

The following are pages with basic Budo Taijutsu principles listed. These are taken out of the Tenchijin Tyaku No Maki (heaven, earth and man), a book written by Hatsumi Sensei on the fundamentals of Taijutsu.

Names are listed with the intention for you to write notes about each. Taking notes in your own way will help you remember and give you a sense of the feeling for the actions. Ask your instructor for help if you need clarification.

There will be pages added in the future, and you will revisit them often as your understanding broadens.

Taihenjutsu Ukemi Gata- basic rolling, breakfalls and leaping

Zenpo Kaiten- forward rolling

Koho Kaiten- backwards rolling

Yoho Kaiten- sideways rolling

Zempo Ukemi- forward breakfalls

Nagare- flowing water (body drops)

Shiho Tenchi Tobi- 4 direction heaven and earth leaping

Haijutsu no Kamae- basic postures

Shizen no Kamae- natural receiving posture

Ichimonji no Kamae- straight defensive posture

Doko no kamae- angry tiger defensive posture

Jumonji no Kamae- cross defensive posture

Kosei no Kamae- offensive posture

Hicho no Kamae- crane (flying bird) single leg defensive posture

Hira no Kamae- receiving posture

Hoko no Kamae- encircling tiger receiving posture

Hiken Juroppo- striking techniques

Kikaku Ken or Zu Tsuki- head strike

Shuki Ken- elbow strike

Fudo Ken or Kongo Ken- clenched fist or hammer strike

Kiten Ken or Shuto Ken- sword hand

Shishin Ken- finger needle strike(little finger)

Shitan Ken- fingertips together

Shako Ken- claw strike

Boshi Ken or Shito Ken- thumb strike

Shikan Ken- extended knuckle strike

Tai Ken- body, body hurtling strikes

Koppo Ken- thumb knuckle strike

Happa Ken- open hand slap

Sokuyaku Ken- sole or heel kick

Sokki Ken- knee strike

Sokugyaku Ken- toe kick

Ki Ken- spirit fist, using power of mind or spirit

Sanshin no Kata- spirit of tree hearts practice forms

Chi no Kata- earth influence

Sui no Kata- water influence

Ka no Kata- fire influence

Fu no Kata- wind influence

Ku no Kata- void influence

Kihon Happo Kata- eight fundamental forms

Koshi Kihon Sanpo- koshijutsu's three fundamental ways

Ichimonji no Kamae

Hicho no Kamae

Jumonji no Kamae

Torrid Kino GATT Go Ho- five fundamental hand capture forms

Omote Gyaku Dori

Ura Gyaku Dori

Musha Dori

Oni Kudaki

Ganseki Nage