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Disclaimer

Please note that we are NOT RESPONSIBLE in any manner whatsoever for any injury that may result from practicing the techniques and / or following the instructions given within. Since the physical activities described herein may be too strenuous in nature for some readers to engage in safely, it is essential that medical advice is sought prior to any training.

戸
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Togakure Ryu Ninpo Taijtsuu
(Hidden Door Ninja Method Body Arts)

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(Catalogue)

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構型

Kamae Kata (Posture Forms)

These 5 Kamae should be practiced with Metsubushi and Shuriken concealed inside your jacket, and with the Ninja-To (ninja sword) inside your Obi at your left hip.

一之構 平之構

Ichi no Kamae (Hira no Kamae) (No. One Posture – Flat Posture)

From Shizen no Kamae step back with the right foot. The feet are approximately 2 ½ to 3 feet apart with about a 1 inch gap between. The front foot (left) is angled very slightly to the right. This is not noticeable to the Uke. The back foot (right) points 45 degrees to the rear. Lower your centre of gravity as much as is comfortable (this takes time). Your knees should hide your feet if you are looking down (important point). Make sure the knees are not buckling inwards to take the strain. This will hurt initially but the pain is temporary and, if practiced correctly, will build strong legs. This is an important point. Your back needs to be angled along the line of this Kamae – you do this by leaning your body slightly back, then with a feeling of rotating your lower torso clockwise to the point when the hips lock. This will ensure that the back is straight. Make sure your backside is not sticking out. This is a common mistake and should be corrected from the start. Keep your shoulders relaxed and do not hunch them. Your left arm is pointed to the Uke's chest with a slight bend at the elbow so the arm is not locked (the Kanji for Ichi is a horizontal line, so your lead hand should emulate this). The hand is held in such a way that your palm is obscured from the Uke's vision. The fingers are held straight and together (no tension). Do not open them. The left hand should be roughly perpendicular to the left foot. The right hand is held about a fist width away from the chin – again your palm is hidden. Both hands resemble a loose Shuto fist.

Remember, keep the shoulders relaxed. Your head and neck should follow the line of your spine with the head facing forwards. Do not tilt your head to the side. This is a common mistake and should be corrected from the start. Fix your eyes on the Uke. Take all tension out of your body and relax. This is Hidari (left) Ichi no Kamae. Do this on the other side also (Migi (right) Ichi no Kamae).

Kuden

The feeling for this Kamae is not allowing the Uke to get close to you

平一字之構

Hira Ichimonji no Kamae
(Flat No. One Posture)

From Shizen no Kamae step out to the side so that the feet are open slightly over shoulder width apart. Drop your weight a little to unlock the knees. The arms are held horizontally out to your sides with your elbows unlocked. The hands are held out, and slightly forward and raised to roughly the level of your eyes – you should just about see them in your peripheral vision. Your neck and head are straight and facing forwards. Take all the tension out of your body.

Kuden

The feeling of this Kamae is either gently wrapping the Uke up, allowing the Uke's force to go by, or confining the Uke's movements.

八文字之構

Hachimonji no Kamae
(Eight Character Posture)

This Kamae is the same as Ichi no Kamae with the following changes – This Kamae is slightly higher than Ichi no Kamae. Straighten your back so it is upright, neck straight, and head straight. Your lead hand

points to the Uke's eyes and your rear hand is vertical, high above your head/shoulder (elbow unlocked) with the hand held in a loose fist (this is to hold metsubushi)

Kuden

The feeling for this Kamae is a strong intention to defeat the Uke.

八方隠之構

Happo-Gakure no Kamae
(All Sides Concealing Posture)

From Shizen no Kamae, take two Metsubushi from your jacket and conceal them inside each hand with loose fists. Then step forwards with the left foot and raise your arms vertical above your head / shoulders with slight bend in the elbows (similar to Hoko no Kamae from the Koto Ryu). Drop your weight slightly, body on a 45 degree angle with your head forwards.

Kuden

The feeling for this Kamae is to be able to scatter Metsubushi in all directions – and then to escape using Goton no Jutsu.

遁走之構

Ton-So no Kamae
(Escaping Posture)

This Kamae is similar to Ichi no Kamae with the following differences – Your leading hand is placed inside your jacket (this is in readiness to throw Metsubushi or Shuriken to the front) and the back hand is either supporting the lead hand underneath the outside of the jacket, or kept on the sword.

Kuden

The intention with this Kamae is to attack the Uke with Metsubushi or Shuriken, and then escape to the rear with Goton no Jutsu.

体術受け身型

Taijutsu Ukemi-Gata
(Body Art Passive Forms)

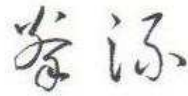
Shuko are worn throughout all of these techniques.

返し藪

Kaeshi Dori
(Counter Capture)

Begin in Ichi no Kamae. The Uke begins in Daijodan no Kamae. As the Uke cuts in with Kara Take Wari, step slightly forwards and to the left with the left foot and drop down to the floor onto the right knee. Place your hands either side of the Uke's right foot, or strike to the foot with the back of the right Shuko. The moment you hit the floor, this should happen all at once. From this position, rebound and leap into the air and simultaneously kick the Uke to Suigetsu with Ryote Sokugyaku Geri (double kick to stomach with the toes) and strike /slap to the Uke's face with the Shuko. Land and immediately roll backwards to a position of safety and return to Ichi no Kamae. Zanshin.

A couple of important points to learn is the correct distance for entering in – you need to be at a distance where the Uke cannot counter cut – so position yourself so you can control the Uke's hands with your shoulder if necessary. It is also fine to move to the right of the Uke in this form. Same technique – only this time step to the right with the right foot, drop down to the left knee and hands to the floor in between his feet. Lastly, keep in mind that you can pick up dirt as you drop down and use it as Metsubushi.



Ken-Nagashi
(Fist Flow)

Begin in Ichi no Kamae. The Uke begins in Daijodan no Kamae. As the Uke cuts in with Kara Take Wari, Kiai as you move forwards with the right foot and drop down to the left knee. Then, strike with a right Shikan Ken to the Uke's Suigetsu. If the distance is closer, step off a little to the left with the left foot and drop down to the right knee, and strike the same way. Then, roll to the right side (Yoko Kaiten) and at the same time strike slap down to the Uke's right Toki (top of the foot) with the left Shuko, and to the Uke's left Toki with the right Shuko. Roll to a position of safety and return to Ichi no Kamae. Zanshin.

An important point here is to be underneath the Uke's arms, not his sword when he cuts. Also, the strike down to Toki can be replaced with clawing to the Uke's ankles as you roll past them. Striking to Toki is preferable though – and keep in mind the idea of when you strike/slap the first foot, the Uke's weight will automatically be on the other foot. Use this as strategy.



Ichi no Kamae
(No. One Posture)

The feeling with this technique is of not letting the Uke approach. Use this technique to practice striking the Uke with Shuto Ken.

Begin in Ichi no Kamae. The Uke begins in Daijodan no Kamae. As the Uke cuts with Kara Take Wari, leap left or right past the Uke's sword using Taihen Jutsu and land to strike with either Ura Shuto or Omote Shuto

if you are in Ichi no Kamae with left foot forwards, leap in to the left with the left foot forwards, and at the same time bring the left Shuko

to the Uke's hands to cover from counter attack and strike the Uke's right Kasumi or Uko with a right Ura Shuto.

If you are in Ichi no Kamae with the right foot forwards, use Marutobi (circular leaping) by springing off the left foot (back foot) in a clockwise direction to the left (Uke's right side). As you do this, the right Shuko covers from potential attack and the left strikes with Omote Shuto to either Kasumi or Uko.

From there leap back into Ichi no Kamae and then Zanshin.

Remember, there are 4 strikes to train in total.



Itto-Dori
(One Sword Capture)

The main point of this technique is to receive the sword with the shuko.

Begin in Ichi no Kamae (right hand forward). The Uke begins in Daijodan no Kamae. As the Uke cuts with Kara Take Wari, step forwards with the left foot and bring the left hand up from below to receive the sword blade at the point just below the tsuba – make sure you keep your body low and keep your fingers right back when you receive with the shuko. Then, bring the right hand on top to clamp the sword with the shuko and twist your hands to lock the sword. Lastly, strike the Uke to Jinchu with a right Ura Shuto. This is all that is written in the scroll.

This is the variation – After the Ura Shuto, put the right hand back on top of the sword and move it slightly to your left side, then kick the Uke to either Suigetsu or Kinteki. As the Uke falls, step back with the right foot trap the sword handle underneath your right arm (press it between your arm and your body). From this position you can cut the Uke. Zanshin.



Yoko-Geri
(Horizontal Kick)

The important point to this technique is how to kick accurately. Begin in Hira Ichimonji no Kamae. The Uke begins in Seigan no Kamae. The Uke thrusts with the sword. At that instant, step forwards to the left and lower your kamae at the same time by dropping your hips (your body twists slightly clockwise). From here, kick with the right foot to the Uke's hands to knock the sword away. Then as the foot lands, strike to Suigetsu with Shikan Ken. Zanshin. With this technique, remember to stay in a low posture throughout the technique.



Itto-Giri
(One Sword Cut)

The important point of this technique is how to hold the sword and how to cut with the sword whilst wearing Shuko. Instead of grasping the sword handle with your fingers, use the hooks of the Shuko instead. Begin in Bikenjutsu Seigan no Kamae (refer to the Ninja Biken Densho for precise information on this Kamae). The Uke begins in Dai Jodan no Kamae. As the Uke cuts with Kara Take Wari, drop to the left knee and cut with Gyaku Do Giri to the Uke's right side. Zanshin.

忍 透 型

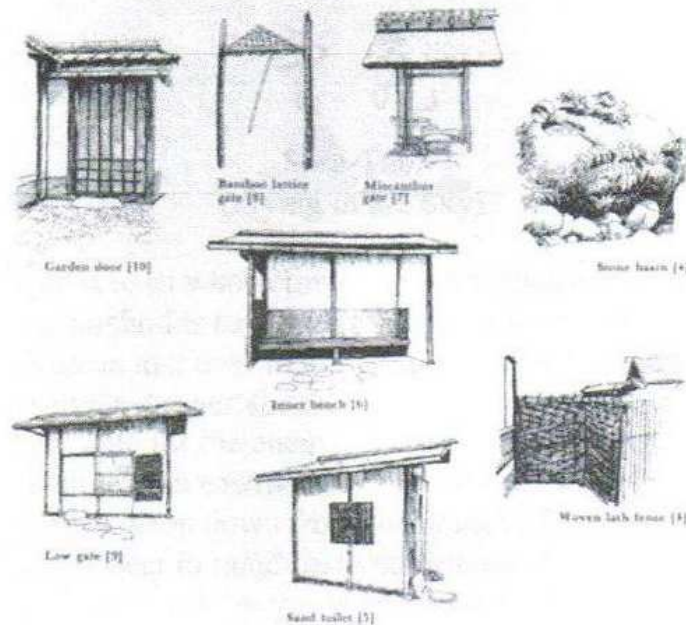
Shinobi-Gaeshi-Gata (Stealing Into And Fading Forms)

These techniques are training for how to fight when discovered while infiltrating enemy territory.

重 透

Kasane-Gaeshi (Nesting Counter)

An adversary approaches you when you are near a wall / roof in enemy territory. Put both hands on the wall / roof, jump up on top of the wall / roof in one motion, and lie flat. The important point of this technique is pulling yourself up in one motion. This illustration shows the different styles of wall and roof. You hide on the side opposite to that which you have jumped onto. If it is a roof with a lip, hide inside the lip. This is applicable to Kasane Dori also.



Jump up and place the left elbow on the wall and the right arm over the wall. This is to hoist your self up onto the wall. Then, you lay hidden on the inside of the wall so that the enemy cannot see you from the road.

重捕

Kasane-Dori
(Nesting Capture)

This technique is for how to appear suddenly to the enemy from the peak of a wall, attacking then disappearing in one instant. The important point of this technique is how to kick with both feet. Begin by performing the previous technique. As the enemy approaches, you wait until he is in striking distance, then, swing your legs like a pendulum (anchor yourself to the wall with your arms/elbows). Kick to the enemy's face with either one or both feet. Then use the rebound movement from this to swing back onto the wall. Carry this motion on and leap down to the opposite side of the wall and escape using Goton no Jutsu.

空飛

Sora-Tobi
(Flying in the Sky)

This technique is used when climbing a tree when escaping from enemies. The method is to leap and catch a low tree branch, then swing both legs up and over to bring you onto the branch (remember to choose a suitable branch for this), and then climb to a height that makes it impossible for the enemy to attack you with a sword or a spear. Then, attack the enemy with Senban to distract them and when the timing is right, drop down from the branch and escape using Goton no Jutsu. Bear in mind that you can use the branches as cover if the enemy try to attack by throwing spears or firing arrows. The

important point to this technique is the method of initially leaping to the first branch.



Yoko-Nagare
(Side Flow)

This technique is for when you are faced with 2 enemies, one to the front and one to the rear. One has a sword in Dai Jodan no Kamae and the other has a spear in Seigan no Kamae. You enter into Tonso no Kamae – right side towards the swordsman. You wait for the moment that the enemy with the spear is about to attack – either with a Kiai or widening of the eyes. At that moment throw Metsubushi at the swordsman (the densho says a small stone – I believe this to be an example of what can be used if no Metsubushi is available). Then instantly drop and roll away with Yoko Nagare to a position of safety. The enemy with the spear will either stab the swordsman instead of you or hesitate. If the timing is perfect, the swordsman will be stabbed with the spear. Then, Zanshin. The most important point to this technique is to know when the most opportune time is to react.



Ushiro-Nagare
(Back Flow)

There are 3 enemies to your front with spears and swords. You stand in Tonso no Kamae with your right side to the front. At this point it is important to evaluate their intentions. If you feel that they are going to attack, then let them come close – but not close enough to attack you. When one or all of the enemies are about to attack, throw Metsubushi in an arc to the front, then roll away to the rear using Ushiro Nagare (Koho Kaiten). The important point to this technique is to roll back even if Metsubushi is not used. If you think about it, if

these techniques were used outdoors in open grassland or woods, then you would be concealed to a point in the tall grass or scrub. The other important thing to consider is how to roll whilst wearing a sword. It is preferable to pull the Saya out slightly and keep your hand on the Saya/Tsuba whilst rolling (this is also applicable for the previous technique).



Naka-Gaeshi
(Middle Turn)

This technique is for when you believe that you are being followed by enemies. You either use Oten (sideways cartwheel) or Zenpo Tenkai (forward handspring) to the front to create distance and to confuse the enemy. Do this soundlessly. Then escape using Yoko Aruki and then Goton no Jutsu.



Yoko-Gaeshi
(Side Turn)

You are faced with enemies to the front and to either the left or the right. Use Oten (sideways cartwheel) to escape to the left if the enemy is to your right or vice versa. Then use Yoko Aruki to escape then Goton no Jutsu.



Tobi-Chigai
(Jumping Roll)

This technique is for when you need to climb a tree that is too wide to get your hands around, or when the branches are too high. Use your Shuko to scale the tree in this case.



Itto-Nage
(Single Sword Throw)

The techniques name means to throw your sword. This technique is for when you are in a desperate situation of which there is no other way out, and you have to take a life. There is no real form to this technique – and it is to be practiced from all of the Kamae. The optimum distance to throw your sword effectively is about 6 metres away from the target. The idea is to throw the sword straight ahead. You should practice against an inanimate object and concentrate on when is the best point to release the sword to make it fly straight at the target. It is the same principal as Shurikenjutsu. To clarify, if you are in Gedan no Kamae or Tosui no Kamae, you throw from where the sword position is – so you throw the sword up and out. If you are in Seigan no Kamae, Chudan no Kamae or Ichi no Kamae, then it is more like throwing it straight out. Hasso no Kamae is almost like cutting and letting go at the optimum time. Kasumi no Kamae would be to throw the sword in a similar manner of doing a Shuto fist strike. You get the idea. This technique requires long practice, and also requires good Taijutsu.

鉄板投げ

Teppan-Nage
(Iron Plate Throwing)

Hold nine flat steel plates (Senban) in your left hand and use your right hand to create spin when throwing them at the enemy. The main point of this technique is the use of the right wrist. Kneel on the left knee with the Senban in the palm of your left hand. Use the tip of your right index finger, thumb on top and the top of the middle finger to hold the Senban, and use a snapping motion of your right wrist to create the spin needed to throw them. When wearing Shuko and throwing Senban, the hand does not close as easily, so you should use the finger tips more than before. You can also throw to the left with a right handed throw, palm up, by holding the tip of the Senban. You do this by kneeling on the right knee and throwing under your left arm. (the Senban will spin counter clockwise)

切返

Kiri-Kaeshi
(Turning Cut)

The name of this technique means to counter cut. This technique is to match the Uke's cut with a thrust to his eyes to make him flinch, then to observe his next move before returning the attack. Begin in Naka Seigan no Kamae (the tip is slightly lower than in regular Seigan). The Uke can start in any Kamae. The point is at the instant the Uke begins to cut, thrust to his eyes with Kiai to make him hesitate. If he does nothing, then tsuki through the eyes – if he shifts to either your left or your right, then step in with the left foot and cut with Do Giri to the Uke's right side, or step forwards with Yoko Aruki with the left foot and cut with Do Giri to the Uke's right side and carry on moving past the Uke. This all depends on where the Uke moves, and your decision on the best position to cut the Uke. The important points are to stop the Uke with a Kiai and a tsuki to the

eyes, and then to wait to see his next move before you respond. This is closely related to Kiri-Kaeshi from the Ninja-Biken Section.



Sute-Mi
(At the risk of ones life)

The technique means to hold the intention of sacrificing your own life. This technique is used for when you are faced with many enemies. The strategy here is to make the strongest looking person or the boss think that you are attacking them, and then quickly change to attack the weakest looking one – if you are circled, then this becomes the weakest area in the circle. You begin from Shizen no Kamae. Face the boss/strongest man and do Kiri Kaeshi (previous technique) but instead of finishing the technique, turn to cut down the weakest enemy with any of the techniques that you have learned from the Ninja Biken Section. Issen Ken or Datou no Ken are best for this. This is a strategy more than a technique, however, it is an excellent way to practice flowing from one Biken technique to another. Remember, the point of this technique is not to get caught up in a sword fight, the point is to escape. This is closely related to Sutemi from the Ninja-Biken Section.

兎逃通甲之型

Santo Tonko no Kata
(Escaping Mouse Forms)

When performing these techniques, place three Metsubushi in the upper inside pocket and nine Senban in the lower inside pocket. Sword and Shuko are also used. Unlike the previous techniques, the names of these techniques do not have any deep meanings.

片腕通走型

Kata Ude Tonso no Kata
(One Armed Escape and Run Form)

The Uke grabs your right wrist with his right hand. Both Uke and Tori enter into Hachimonji no Kamae (instead of making a fist with the rear hand, open it flat so that your palm is towards the Uke's face). The Uke either tries to pull you towards him, or, you pull the Uke towards you – both ways are correct. Imbed the spikes of the Shuko into the Uke's wrist and enter into Take Ori as you are about to put the technique on him (as you put on Take Ori). This is the form –

Either the Uke or the Tori Pulls with 3 shuffle steps to the rear. On the third step, raise the Uke's wrist with Take Ori and kick with the right foot to the Uke's right side Koe (to the side of the groin). Your right foot then lands to the Uke's right side as you pass under the Uke's right arm in the manner of Yoko Aruki (counter clockwise movement with your body into the next movement). Finish this movement by continuing the counter-clockwise movement and drop to your left knee (facing the same direction as the Uke) and throw the Uke with Katate Nage (one handed throw). Then immediately stand up and take your Metsubushi, crush and then throw it at the Uke's eyes. Lastly, leap back with Chi Tobi and escape using Doton no

Jutsu (in these cases, that means lying face down on the ground).
Zanshin.

左 通 走 型

Hidari Tonso no Kata
(Left Hand Escape and Run Form)

The Uke grabs your left wrist with his right hand. Both Uke and Tori enter into Hachimonji no Kamae (instead of making a fist with the rear hand, open it flat so that your palm is towards the Uke's face). The Uke either tries to pull you towards him, or, you pull the Uke towards you – both ways are correct. Imbed the spikes of the Shuko into the Uke's wrist and enter into Take Ori as you are about to put the technique on him (as you put on Take Ori). This is the form –

Either the Uke or the Tori Pulls with 3 shuffle steps to the rear. On the third step, raise the Uke's wrist with Take Ori and kick with the right foot to the Uke's right side Koe (to the side of the groin) and at the same time grab the Uke's elbow with your right hand. Your right foot then lands to the front of the Uke's right foot (about 1 foot away with your foot in the same direction as the Uke's, so similar to Yoko Aruki) and your left foot comes to the front of the Uke's left (very close). Drop to your left knee to throw the Uke with Koshi Nage (hip throw). Then immediately stand up and take your Metsubushi, crush and then throw it at the Uke's eyes. Lastly, leap back with Chi Tobi and escape using Doton no Jutsu (in these cases, that means lying face down on the ground). Zanshin.

左腕逃走型

Hidari Ude Tonso no Kata
(Left Armed Escape and Run Form)

The Uke grabs your left wrist with his left hand. Both Uke and Tori enter into Hachimonji no Kamae (instead of making a fist with the rear hand, open it flat so that your palm is towards the Uke's face). The Uke either tries to pull you towards him, or, you pull the Uke towards you – both ways are correct. Imbed the spikes of the Shuko into the Uke's wrist and enter into Take Ori as you are about to put the technique on him (as you put on Take Ori). This is the form –

Either the Uke or the Tori Pulls with 3 shuffle steps to the rear. On the third step, raise the Uke's wrist with Take Ori and kick with the left foot to the Uke's Suigetsu (stomach) and at the same time grab the Uke's elbow with your right hand. Your left foot then lands to the back of the Uke's left foot and you pull the Uke's arm to the rear to take balance at the same time. Drop to your knee and pull the Uke's arm down to throw the Uke onto his back. Then immediately stand up and take your Metsubushi, crush and then throw it at the Uke's eyes. Lastly, leap back with Chi Tobi and escape using Doton no Jutsu (in these cases, that means lying face down on the ground). Zanshin.

右腕逃走型

Migi Tonso no Kata
(Right Escape and Run Form)

The Uke grabs your right wrist with his left hand. Both Uke and Tori enter into Hachimonji no Kamae (instead of making a fist with the rear hand, open it flat so that your palm is towards the Uke's face). The Uke either tries to pull you towards him, or, you pull the Uke towards you – both ways are correct. Imbed the spikes of the Shuko into the Uke's wrist and enter into Take Ori as you are about to put the technique on him (as you put on Take Ori). Take Ori in this

technique is with the palm facing the Uke (your index finger points to the right) This is the form –

Either the Uke or the Tori Pulls with 3 shuffle steps to the rear. On the third step, raise the Uke's wrist with Take Ori and kick with the right foot to the Uke's Suigetsu (stomach) with Kakushi Geri (hidden kick) and at the same time grab the Uke's elbow with your left hand from above. Your right foot then lands in between the Uke's feet and you turn your body counter clockwise as you drop to your right knee (this is done as the foot lands) and pull the Uke's arm down in an elbow lock to drop the Uke face down. Then immediately stand up and take your Metsubushi, crush and then throw it at the Uke's eyes. Lastly, leap back with Chi Tobi and escape using Doton no Jutsu (in these cases, that means lying face down on the ground). Zanshin.

右 手 首 筋 通 走 型

Migi Te Kubi Suji Tonso no Kata
(Right Hand Escape and Run Form)

The Uke grabs the back of your collar from behind with the right hand. The Uke pulls you back 3 times. On the first pull step back with the left foot (toes point to the left) – bring your right foot along side your left foot (toes forward). On the second pull, stoop low and step back with the left foot (toes point to the right) – bring the right foot back to the point where the toes are in line with your heels (toes forward) – within this movement place your right hand on top of the Uke's right hand. On the third pull sink the spikes of the Shuko into the Uke's right hand and step back with the left foot so that it is behind the Uke's right foot (toes point to the left) and strike the Uke to Suigetsu with a left Enpi (elbow) – release the Uke's right hand from your collar by lifting it off with your right hand. Then, bring your right hand up and over in an arc to throw the Uke with Katate Nage. Then immediately stand up and take your Metsubushi, crush and then throw it at the Uke's eyes. Lastly, leap back with Chi Tobi and escape using Doton no Jutsu (in these cases, that means lying face down on the ground). Zanshin.

左手首筋逃走型

Hidari Te Kubi Suji Tonso no Kata
(Left Hand Escape and Run Form)

This is the same as the previous technique, only it is done on the left side this time so the left hand covers, the right leg moves off first and the right Enpi strikes. The only difference apart from this is that when you throw the Uke with Katate Nage, you drop to the right knee.

当込逃走型

Ate Komi Tonso no Kata
(Hit Include Escape and Run Form)

The Uke is in Dai Jodan no Kamae with a sword. Stand in Hachimonji no Kamae (left hand forward). At the instant the Uke starts to cut, step in with the right foot and sink down to the left knee, then slam into Suigetsu with a right Boshi Ken. Then, throw Metsubushi, then leap away to the right side and use Mokuton no Jutsu – this is to use a tree for concealment and/or to use the tree as a barrier between you and the Uke. Keep your posture high and be ready to throw Shuriken (Zanshin).

小手打逃走型

Kote Uchi Tonso no Kata
(Wrist Strike Escape and Run Form)

The Uke is in Dai Jodan no Kamae with a sword. Stand in Hachimonji no Kamae (left hand forward). At the instant the Uke starts to cut, push off with the back foot and leap forward to the left (to the outside of the Uke). When you land, strike down with a right Shuto to Nagare (top of the right forearm). This will make the Uke

drop the sword. Then, twist your hips counter clockwise and either, drop to your right knee and strike to Butsumetsu with Shikan Ken, or, slam the spikes of the Shuko into Butsumetsu (like a slapping motion). Then, throw Metsubushi, then leap away to the left side and use Mokuton no Jutsu – this is to use a tree for concealment and/or to use the tree as a barrier between you and the Uke. Keep your posture high and be ready to throw Shuriken (Zanshin).

右手打逃走型

Migi Uchi Tonso no Kata
(Right Hand Strike Escape and Run Form)

The Uke is in Seigan no Kamae with a sword. Stand in Hachimonji no Kamae or Happogakure no Kamae (left hand forward). The Uke thrusts at you with the sword. At the instant the Uke starts to thrust, push off with the back foot and leap forward to the right (180 degrees to the inside of the Uke). When you land, the left hand grabs the end of the Tsuka (sword handle) and the right hand strikes down to the Uke's left Hoshi. Pull the sword away from the Uke with your left hand and at the same time, take out Metsubushi with the right. Throw the Metsubushi to the Uke's eyes and finish by holding the sword in such a way that the tip is pointed towards the Uke and then Zanshin.

左右雲隠之型

Sayu Kumo-gakure no Kata
(Left And Right Cloud Hiding Form)

Two Uke's approach in Dai Jodan no Kamae. Begin in Tonso no Kamae – right hand inside your jacket with two Metsubushi in your hand. Take the Metsubushi out, place in each hand and stand in Happo-Gakure no Kamae. As both Uke approach, move side to side coaxing the Uke's closer together. When they are close together, take

2 steps back – and as they move to attack release the Metsubushi towards both of them. Then immediately drop low and pass between them both and strike each of them with Boshi Ken to Butsumetsu. Carry on forwards and escape by doing Naka Gaeshi (from the Shinobi Gaeshi Gata) twice and then use Mokuton no Jutsu – this is to use a tree for concealment and/or to use the tree as a barrier between you and the Uke. Keep your posture high and be ready to throw Shuriken (Zanshin). Note – if there is a third enemy, throw Shuriken at him first to take him out.

功勢雲隠型

Kosei Kiri-gakure no Kata
(Achieving Force Cloud Hiding Form)

You are surrounded by 4 enemies. They all have swords and are in any Kamae. You are in Tonso no Kamae. Take out Senban and throw one at each of the enemy to make them flinch. Then take out Metsubushi and scatter it in all directions, then, if necessary, throw more Senban – then escape when you see an opportunity using Ukemi/Kaiten and then use Mokuton no Jutsu – this is to use a tree for concealment and/or to use the tree as a barrier between you and the Uke. Keep your posture high and be ready to throw Shuriken (Zanshin).

八方雲隠型

Hap-po Kiri-gakure no Kata
(All Directions Cloud Hiding Form)

You are surrounded by 3 enemies to the front, and 2 to the rear. They all have swords and are in any Kamae. You are in Tonso no Kamae. Take out Senban and throw one at each of the enemy to the front. The 2 enemies to the rear attack in response to this. Immediately throw Metsubushi to the rear. After this drop to 1 knee

and throw Senban in all directions until you see an opening. At that moment escape using Ukemi/Kaiten and then use Mokuton no Jutsu – this is to use a tree for concealment and/or to use the tree as a barrier between you and the Uke. Keep your posture high and be ready to throw Shuriken (Zanshin).

