

SHINDO MUSO RYU JODO TECHNIQUES

REI (Bowing)

Zarei
Ritsurei

Sitting Bow
Standing Bow

SHISEI (Posture)

Ritsu Jo
Sage Jo

Standing Posture
Carrying Posture

KAMAE (Preparatory Posture)

Tsune No Kamae
Honte No Kamae
Gyakute No Kamae
Hikiotoshi No Kamae

Basic Posture
Basic starting Posture
Reverse Posture
Side Posture

KIHON TANDOKU (Basic techniques)

Hon te Uchi
Gyaku te Uchi
Hikio otoshi Uchi
Kaeshi zuki
Gyaku te zuki
Maki otoshi
Kuri tsuke
Kuri han ashi
Tai tari
Tsuki hazushi Uchi
Do barai Uchi
Tai hazushi Uchi

Normal hand strike
Reverse hand strike
Draw back drop down strike
Change, turn around thrust
Reverse hand thrust
Envelop, wrap drop down
Guide stick, glue
Guide let go
Body hit, crush in
Thrust evade, deflect strike
Torso sweep strike
Body evade, deflect strike

KIHON SOTEI (Exercise with an adversey)

Hon te Uchi
Gyaku te Uchi
Hiki otoshi Uchi
Kaeshi zuki
Gyaku te zuki
Maki otoshi
Kuri tsuke
Kuri han ashi
Tai tari
Tsuke hazushi Uchi
Do barai Uchi
Tai hazushi Uchi

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OMOTE NO KATA

Tachi otoshi	To make the sword drop
Tsuba wari	Breaking the handguard
Tsuki zue	Reaching Stick
Hissage	To lower, to make drop
Sakan	Left thrust with sword
Ukan	Right thrust with sword
Kasumi	Poor sight technique
Monomi	Lookout technique
Kasa no shita	Under the bamboo hat
Ichi rei	A single bow
Neya no uchi	Inside the bedroom
Hoso michi	Narrow path
Sui getsu	Sternum thrust
Shamen	Side head strike

CHUDAN NO KATA

Ichi riki	A single force
Oshi zume	To drive (against the wall)
Midare dome	Turbulence control
Ushiro zue (Zen)	The rear stick (1st Variation)
Ushiro zue (Zen)	The rear stick (2nd Variation)
Taisha	The wheel that waits
Kengome	To move into the gap
Kiri kake	Aborted cut
Shin - Shin	Constant advance
Raiuchi	Thunderbolt strike
Yoko giri dome	Stopping the lateral cut
Harai dome	Blocking a transversal cut
Seigan	Aiming at the eyes

RAN - AI NO KATA

Ranai (Odachi)	Disorder to harmony
Ranai (Kodachi)	Disorder to harmony

ZEN NIHON KENDO RENMEI JODO KATA

Tsuki zue	Reaching stick
Sui getsu	Sternum thrust
Hissage	To lower, to make drop
Shamen	Side head strike
Sakan	Left thrust with sword
Monomi	Lookout technique
Kasumi	Poor sight technique
Tachi otoshi	To make the sword drop
Rai uchi	Thunderbolt strike
Seigan	Aiming at the eyes
Midare gome	Turbulence control
Ranai	Disorder to harmony