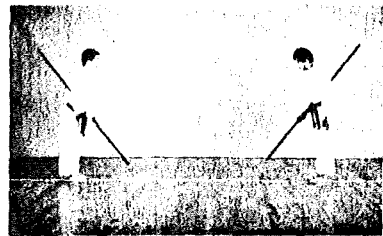
*kyō Do aldyā maai
kyō standu kaku wājam!!*

kenjutsu kōrei...

A. 礼 REI (BOW)

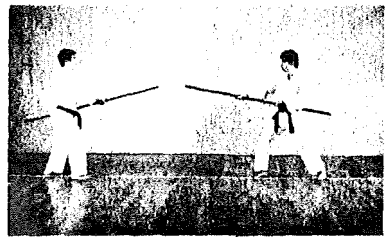


①



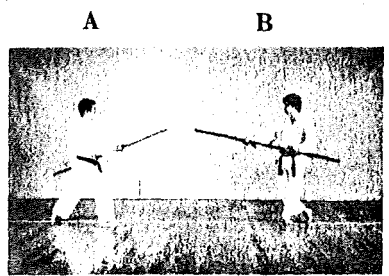
②

B. 中段の構え CHŪDAN-KAMAE



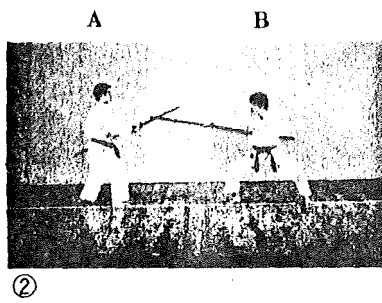
C. 始め HAJIME (START)

- A: 外受け準備 (PREPARE FOR SOTO-UKE)
- B: 突き準備 (PREPARE FOR TSUKI)

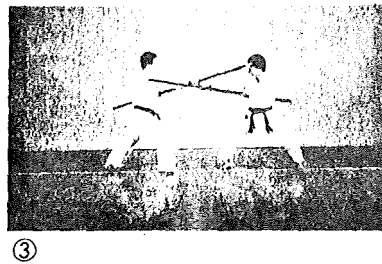


①

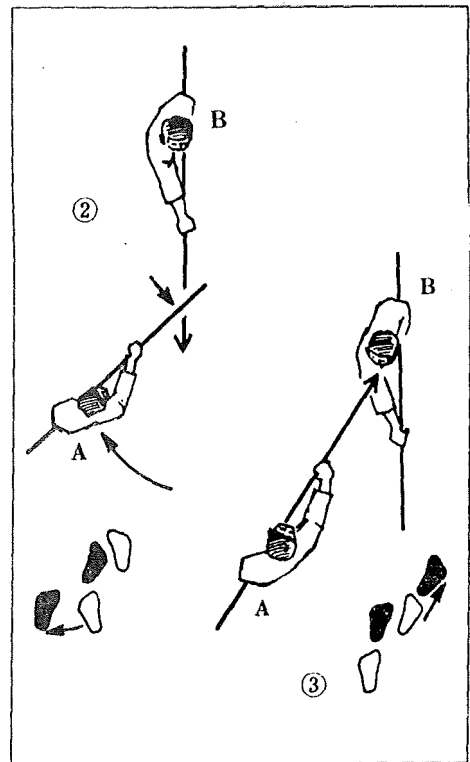
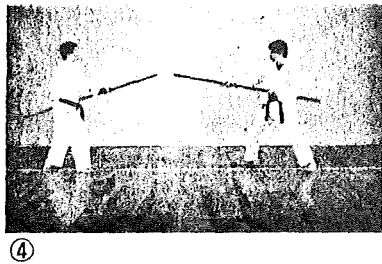
A : 外受け
SOTO-UKE
B : 突き TSUKI



A : 突き TSUKI

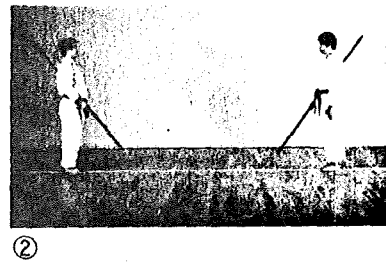
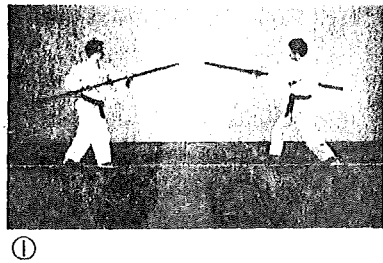


A, B : 元の位置に
戻る
(RETURN TO
THE FIRST
POSITION)

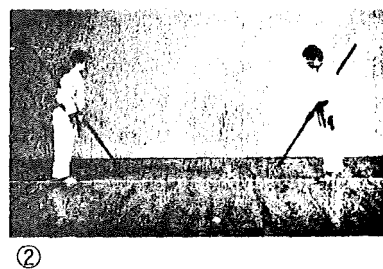
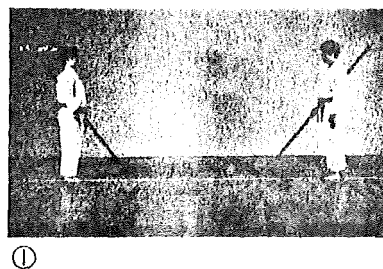


D. 直れ NAORE ⇔ 礼 REI

A, B : 直れ NAORE
(FINISH)



A, B : 礼 REI
(Bow)



2. 内受け組手 KUMITE OF UCHI-UKE

◎ 礼 REI

A : 内受け準備
(PREPARE FOR
UCHI-UKE)

B : 突き準備
(PREPARE FOR
TSUKI)

B : 突 き
TSUKI

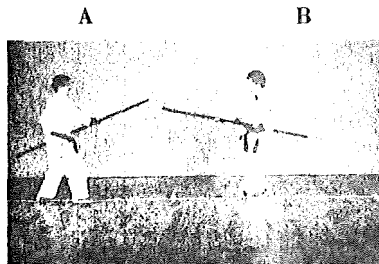
A : 内受け
UCHI-UKE

A : 突 き
TSUKI

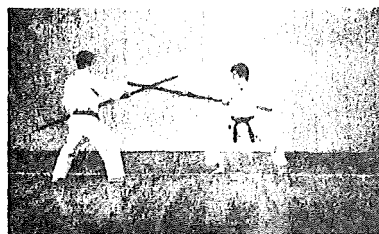
◎ 元に戻れ
(RETURN TO
THE FIRST
POSITION)

◎ 直れ (FINISH)

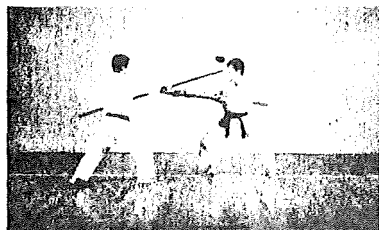
◎ 礼 REI



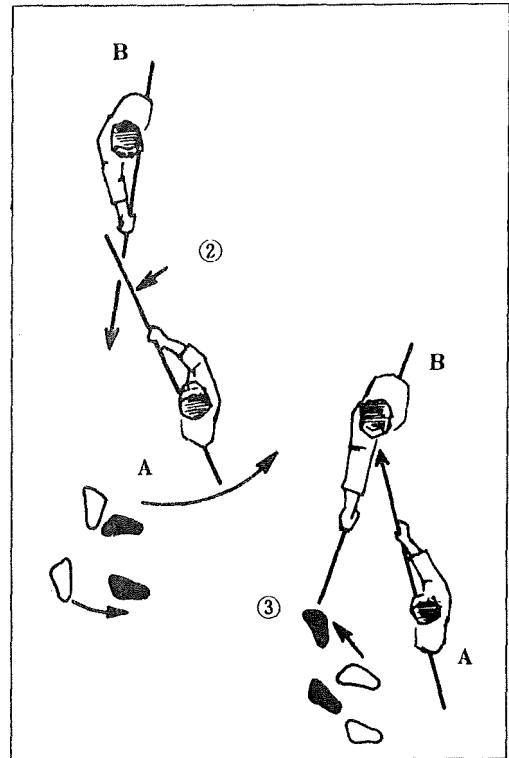
①



②



③

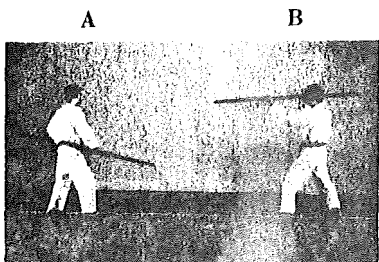


3. すくい受け組手 KUMITE OF SUKUI-UKE

◎ 礼 REI

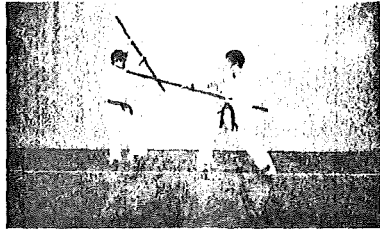
A : 下段構え
(GEDAN-KAMAE)

B : 上段構え
(JŌDAN-KAMAE)



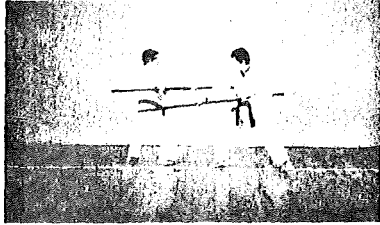
①

B : 上段打ち
(JODAN-UCHI)
A : すくい受け
(SUKUI-UKE)

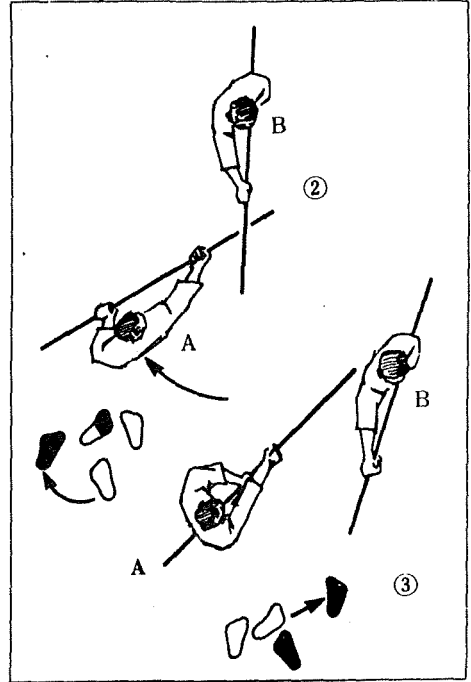


②

A : 裏打ち
(URA-UCHI)
◎ 戻れ (RETURN
TO THE FIRST
POSITION)
◎ 直れ (FINISH)
◎ 礼 REI



③

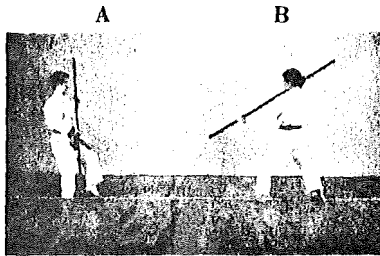


4. 下段受け組手 KUMITE OF GEDAN-UKE

◎ 礼 REI

A : 下段受け準備
(PREPARE FOR
GEDAN-UKE)

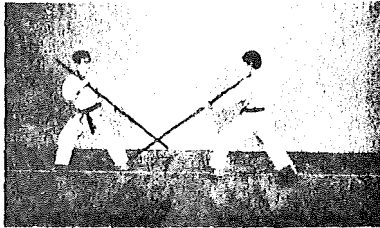
B : 上段打ち構え
JODAN-KAMAE



①

A : 下段受け
GEDAN-UKE

B : 下段突き
GEDAN-TSUKI



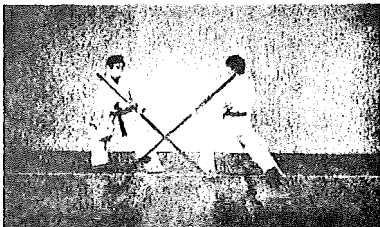
②

A : 下段突き
GEDAN-TSUKI

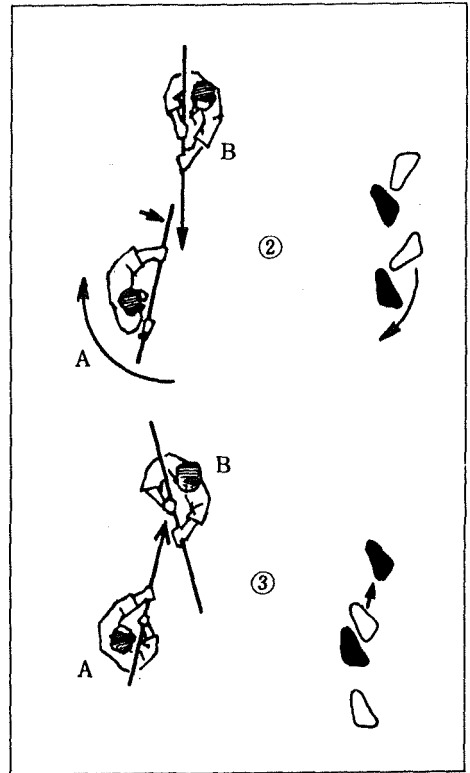
◎ 戻れ (RETURN
TO THE FIRST
POSITION)

◎ 直れ (FINISH)

◎ 礼 REI



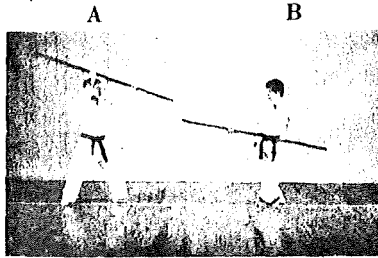
③



5. 払い受け組手 KUMITE OF HARAI-UKE

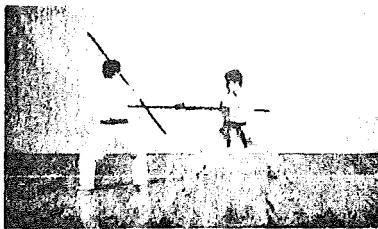
◎ 礼 REI

A : 上段の構え
JŌDAN-KAMAE
B : 突き準備
(PREPARE FOR
TSUKI)



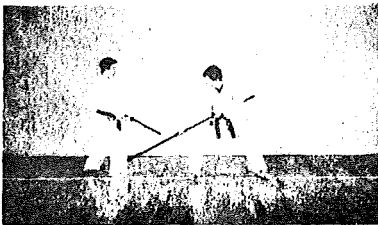
①

B : 突き TSUKI
A : 払い受け
HARAI-UKE



② ONOYARODOKU BANNI UCH.

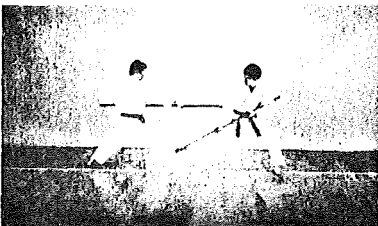
A : 巻き落とし
(ROUND SCOOP)



③

A : 突き TSUKI

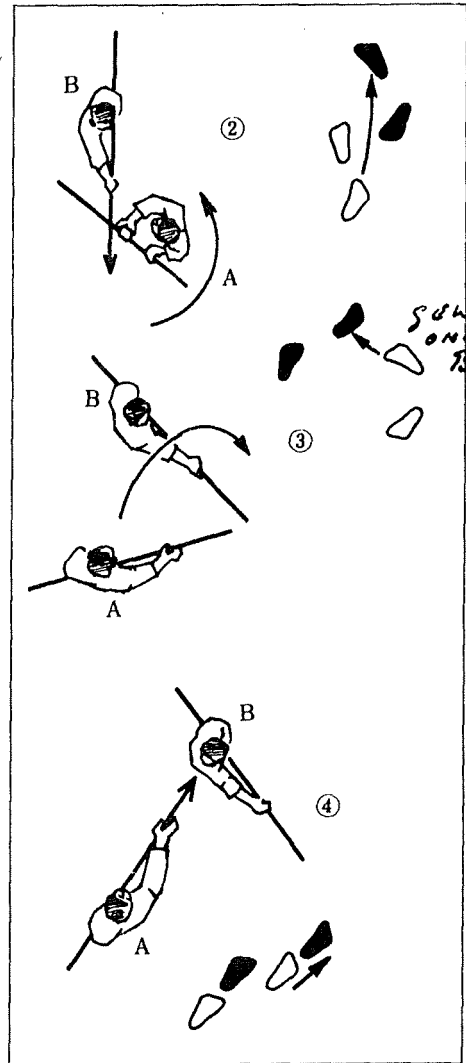
◎ 元に戻る
(RETURN TO THE
FIRST POSITION)



④

◎ 直れ (FINISH)

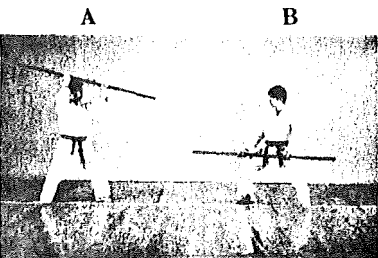
◎ 礼 REI



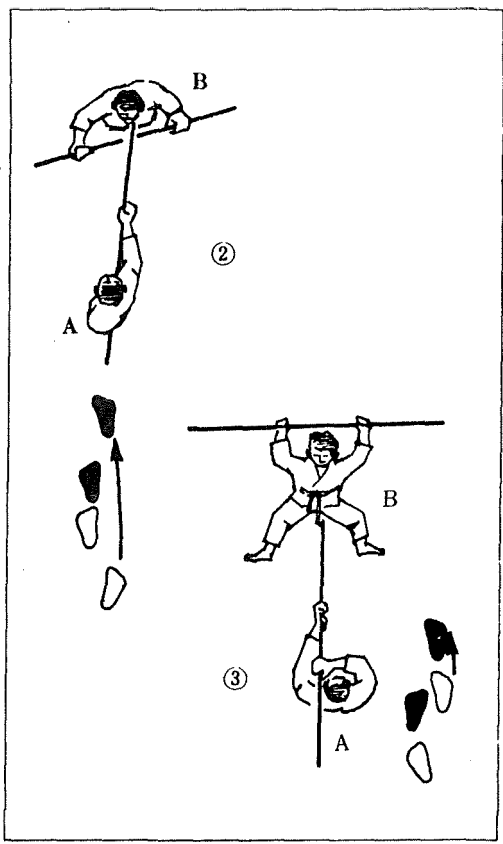
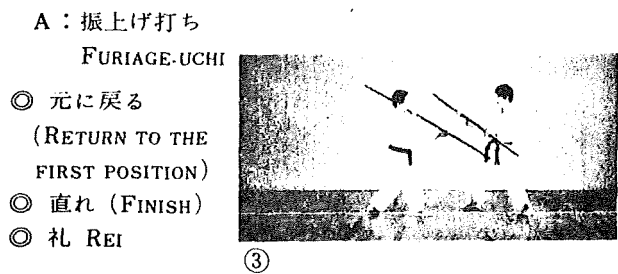
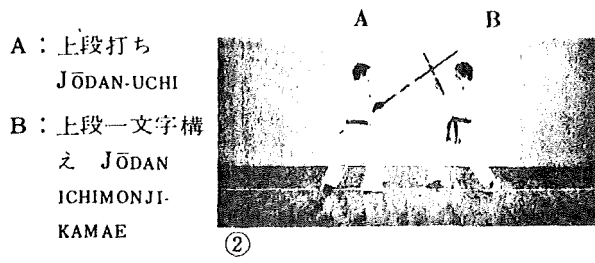
6. 振上げ打ち組手 KUMITE OF FURIAGE-UCHI

◎ 礼 REI

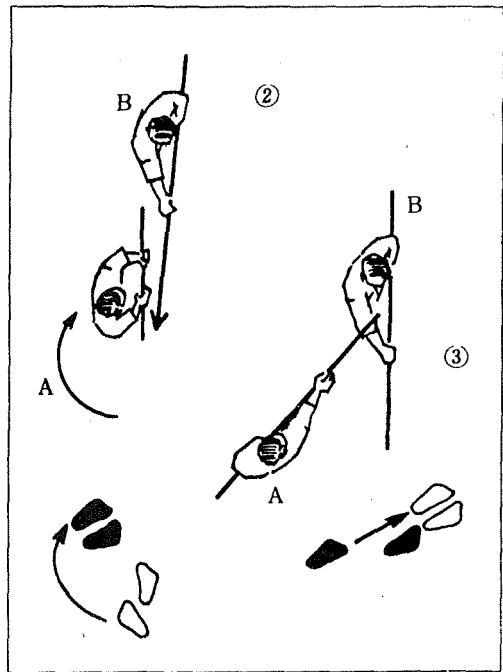
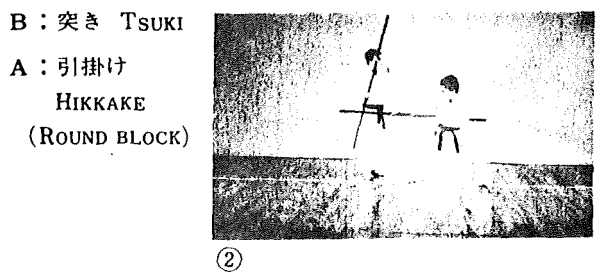
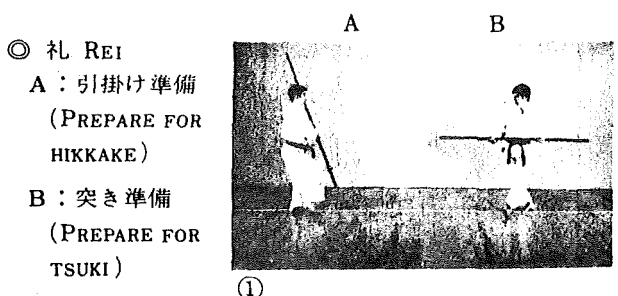
A : 上段構え
JŌDAN-KAMAE
B : 下段一文字構え
GEDAN ICHI-
MONJI-KAMAE



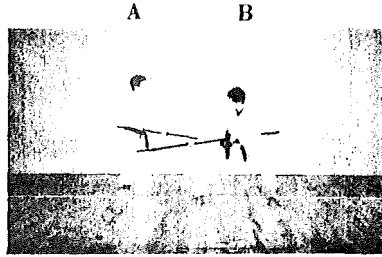
①



7. 引掛け打ち組手 KUMITE OF HIKKAKE-UCHI



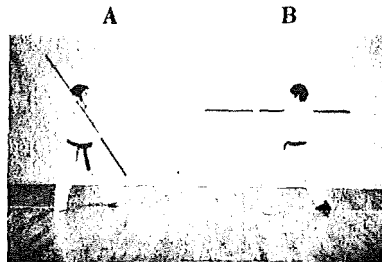
- A : 打つ UCHI
- ◎ 元に戻る
(RETURN TO THE FIRST POSITION)
- ◎ 直れ (FINISH)
- ◎ 礼 REI



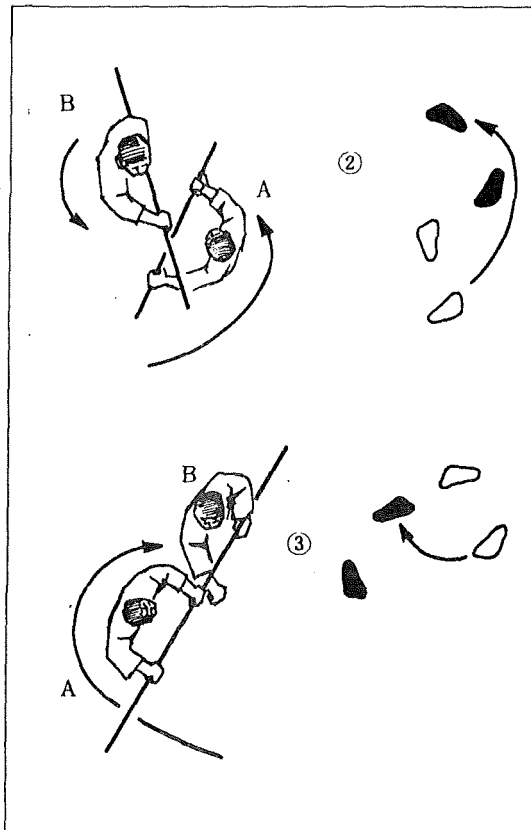
③

8. 押えはずし組手 KUMITE OF OSAEHAZUSHI

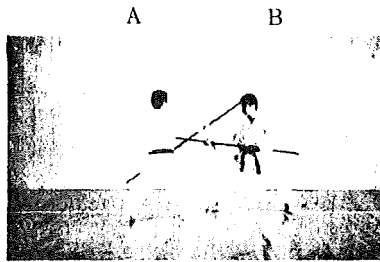
- ◎ 礼 REI
- A : 八相の構え
HASSŌ KAMAE
- B : 横打ち準備
(PREPARE FOR YOKO-UCHI)



①

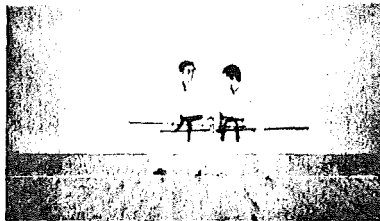


B : 横打ち
YOKO-UCHI
A : 逆引掛け
GYAKU-HIKKAKE
(ROUND BLOCK-B)



②

A : 押え OSAE
(HOLD)
◎ 元に戻る
(RETURN TO THE
FIRST POSITION)
◎ 直れ (FINISH)
◎ 礼 REI

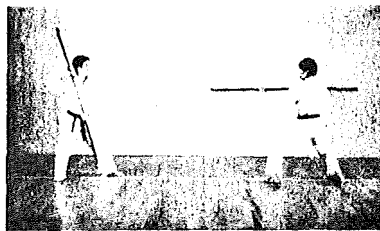


③

*Do of judo
kumi ni kumi koto
kyu ni koto koto*

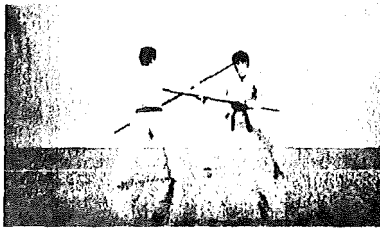
9. 押えはずし組手 K MITE OF OSAEHAZUSHI

◎ 礼 REI
A : 八相の構え
HASSO KAMAE
B : 横打ち準備
(PREPARE FOR
YOKO-UCHI)



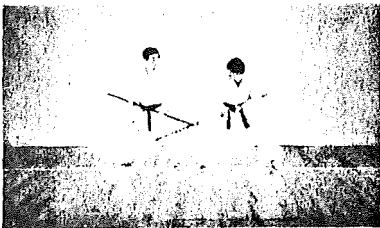
①

B : 横打ち
YOKO-UCHI
A : 逆引掛け
GYAKU-HIKKAKE
(ROUND BLOCK-B)



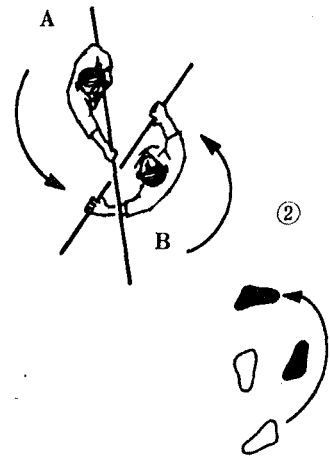
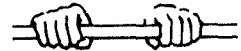
②

A : 押えはずし
(OVERHEAD
PUSH)



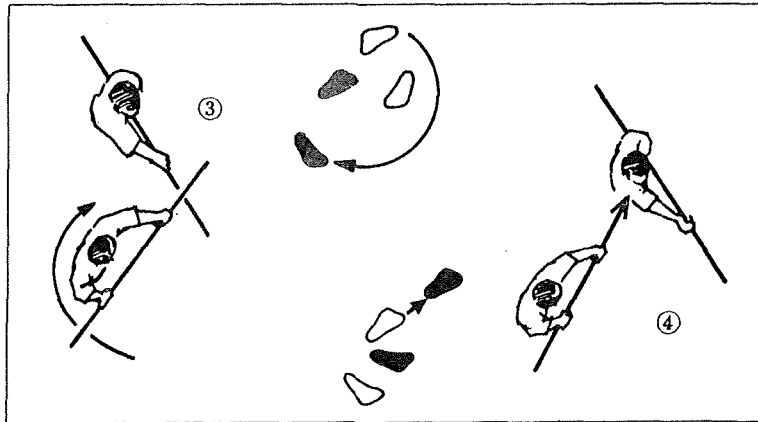
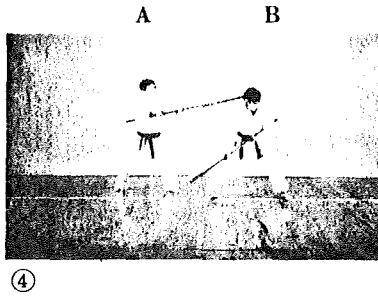
③

A : 逆手持ち
(THE IDENTICAL
POSITION OF THE
HANDS)



A : 突き TSUKI
(THRUST)

- ◎ 元に戻る
(RETURN TO THE
FIRST POSITION)
- ◎ 直れ (FINISH)
- ◎ 礼 REI



10. 流し打ち組手 KUMITE OF NAGASHI-UCHI

- ◎ 礼 REI

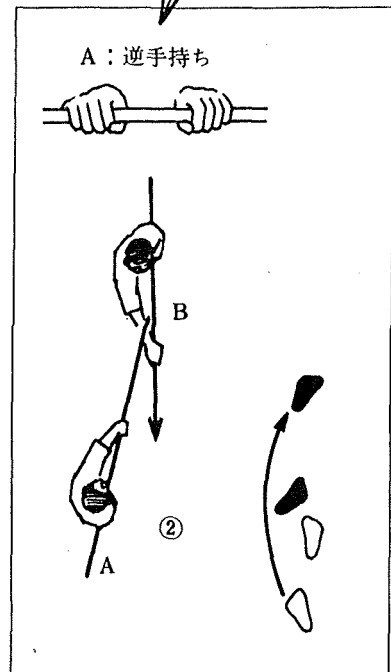
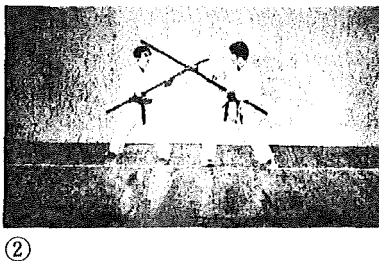
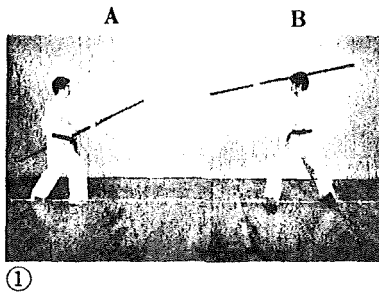
A : 脇の構え
WAKI-KAMAE
B : 上段の構え
JŌDAN-KAMAE

B : 上段打ち
JŌDAN-UCHI

A : 流し打ち
(ESCAPING
STRIKE)

- ◎ 元の位置に戻る
(RETURN TO THE
FIRST POSITION)

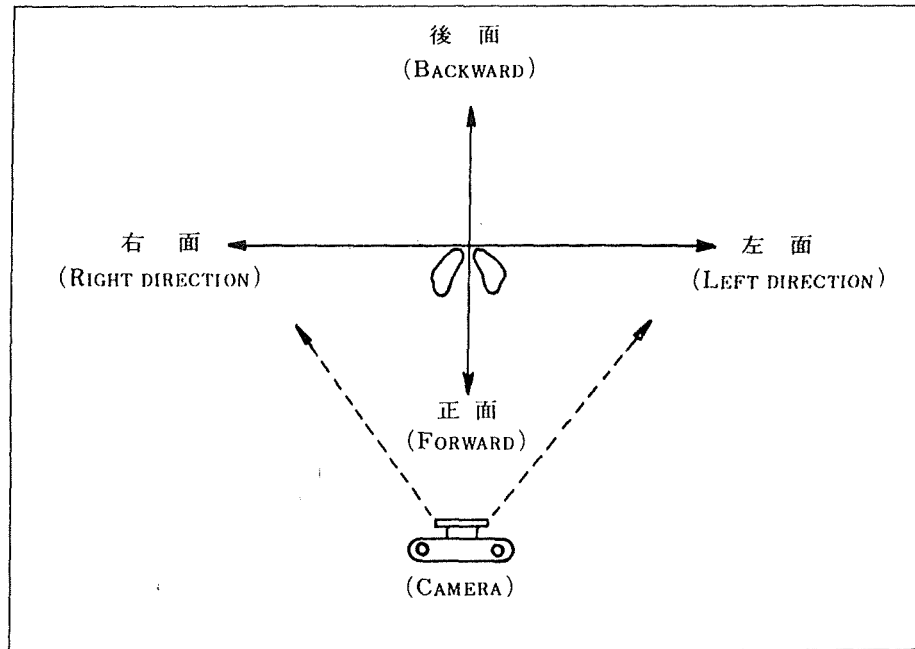
- ◎ 直れ (FINISH)
- ◎ 礼 REI



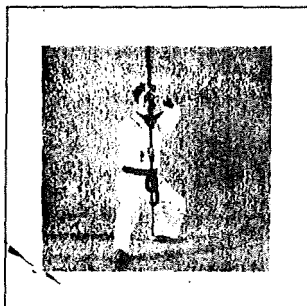
IV. 型

KATA

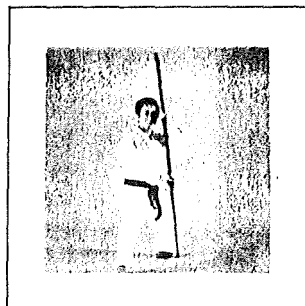
1. 周氏の棍 (小) SHŪJI (A)
2. 佐久川の棍 (小) SAKUGAWA (A)



1. 周氏の棍 (小) SHŪJI (A)

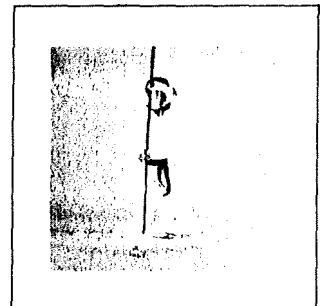


守り MAMORI
(DEFENSIVE POSTURE)
No. 6, 7



払い受け HARAI-UKE
(SWEEPING BLOCK)
No. 25

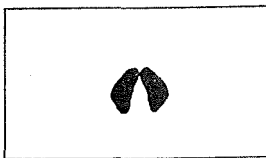
vertical rear
24 *humi*



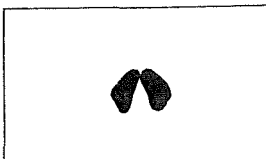
引掛け HIKKAKE
(ROUND BLOCK)
No. 19, 31

vertical rear
humi

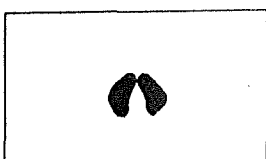
I. 礼 (A)
REI
(Bow)



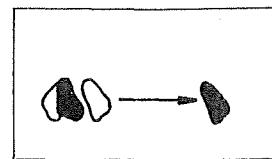
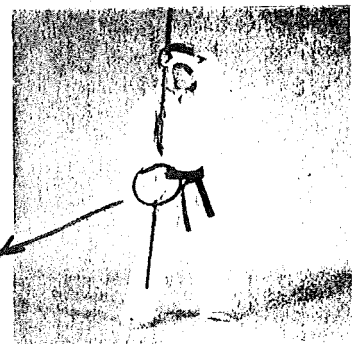
II. 礼 (B)
REI
(Bow)



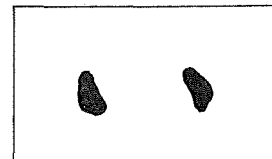
III. 用意
YŌI
(READY)



IV. 構え (A)
KAMAE
(POSTURE)



V. 構え (B)
KAMAE
(POSTURE)



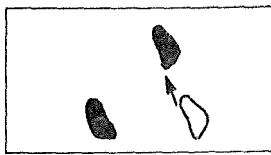
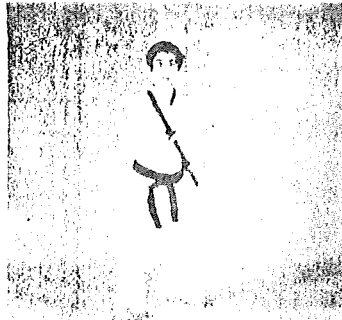
DOUSEN 30% 30% 60% 40%

IV. 始め
HAJIME
(START)

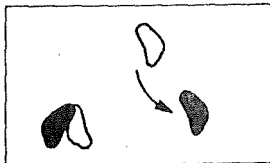
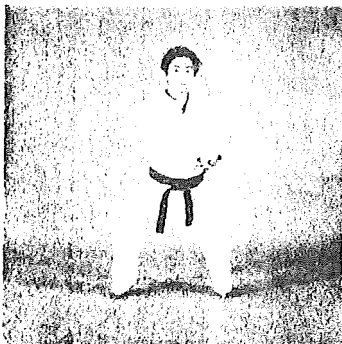


85% of total weight hand down.

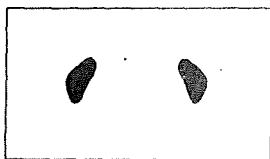
① 上段打ち
JŌDAN-UCHI
(OVERHEAD
STRIKE)



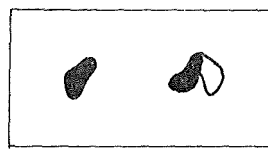
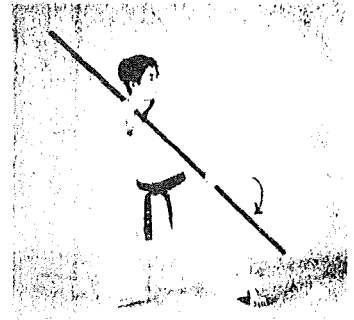
② 後突き
(BACKWARD
THRUST)



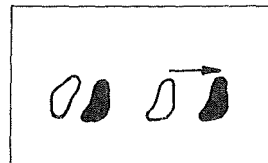
③ 前手突き
(FORWARD
THRUST)



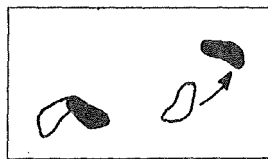
④ 下段受け
GEDAN-UKI
(LOW BLOCK)



⑤ 下段突き
GEDAN-TSUKI
(LOW
THRUST)



⑥ 守り (A)
MAMORI
(DEFENSIVE
POSTURE)

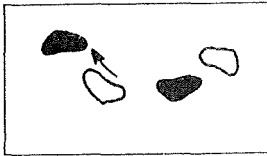
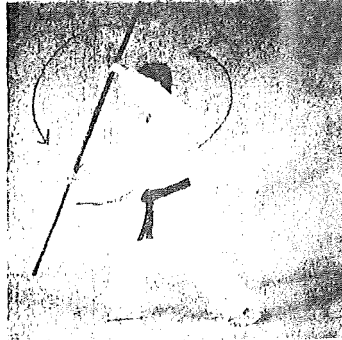


Middle

10-13-16
Bo boya nara boya.

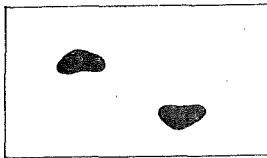
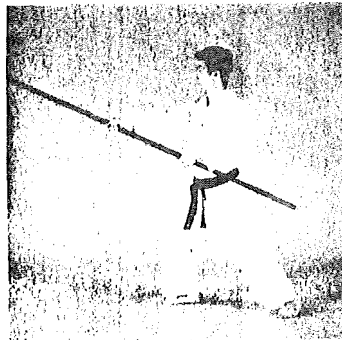
L. BOYON
2 ON 1/2

⑦ 守り ㊸
MAMORI
(DEFENSIVE
POSTURE)



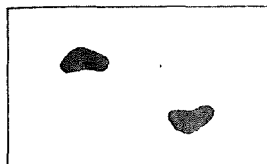
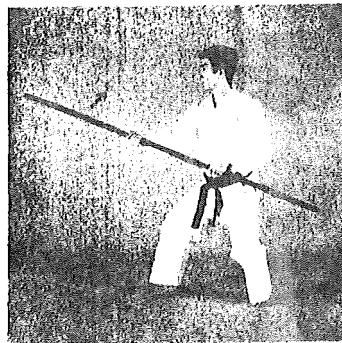
260

⑧ 上段打ち
JŌDAN-UCHI
(OVERHEAD
STRIKE)



440

⑨ 外受け
SOTO-UKE
(OUTER
BLOCK)



440
Soto uke must
takekama jiri to
or achesu to be
boya.

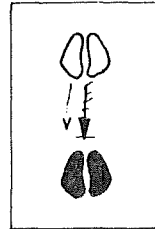
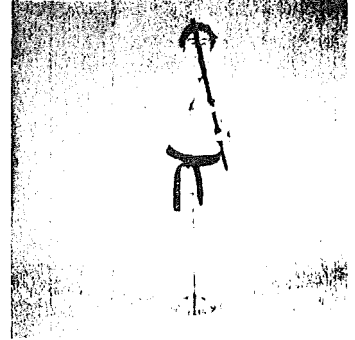
⑩ 上段打ち
準備
(PREPARE FOR
OVERHEAD
STRIKE)



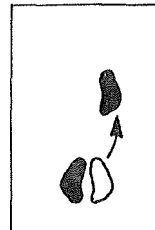
Hand under belly
dangan mit slag
jodan.

MARK D-440 1496
BOUEN 12010 SA
1120701

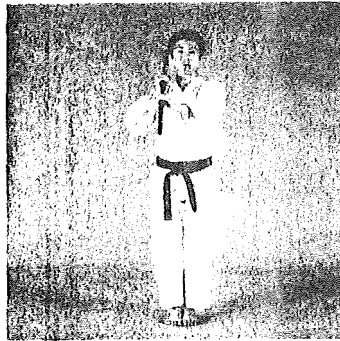
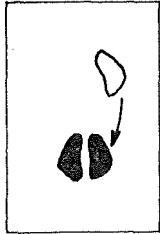
⑪ 上段打ち
JŌDAN-UCHI



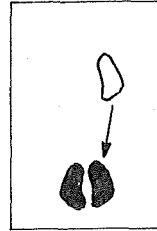
⑫ 外受け
SOTO-UKE



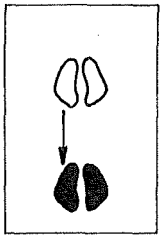
⑬ 上段打ち
準備
(PREPARE FOR
OVERHEAD
STRIKE)



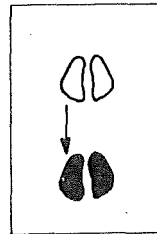
⑭ 上段打ち
準備
(PREPARE FOR
OVERHEAD
STRIKE)



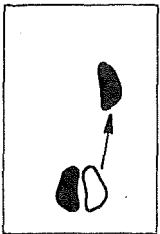
⑮ 上段打ち
JÖDAN-UCHI



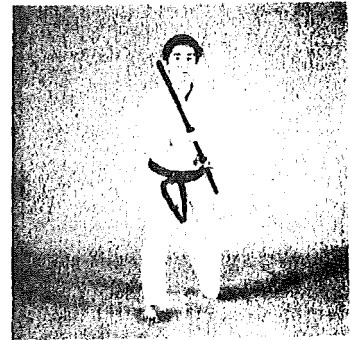
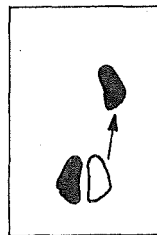
⑯ 上段打ち
JÖDAN-UCHI



⑰ 外受け
SOTO-UKE

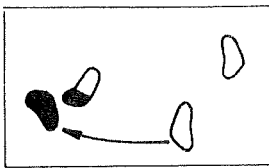


⑱ 外受け
SOTO-UKE



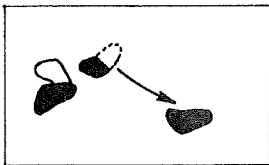
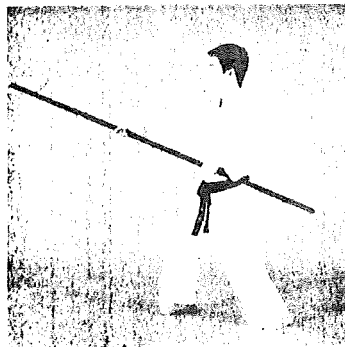
⑱ 引掛け
HIKKAKE
(ROUND
BLOCK-A)

*Schweres lag
honder
left heel man
Rechts.*

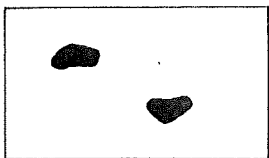


240

⑳ 上段打ち
JŌDAN-UCHI



㉑ 外受け
SOTO-UKE

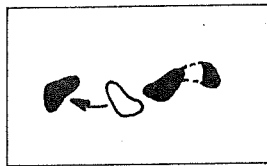


㉒ 下段受け
準備
(PREPARE FOR
LOW BLOCK)

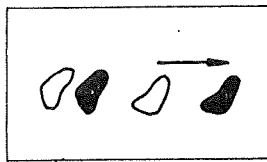
*Schweres
lag
honder.*



㉓ 下段受け
GEDAN-UKE

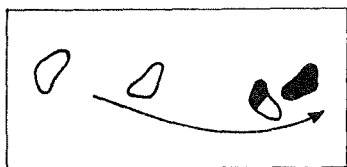


㉔ 下段突き
GEDAN-TSUKI

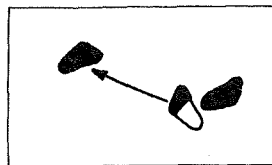


②⑤ 払い受け
HARAI-UKE
(SWEEPING
BLOCK)

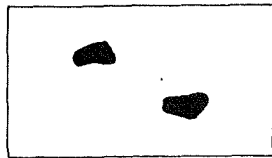
*DOORINORI HANA
L. HANA*



②⑥ 上段打ち
JODAN-UCHI

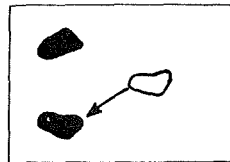
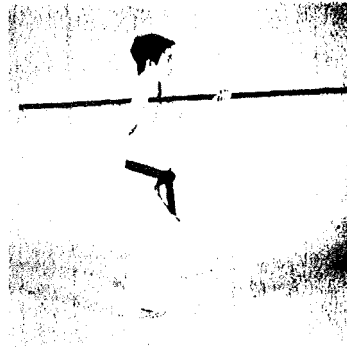


②⑦ 外受け
SOTO-UKE

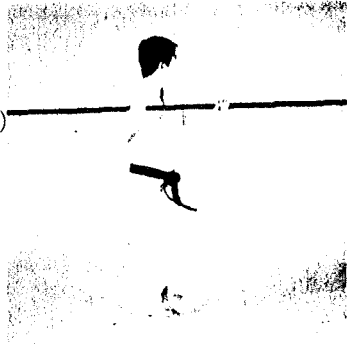


②⑧ 逆横打ち
(BACK-HAND
STRIKE)

CHUDAN.

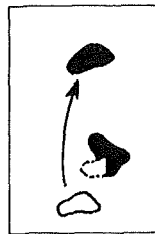


②⑨ 横打ち
準備
(PREPARE FOR
SIDE STRIKE)

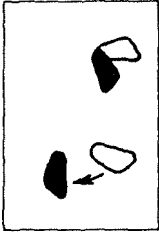


*na kuzusen
↓
met l.
nami jori*

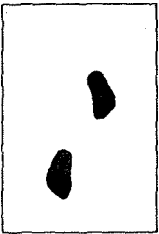
③⑩ 横打ち
YOKO-UCHI
(SIDE STRIKE)
CHUDAN.



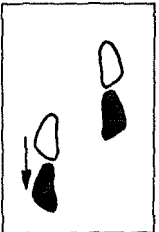
③① 引掛け
HIKKAKE
(ROUND
BLOCK-A)



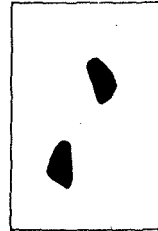
③② 上段打ち
JÖDAN-UCHI



③③ 突き突き
NUKI-TSUKI
(SLIDING
THRUST)

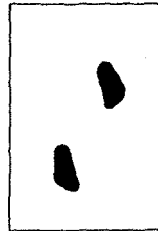


③④ 外受け
SOTO-UKE

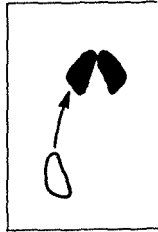


*naore mit utikake
hugui, naon ez
hugui.*

I. 直れ ㊶
NAORE
(FINISH)



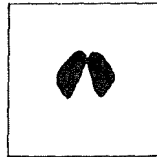
II. 直れ ㊷
NAORE



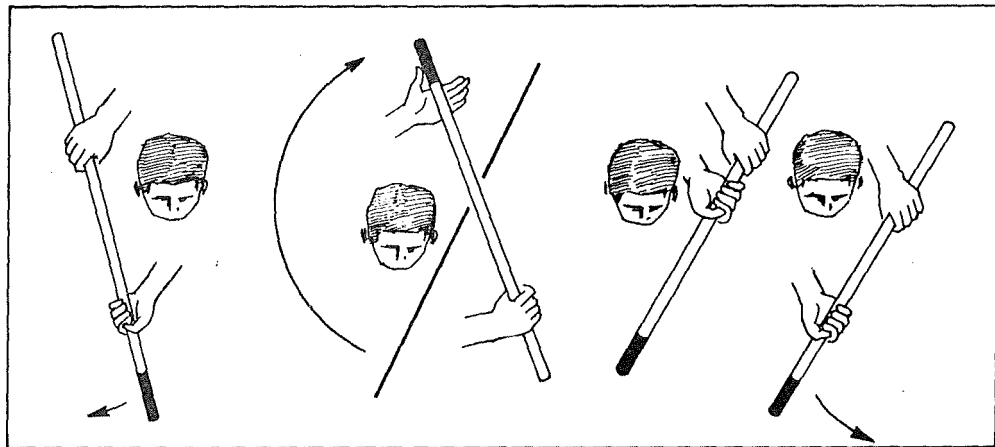
Ⅲ. 礼 ㊤
REI
(Bow)



Ⅳ. 礼 ㊦
REI



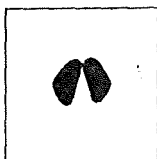
2. 佐久川の棍 (小) SAKUGAWA (A)



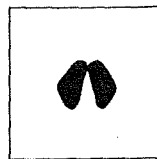
持ち換え方 (CHANGE OF GRIP)

No. 20, 26, 54, 55

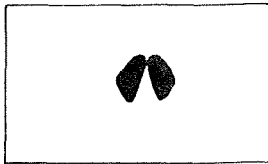
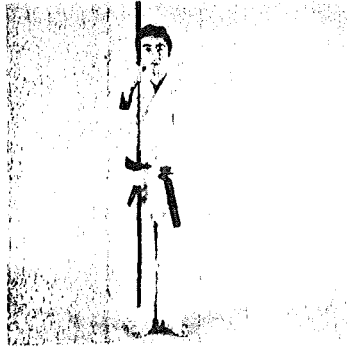
Ⅰ. 礼 ㊤
REI
(Bow)



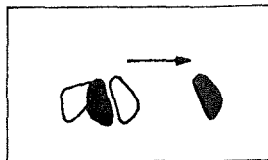
Ⅱ. 礼 ㊦
REI



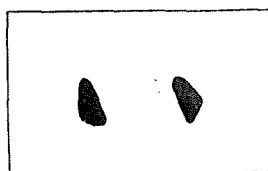
Ⅲ. 用意
Yōi
(READY)



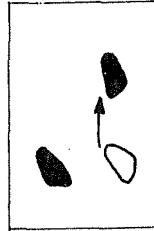
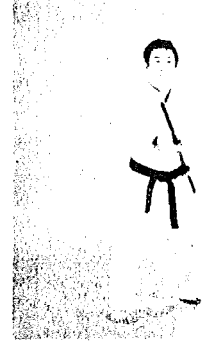
Ⅳ. 構え
Kamae
(POSTURE)



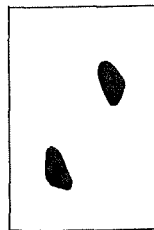
Ⅴ. 始め
Hajime
(START)



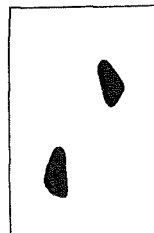
① 上段打ち
Jōdan-uchi
(OVERHEAD STRIKE)



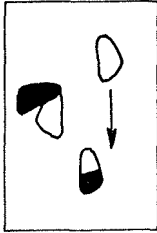
② 突き (前手突き)
(Front hand thrust)



③ 外受け
Soto-uke
(OUTER BLOCK)



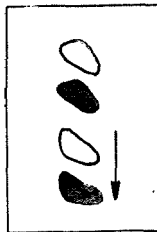
④ 下段受け
準備
(PREPARE FOR
LOW BLOCK)



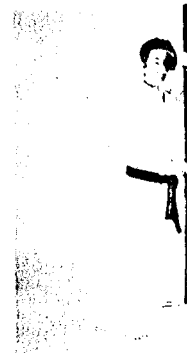
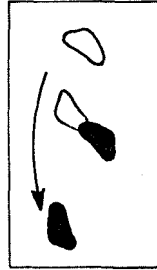
⑤ 下段受け
GEDAN-UKI
(LOW-BLOCK)



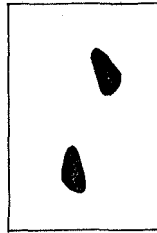
⑥ 下段突き
GEDAN-TSUKI
(LOW THRUST)



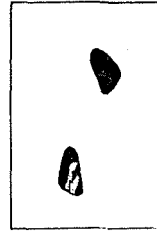
⑦ 守り
MAMORI
(DEFENSIVE
POSTURE)



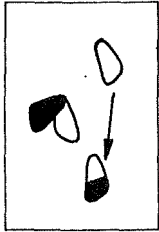
⑧ 上段打ち
JŌDAN-UCHI



⑨ 外受け
SOTO-UKI



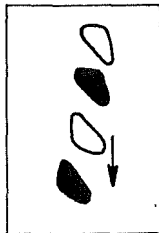
⑩ 下段受け
準備
(PREPARE FOR
LOW BLOCK)



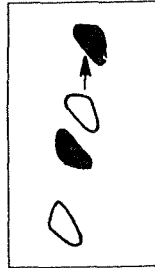
⑪ 下段受け
GEDAN-UKE



⑫ 下段突き
GEDAN-TSUKI



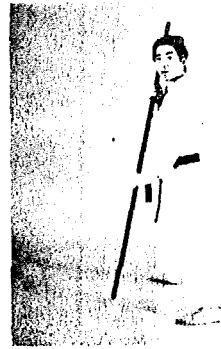
⑬ 逆引掛け
GYAKU-
HIKKAKE
(ROUND
BLOCK-B)



*met man beide naar
L. zijde*

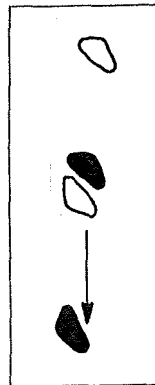
⑭ 押えはずし
OSAE-
HAZUSHI
(OVERHEAD
PUSH)

*Stok naar
beneden
drukt
naar tegen...*



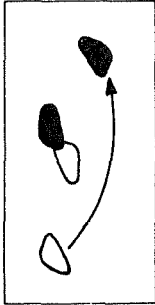
*met (jute) enkel beneden
met L. punt bv. andere
Pso naar beneden weg-
slaan.*

⑮ 下段突き
GEDAN-TSUKI

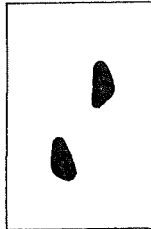


*Bj-ur pallar umhi lara bj-halla
með áttel þessum bj-palla*

①⑥ 守り
MAMORI
(DEFENSIVE
POSTURE)

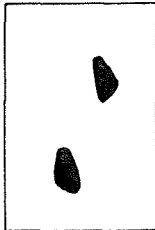


①⑨ 外受け
SOTO-UKE

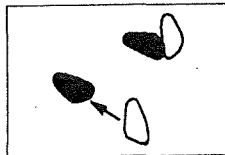


*Um
bj-halla þessum bj-palla
með áttel þessum
handum bj-ellum um.*

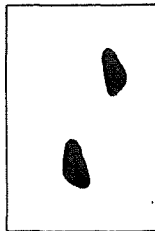
①⑦ 上段打ち
JÖDAN-UCHI



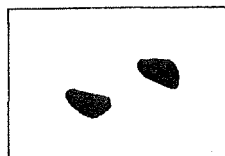
②⑩ 手を持ち
換える
(CHANGE
GRIP)
守り
MAMORI
(DEFENSIVE
POSTURE)



①⑧ 突き (前
手突き)
(FRONT HAND
THRUST)



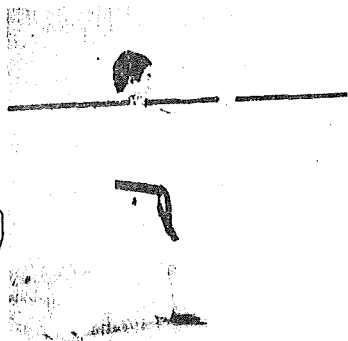
②⑪ 上段打ち
JÖDAN-UCHI



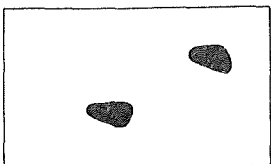
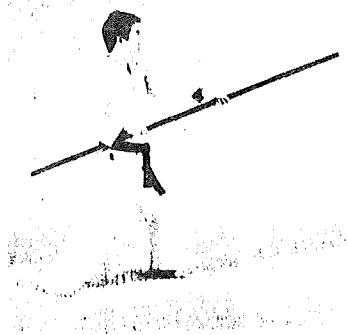
Bo Jires made om jodan uchi.

② 振上げ打
ち
FURIAGE-
UCHI
(UPWARD
STRIKE)

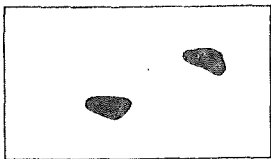
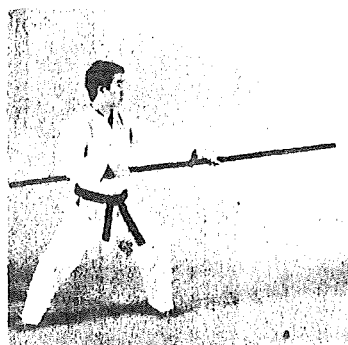
*hatake uchi
om :*



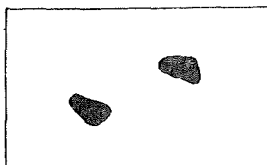
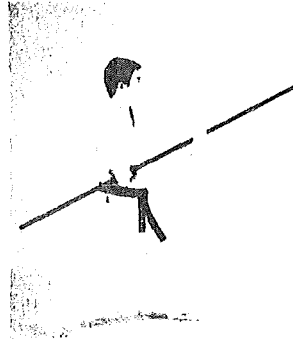
③ 上段打ち
JODAN-UCHI



④ 突き (前
手突き)
(FRONT HAND
THRUST)

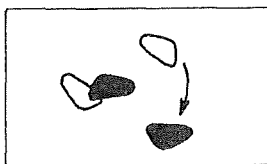


⑤ 外受け
SOTO-UKE

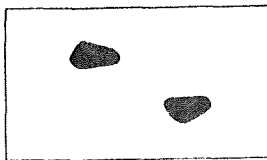
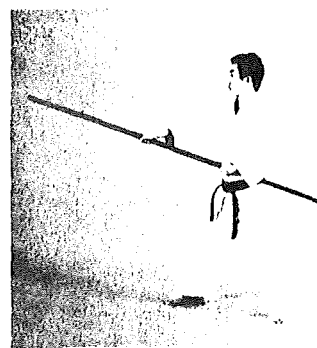


Asi aoru koto 20

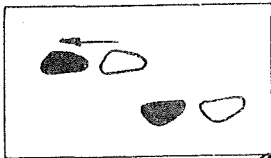
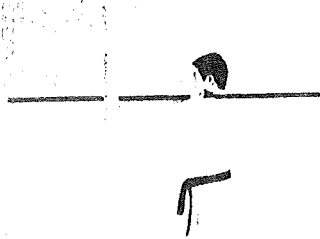
⑥ 手を持ち
換える
(CHANGE
GRIP)
守り
MAMORI
(DEFENSIVE
POSTURE)



⑦ 上段打ち
JODAN-UCHI

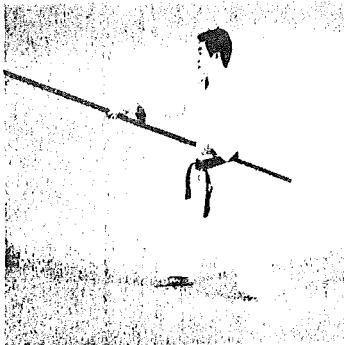


⑳ 振上げ打ち
ち
FURIAGE-
UCHI
(UPWARD
STRIKE)

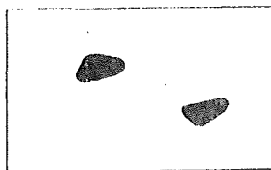
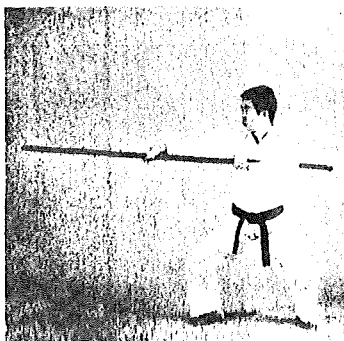


*hitate uchi
om:*

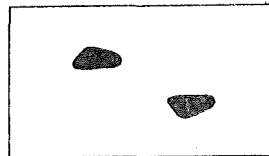
㉑ 上段打ち
JÖDAN-UCHI



㉒ 突き (前
手突き)
(FRONT HAND
THRUST)

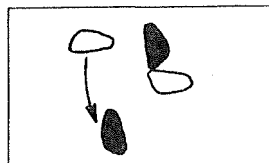
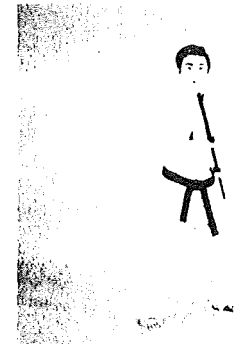


㉓ 外受け
SOTO-UKE

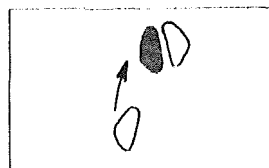


*Met vertikale
("Hinken") Bewegung.*

㉔ 上段打ち
JÖDAN-UCHI

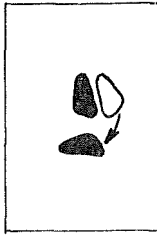
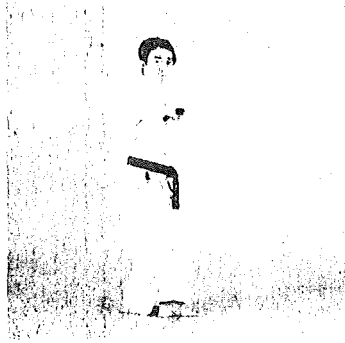


㉕ 突き準備
(PREPARE FOR
THRUST)

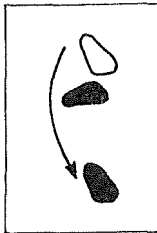


von Stoot 720 hand halten..

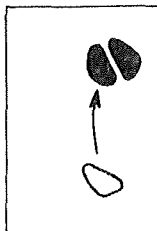
34



35 突き (前
手突き)
(FRONT HAND
THRUST)

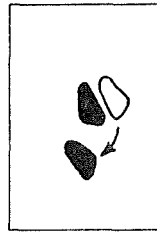
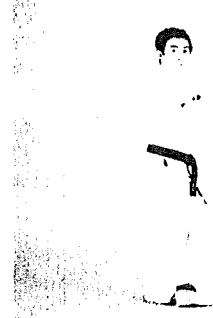


36 突き準備
(PREPARE FOR
THRUST)

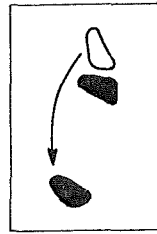


*hand halten mit
Achsel bewegig*

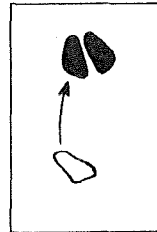
37



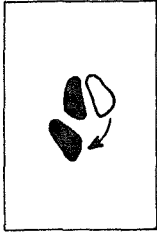
38 突き (前
手突き)
(FRONT HAND
THRUST)



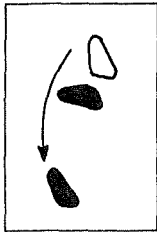
39 突き準備
(PREPARE FOR
THRUST)



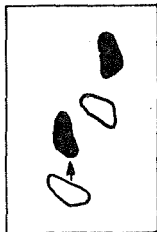
④①



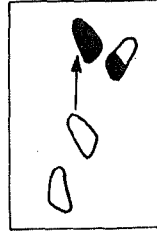
④① 突き (前
手突き)
(FRONT HAND
THRUST)



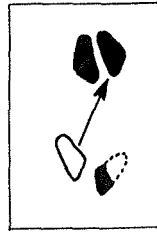
④② 外受け
SOTO-UKE



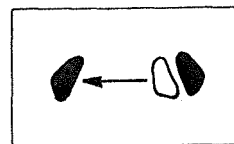
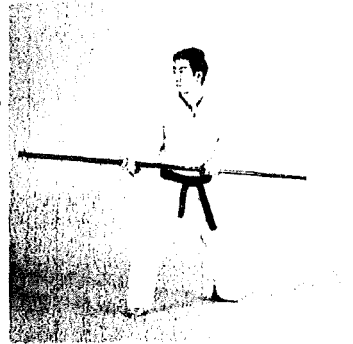
④③ 外受け
SOTO-UKE



④④ 外受け
SOTO-UKE



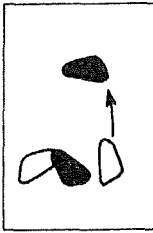
④⑤ 右方押え
PUSH TO
THE RIGHT
(Kiriwa oide)
med
oide!
NEERDOWEN



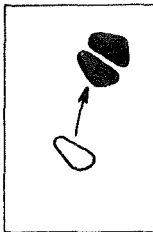
④⑥ 横打ち
YOKO-UCHI
(SIDE STRIKE)



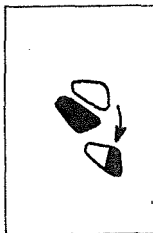
Yoko dachi.



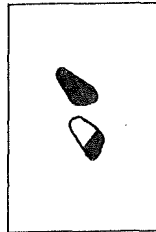
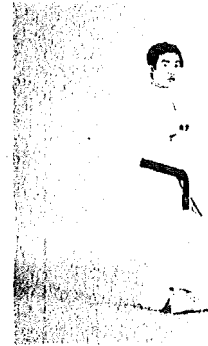
④⑦ 突き準備
(PREPARE FOR
THRUST)



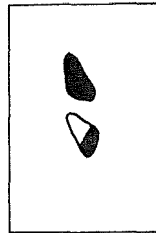
④⑧



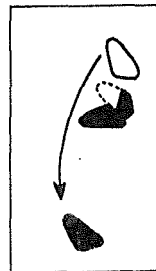
④⑨ 突き (貫
き突き)
NUKI-TSUKI
(SLIDING
THRUST)



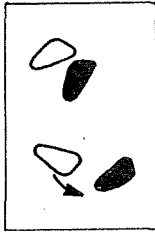
④⑩ 引 き
(RETURN TO
THE 48th
POSE)



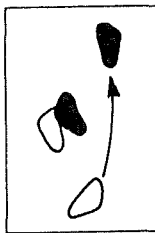
④⑪ 突き (前
手突き)
(FRONT HAND
THRUST)



⑤② 八相の構え
(HASSŌ
POSTURE)

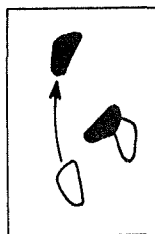


⑤③ 横打ち
YOKO-UCHI
(SIDE STRIKE)



*hei aanteh
kuj pallen.*

⑤④ 手を持ち
換える
(CHANGE GRIP)
横打ち
YOKO-UCHI



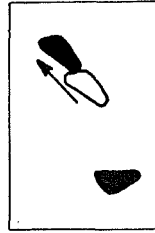
⑤⑤ 手を持ち
換える
(CHANGE
GRIP)
すくい受け
(SLIDING UP
BLOCK)



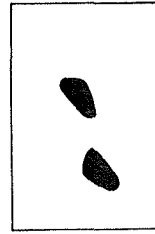
*hei aanteh
kuj pallen.*



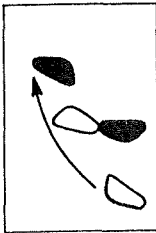
⑤⑥ 突き (前
手突き)
(FRONT HAND
THRUST)



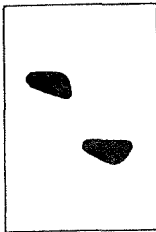
⑤⑦ 外受け
SOTO-UKE



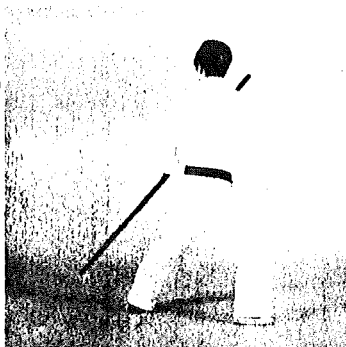
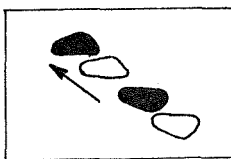
⑤⑧ 下段受け
準備
(PREPARE FOR
LOW BLOCK)



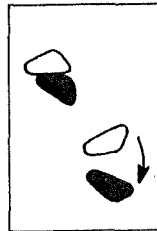
⑤⑨ 下段受け
GEDAN-UKI
(LOW BLOCK)



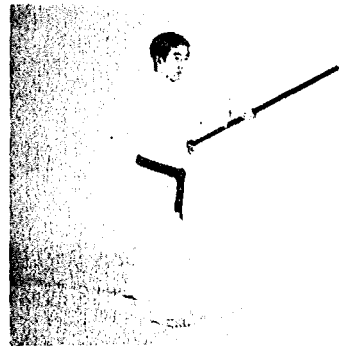
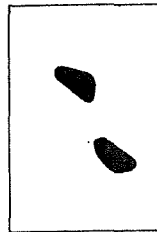
⑥⑩ 下段突き
GEDAN-TSUKI
(LOW THRUST)



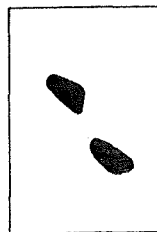
⑥① 引掛け
HIKKAKE
(ROUND
BLOCK-A)



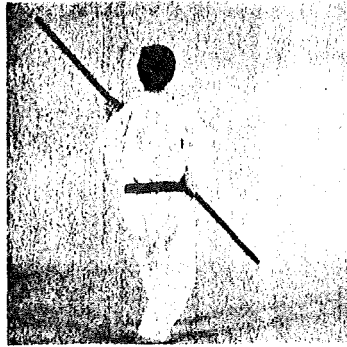
⑥② 上段打ち
JÖDAN-UCHI



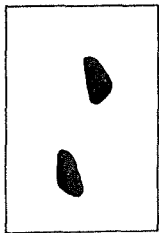
⑥③ 外受け
SOTO-UKI



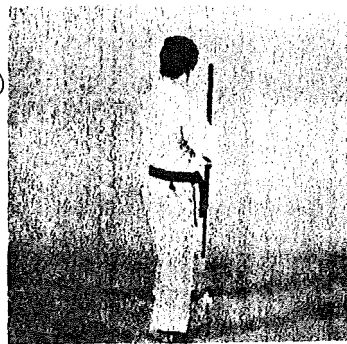
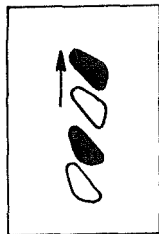
⑥4 下段受け
準備
(PREPARE FOR
LOW BLOCK)



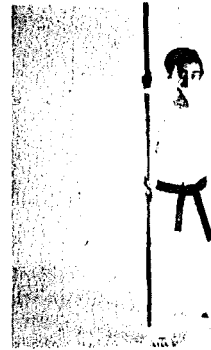
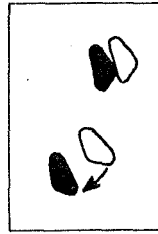
⑥5 下段受け
GEDAN-UKI
(LOW BLOCK)



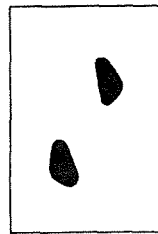
⑥6 下段突き
GEDAN-TSUKI
(LOW THRUST)



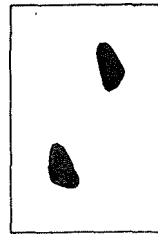
⑥7 引掛け
HIKKAKE
(ROUND
BLOCK-A)



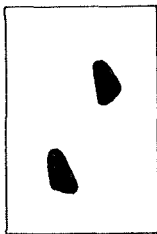
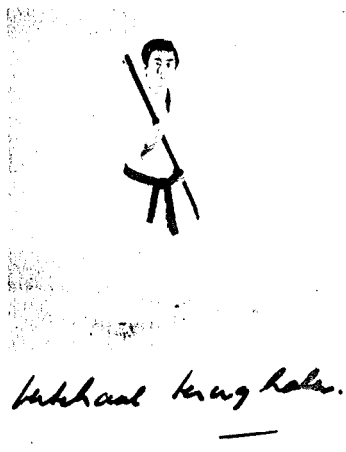
⑥8 上段打ち
JÖDAN-UCHI



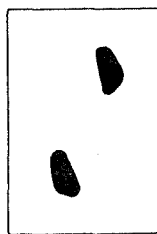
⑥9 突き (貫
き突き)
NUKI-TSUKI
(SLIDING
THRUST)



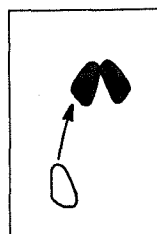
⑦⑩ 外受け
SOTO-UKE



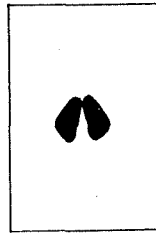
I. 直れ[Ⓐ]
NAORE
(FINISH)



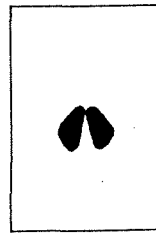
II. 直れ[Ⓑ]
NAORE



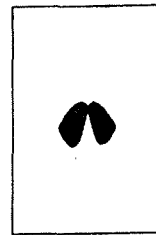
III. 直れ[Ⓒ]
NAORE



IV. 礼[Ⓐ]
REI
(Bow)

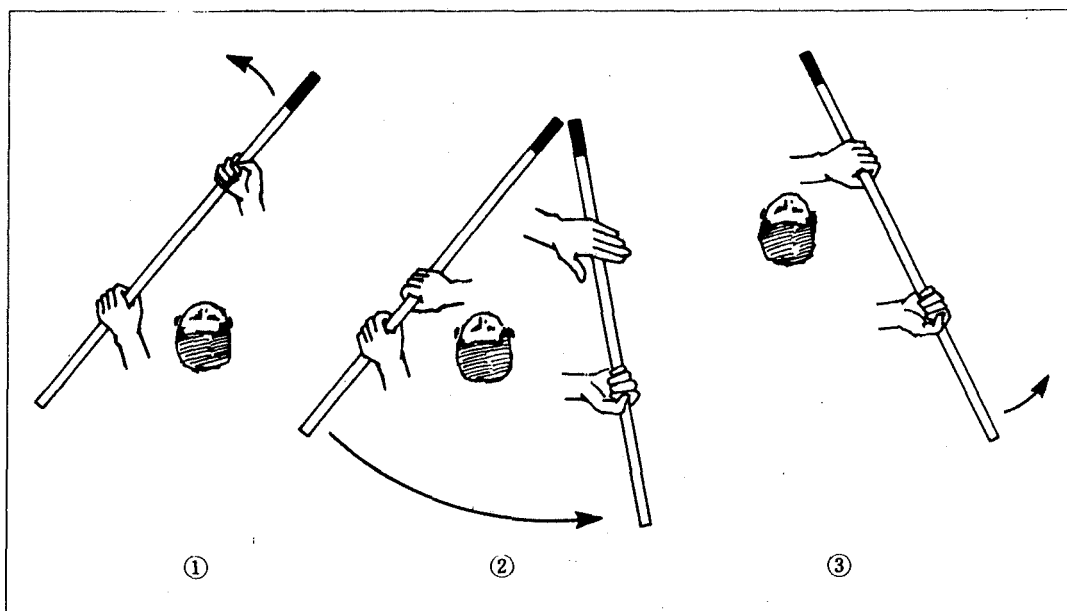


V. 礼[Ⓑ]
REI

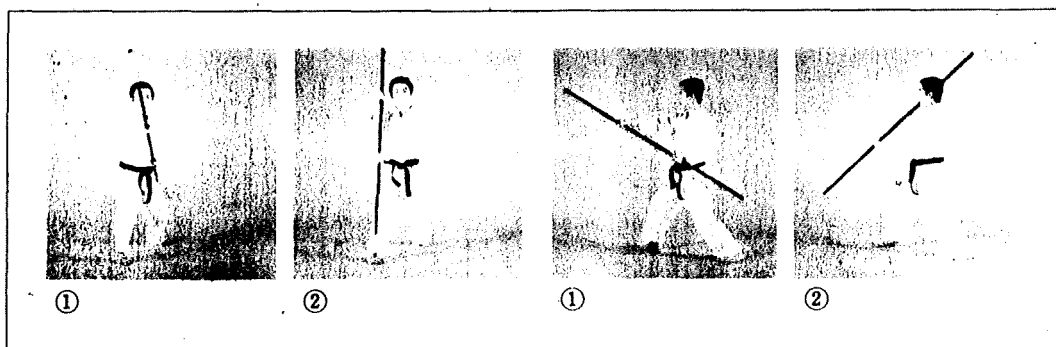


V. 基本15動作連続練習法

15 BASIC KUMITE

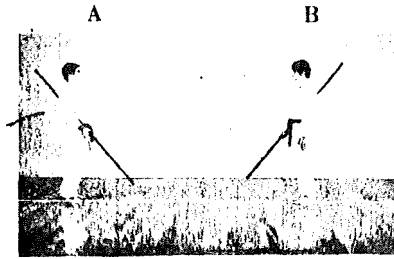


持ち換え方 (CHANGE OF GRIP) : 横打ち準備 (PREPARE FOR SIDE STRIKE) ; No. 21 (A), 23(B)



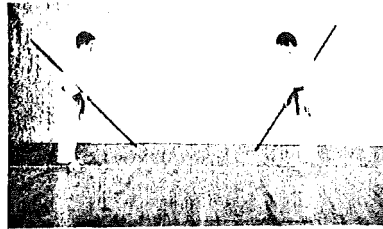
横受け YOKO-UKE (SIDE BLOCK) ① - B : 横受け YOKO-UKE (SIDE BLOCK)

1



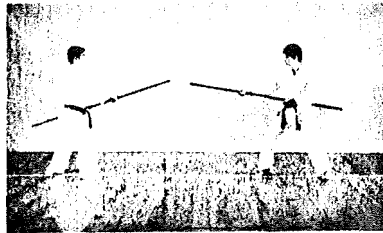
A, B : 礼 Rei (A)
(Bow)

2



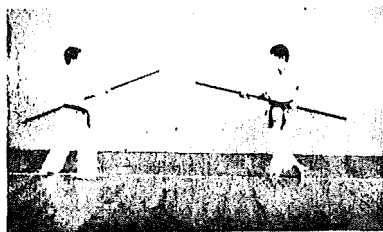
A, B : 礼 Rei (B)

3



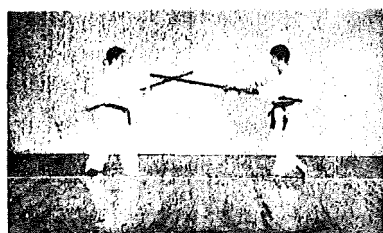
A, B : 中段の構え
CHUDAN-KAMAE

4



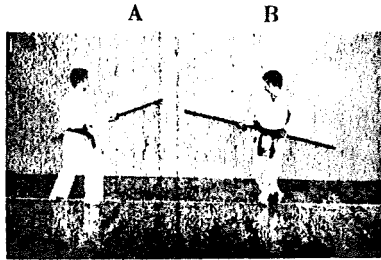
A : 外受け準備
(PREPARE FOR OUTER BLOCK)
B : 突き準備
(PREPARE FOR THRUST)

5



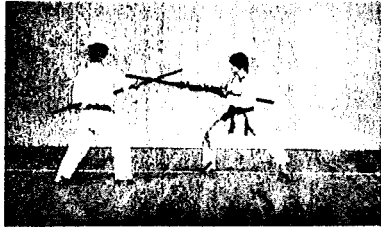
A : 外受け SOTO-UKE
(OUTER BLOCK)
B : 突き TSUKI
(THRUST)

6



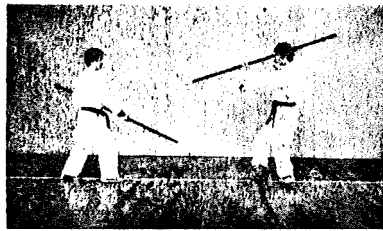
A : 内受け準備
(PREPARE FOR INNER BLOCK)
B : 突き準備
(PREPARE FOR THRUST)

7



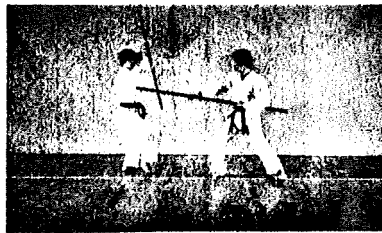
B : 突き TSUKI
(THRUST)
A : 内受け UCHI-UKI
(INNER BLOCK)

8



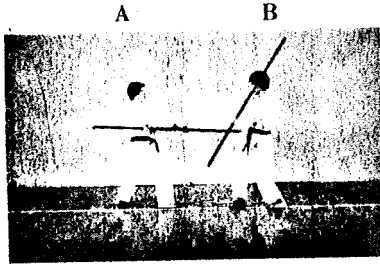
A : すくい受け準備
(PREPARE FOR SLIDING BLOCK)
B : 上段打ち準備
(PREPARE FOR OVERHEAD STRIKE)

9



B : 上段打ち
(OVERHEAD STRIKE)
A : すくい受け
(SLIDING BLOCK)

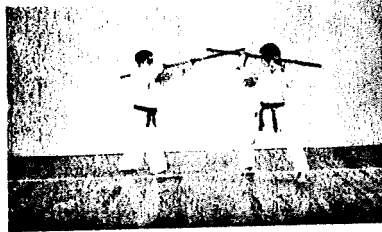
10



A : 裏打ち URA-UCHI
(BACK STRIKE)

B : 横受け YOKO-UKI
(SIDE BLOCK)

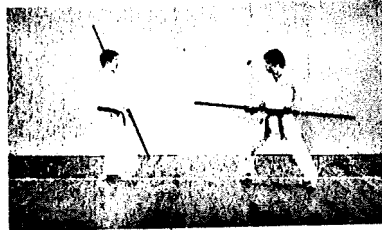
11



A : 振上げ打ち FURIAGE UCHI
(UPWARD STRIKE)

B : すくい受け SUKUI-UKI
(SLIDING BLOCK)

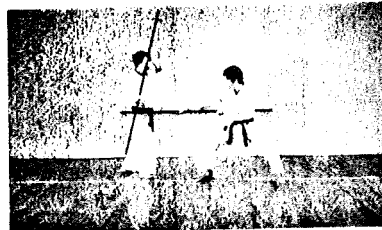
12



A : 引掛け準備
(PREPARE FOR ROUND BLOCK)

B : 突き準備
(PREPARE FOR THRUST)

13

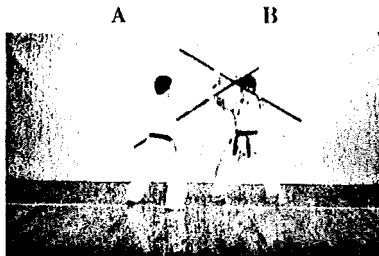


B : 突き TSUKI
(THRUST)

A : 引掛け HIKKAKE
(ROUND BLOCK)

and B

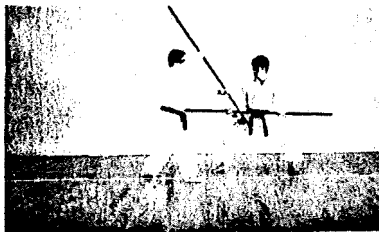
14



A : 上段打ち JODAN-UCHI
(OVERHEAD STRIKE)

B : 上一文字流し受け
(UPWARD HORIZONTAL
BLOCK)

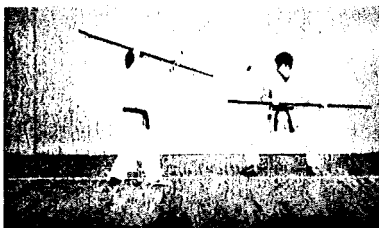
15



A : 振上げ打ち FURIAGE-UCHI
(UPWARD STRIKE)

B : 下一文字流し受け
(DOWNWARD HORIZONTAL
BLOCK)

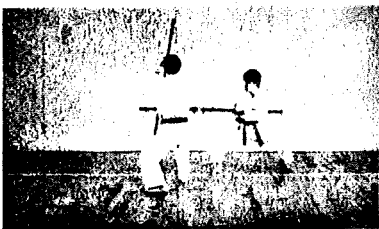
16



A : 払い受け準備
(PREPARE FOR SWEEPING BLOCK)

B : 突き準備
(PREPARE FOR THRUST)

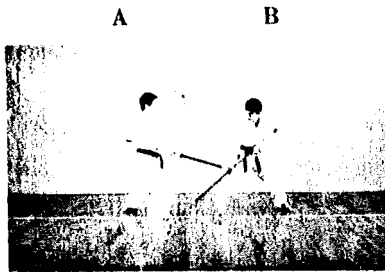
17



B : 突き TSUKI
(THRUST)

A : 払い受け
(SWEEPING BLOCK)

18



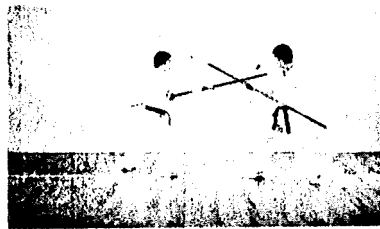
A : 巻き落し MAKIOTOSHI
(ROUND SCOOP)

19



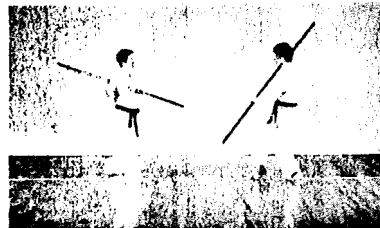
A : 突き準備
(PREPARE FOR THRUST)
B : 外受け準備
(PREPARE FOR OUTER BLOCK)

20



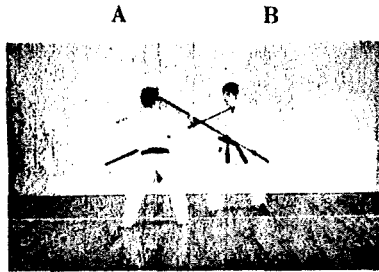
A : 突き TSUKI
(THRUST)
B : 外受け SOTO-UKE
(OUTER BLOCK)

21



A : 横打ち準備
(PREPARE FOR SIDE STRIKE)
B : 逆引掛け受け準備
(PREPARE FOR ROUND BLOCK)

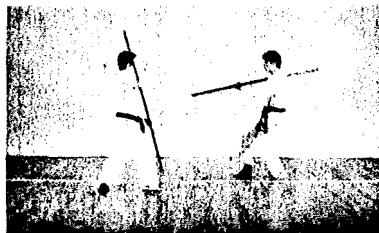
22



A : 横打ち YOKO-UCHI
(SIDE STRIKE)

B : 逆引掛け受け
(ROUND BLOCK)

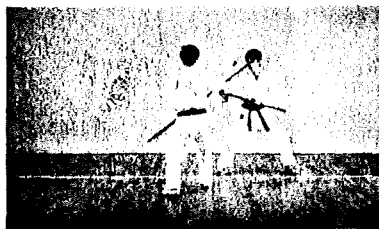
23



A : 逆引掛け受け準備
(PREPARE FOR ROUND BLOCK)

B : 横打ち準備
(PREPARE FOR SIDE STRIKE)

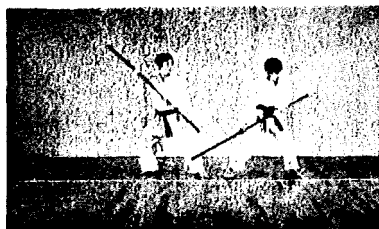
24



B : 横打ち YOKO-UCHI
(SIDE STRIKE)

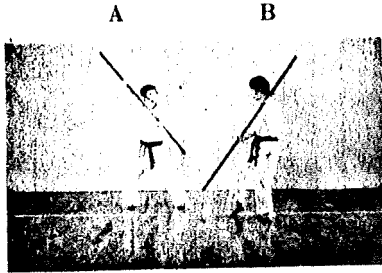
A : 逆引掛け受け
(ROUND BLOCK)

25



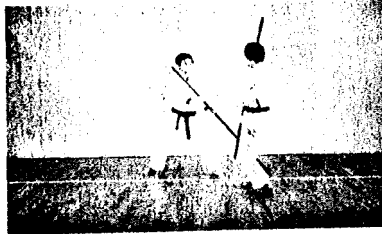
A : 押えはずし OSAE-HAZUSHI
(OVERHEAD PUSH)

26



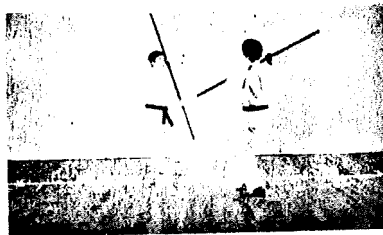
A : 下段突き準備
 (PREPARE FOR STRIKE TO
 THE FOOT)
 B : 引掛け準備
 (PREPARE FOR ROUND BLOCK)

27



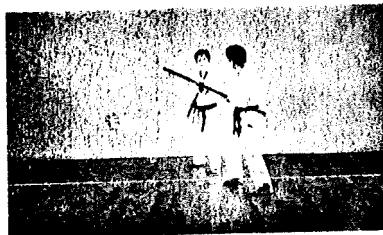
A : 下段突き GEDAN-TEUKI
 (STRIKE TO THE FOOT)
 B : 引掛け HIKKAKE
 (ROUND BLOCK)

28



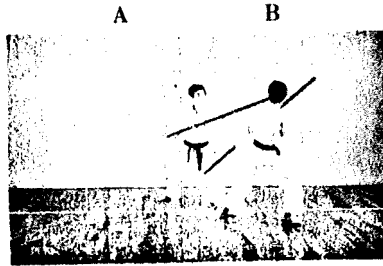
A : 右手を持ち換えて流し打ち準備
 (CHANGE THE RIGHT GRIP,
 PREPARE FOR ESCAPING STRIKE)
 B : 上段打ち準備
 (PREPARE FOR OVERHEAD
 STRIKE)

29



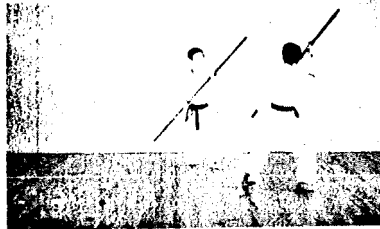
B : 上段打ち JODAN-UCHI
 (OVERHEAD STRIKE)
 A : 流し打ち NAGASHI-UCHI
 (ESCAPING STRIKE)

30



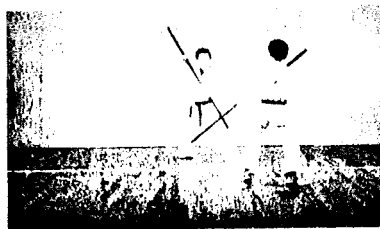
B : 右足を後方に引く
 (DRAWING BACK THE RIGHT FOOT)
 流し外受け
 (ESCAPING OUTER BLOCK)

31



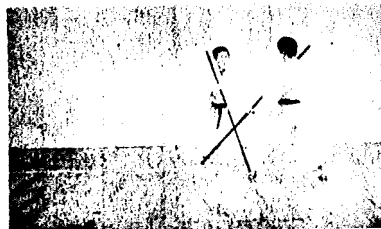
A : 下段受け準備
 (PREPARE FOR LOW BLOCK)
 B : 下段突き準備
 (PREPARE FOR STRIKE TO THE FOOT)

32



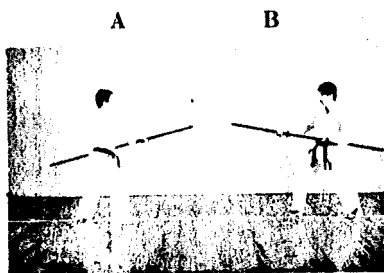
B : 下段突き GEDAN-TSUKI
 (STRIKE TO THE FOOT)
 A : 下段受け GEDAN-UKI
 (LOW BLOCK)

33



A : 右手を持ち換えて下段突き
 GEDAN-TSUKI
 (CHANGE THE RIGHT GRIP
 STRIKE TO THE FOOT)

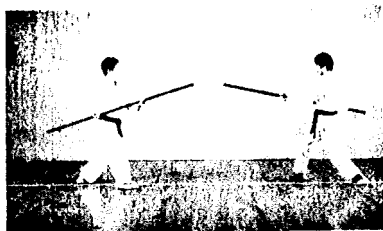
34



A, B : 左足を後方へ引く
 (DRAWING BACK THE LEFT
 FOOT)

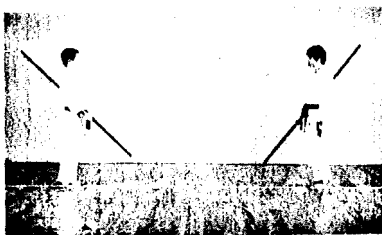
A, B : 中段の構え
 CHUDAN-KAMAE

35



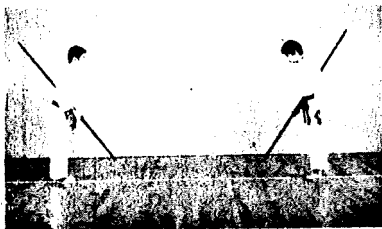
A, B : 直れ NAORE (A)
 (FINISH)

36



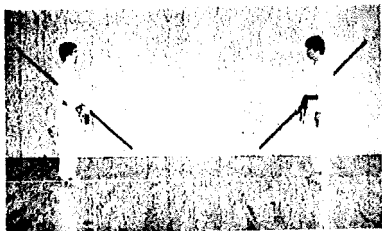
A, B : 直れ NAORE (B)

37



A, B : 礼 REI (A)
 (BOW)

38



A, B : 礼 REI (B)

◇ 棒の型 KATA OF BŌ



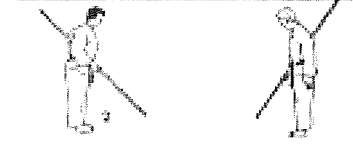


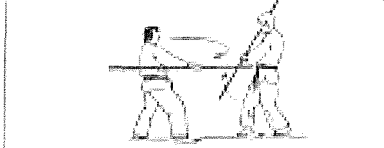
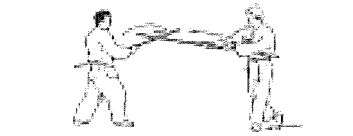



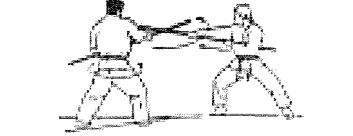

①	周氏の棍 (小) SHŪJI (A) <i>NO KEN SHO</i>	44	12	金剛の棍 KONGŌ	69
2	周氏の棍 (大) SHŪJI (B) <i>NO KEN DAI</i>	51	13	白樽の棍 (小) SHIROTARU (A)	64
3	周氏の棍 (古式) SHŪJI (OLD STYLE)	32	14	白樽の棍 (大) SHIROTARU (B)	103
④	佐久川の棍 (小) SAKUGAWA (A) <i>NO KEN SHO</i>	70	15	北谷屋良の棍 CHATANYARA	91
5	佐久川の棍 (中) SAKUGAWA (B) NO KEN CHU	81	16	米川の棍 YONEKAWA	85
6	佐久川の棍 (大) SAKUGAWA (C) <i>NO KEN DAI</i>	73	17	津堅棒 TSUKENBŌ	89
7	添石の棍 (小) SOEISHI (A)	102	18	趙雲の棒 SHŌUN	81
8	添石の棍 (大) SOEISHI (B)	125	19	知念志喜屋仲の棍 CHINENSHICHANAKA	95
9	末吉の棍 SUEYOSHI	86	20	津堅砂掛けの棍 TSUKENSUNAKAKE	30
10	浦添の棍 URASUE	80	21	三尺棒 SANJAKUBŌ	75
11	瀬底の棍 SESOKO	126	22	九尺棒 KYŪSHAKUBŌ	33

○数字は本書に掲載した棒術の型。

Shuji bunkai kumite

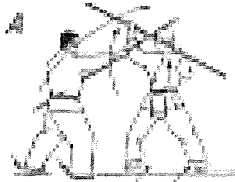
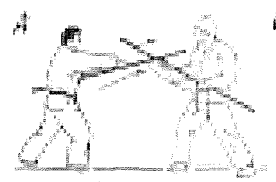
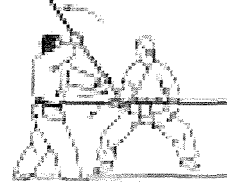
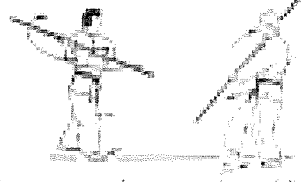
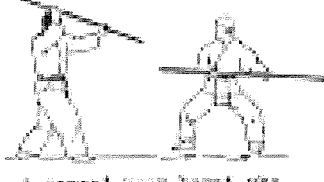

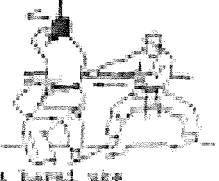

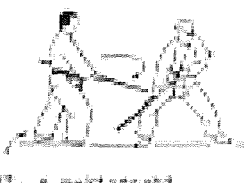



	Aanval	Verdediging
1	jodan uchi soto + maede	soto + maede soto + sanchin
2	maede soto + maede	harai + jodan uchi soto + sanchin
3	maede soto + maede	hikake + jodan uchi soto + sanchin
4	gedan tsuki gyaku gedan uke + maede soto + maede	gedan uke + gedan tsuki harai + jodan uchi soto + sanchin
5	yoko + yoko + gedan tsuki gyaku gedan uke + maede soto + maede	yoko + yoko + gedan uke + gedan tsuki harai + jodan uchi soto + sanchin
6	yoko + yoko + maede soto + maede	yoko + yoko + hikake + jodan uchi soto + sanchin

15 Basic Kumite
(Bewerkt door Dick Fieret)

 <p>1. an 2. A B koi</p>	 <p>7. A gereed voor sukui uke B gereed voor jodan uchi</p>
	 <p>8. A sukui uke B jodan uchi</p>
 <p>3. A B chudan kenan</p>	 <p>9. A ura uchi B Yama uke</p>
 <p>4. A auto uke B uchi tsuki</p>	 <p>10. A furiage uchi B sukui uke</p>
 <p>5. A gereed voor uchi uke B gereed voor tsuki</p>	 <p>11. A gereed voor hikake uke B gereed voor tsuki</p>
 <p>6. A uchi uke B mee de tsuki</p>	 <p>12. A hikake uke B mee de tsuki</p>





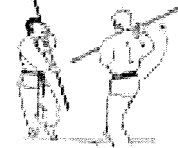




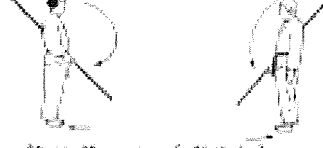

15 Basic Kumite (vervolg)

(Bewerkt door Dick Fieret)

 <p>13. A Jodan uchi B age uchi</p>	 <p>17. A Mae de tsuki B aeis uchi</p>
 <p>14. A Furijige uchi B gedan uchi</p>	 <p>20. A gered voor jodan uchi B gered voor gyaki kikkaku uchi</p>
 <p>15. A gered voor barai uchi B gered voor tsuki</p>	 <p>21. A Yoko uchi B gyaki tsuki uchi</p>
 <p>16. A Barai uchi B Mae de tsuki</p>	 <p>22. A gered w/ gyaki kikkaku uchi B gered w/ jodan uchi</p>
 <p>17. A makitowabi</p>	 <p>23. A gyaki kikkaku uchi B yoko uchi</p>
 <p>18. A gered voor tsuki B gered voor aeis uchi</p>	 <p>24. A ome barabari</p>

15 Basic Kumite (vervolg)

(Bewerkt door Dick Fieret)

 <p>25. A gereed voor ged. tsuki B gereed voor kikkake uke</p>	 <p>26. A gedan uke B gedan tsuki</p>
 <p>26. A gedan tsuki B kikkake uke</p>	 <p>27. A gedan tsuki B verpakken.</p>
 <p>27. A verpakken voor nagashi uchi B gereed voor jodan uchi</p>	 <p>28. A B links terugstappen stadan kanan</p>
 <p>28. A nagashi uchi B jodan uchi</p>	 <p>29</p>
 <p>29. B rechts terugstappen nagashi setsu uke</p>	 <p>30 en 31 moore (flank.) Ned.</p>
 <p>30. A gereed voor gedan uke B gereed voor gedan tsuki</p>	

