

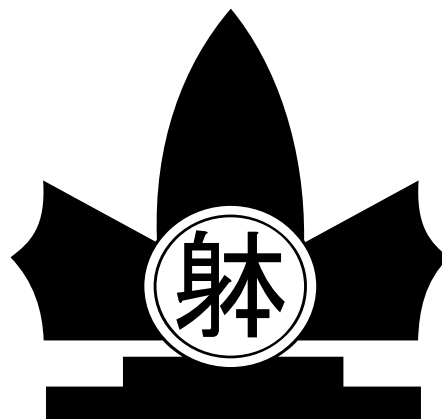
# Taido Kyōhan

*(Taido Instructive Textbook)*

## Volume 3 Other Hokei

Mitsuo Kondo

Translated by  
Alvar Hugosson



Taido Hon'in Publishing Office

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## **Volume 3**

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Alvar Hugosson



Taido Kyōhan (Taido Instructive Textbook) — Other Hokei  
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## *Preface*

Almost 17 years have passed since Taïdo Kyohan was published in Japanese on November 26, 2004. I am very happy that during this period many people, both Taïdo lovers and practitioners of other martial arts, have used this text.

Thanks to the cooperation of project leader Amir Niknam and the translator Alvar Hugosson, this 3<sup>rd</sup> Volume — Other Hokei could be published. I am impressed and truly grateful for all the hard work that has been done to make this text available in English. I also want to thank the World Taïdo Federation for their support in making this possible.

Lastly, I am convinced that this text will be used overseas to deepen the understanding of Taïdo and for the further spread of this art. And as the author I am glad to be able to report to late Seiken Shukumine, the Saiko Shiha and founder of Taïdo, about this achievement.

September 1, 2021

Mitsuo Kondo  
Shuseki Hanshi Hachi Dan  
Nihon Bugei Taïdo Hon'in



## *Acknowledgements*

The joint effort of many has made it possible to translate this historic work. This page will attempt to recognize these people for their great contribution!

### **Translators**

Alvar Hugosson

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## *Editorial Comments*

British English has been chosen for the translation as most of the potential readers are from Europe, and also due to the fact that the translators and proofreaders are from either Europe or Australia.

The Hepburn transcription system for Japanese has been used throughout the book. Macrons (ō, ū) will be used to express long vowel sounds, but for words that have been generally adopted, e.g., Taido, Budo, Judo, Aikido, hokei, etc. a simple, not indicated, spelling will be used. As applicable, both Chinese reading and Japanese reading have been applied.



# Table of Contents

Preface.....	i
Acknowledgements.....	ii
Editorial Comments.....	ii
Table of Contents.....	iv
<b>1 Seigyo — Principles for Overcoming and Applications.....</b>	<b>1</b>
I Passive predominant way to defend.....	1
II The precondition of using arms and legs.....	1
1. The importance of hand techniques.....	1
2. Classification of hand techniques and their meaning.....	2
III The importance of blocking ( <i>uke</i> ) hand techniques.....	5
1. Hand techniques done together with unsoku.....	5
2. Five kinds of hand techniques and pictures.....	5
<b>2 Tensei no Hokei.....</b>	<b>8</b>
1. Structure and contents of Hokei.....	8
2. Sequence and movements.....	8
3. Kidō-sen.....	16
IV The importance of foot/leg techniques (kicks).....	18
1. Foot/leg techniques for defense.....	18
2. Five kinds of foot techniques.....	18
3. Illustrations of parts used in kicks.....	19
<b>3 Chisei no hokei.....</b>	<b>20</b>
1. Structure and contents of Hokei.....	20
2. Sequence and movements.....	20
3. Kidō-sen.....	30
V The importance of elbow techniques (ate).....	32
1. Elbow techniques from <i>sen</i> -movements.....	32
2. Five kinds of elbow techniques and pictures.....	32
3. Gohō-ate (five kinds of ate) practice.....	35
<b>4 Jinsei no hokei.....</b>	<b>37</b>
1. Structure and contents of Hokei.....	37
2. Sequence and movements.....	37
3. Kidō-sen.....	44
<b>5 Sei-i no Hokei.....</b>	<b>45</b>
1. Structure and contents of Hokei.....	45
2. Sequence and movements.....	45
3. Kidō-sen.....	59
<b>6 Taiki &lt;Methods for Breathing&gt; and usage.....</b>	<b>61</b>
I Continuous predominate ways to move.....	61
II The precondition of the body axis and its adaptation.....	61
III The flow of <i>Ki</i> and <i>Taiki Kyūhō</i> .....	61
1. Basic breathing training.....	62
2. Practicing <i>Taiki kyūhō</i> (nine breathing methods).....	65
<b>7 Seimei no hokei.....</b>	<b>66</b>
1. Structure and contents of Hokei.....	66
2. Sequence and movements.....	66
3. Kidō-sen.....	74
<b>8 Katsume no Hokei.....</b>	<b>75</b>
1. Composition and content of hokei.....	75
2. Sequence and movements.....	75
3. Kidō-sen.....	84

<b>9 Enmei no Hokei</b>	<b>85</b>
1. Composition and content of hokei	85
2. Sequence and movements	85
3. Kidō-sen	94
<b>10 Ingen no Hokei</b>	<b>95</b>
1. Structure and content of hokei	95
2. Sequence and movements	95
3. Kidō-sen	107
<b>11 Yōgen no Hokei</b>	<b>108</b>
1. Structure and content of hokei	108
2. Sequence and movements	108
3. Kidō-sen	126
4. Yōgen no Hokei and Poem (5 min 32 sec)	127
<b>12 Kōbō</b>	<b>128</b>
I Jōdan no Kōbō	128
II Chūdan no Kōbō	129
III Gedan no Kōbō	130
<b>Postscript</b>	<b>131</b>



# 1 Seigyo — Principles for Overcoming and Applications

## I Passive predominant way to defend

In the first volume we mentioned that there are five ways to be superior without being controlled. In Taïdo the active defense is based on avoiding attacks by changes of the body axis.

That requires that *unsoku* is used to be better positioned than the opponent and that the change of the body axis creates an advantage against the opponent. That is, as we think of “Taïdo as a martial art with leeway (*yoyū*)” when an opponent attack, if we have leeway, we will be able to defend ourselves by using *unsoku*. Moreover, with less leeway, by only using the change of the body axis one can still position oneself in a superior position.

However, when one does not have any leeway and is not able to position oneself in an advantageous position one must ward off oneself with hands and feet, with *uke*, *harai* or *tori*, etc. In this passive case of defense, it is still important to be in an advantageous position compared to one’s opponent.

## II The precondition of using arms and legs

As hands and feet are used for kicks and punches in the decisive techniques, it might not be possible to dodge these thus it becomes necessary to fend off oneself using hands and feet in *uke* and *harai*, etc.

It is unnecessary to say that hands are used in hand techniques and feet are used in foot techniques for attacks and defense, but in offensive Taïdo techniques these are followed body movements.

Techniques used are mainly *seiken-zuki*, *nukite-sashi*, *shōtei-zuki*, *shutō-ate*, *uraken-uchi*, etc. but in *jissen* other parts can be used as well.

Common content for hand techniques are as follows.

### 1. THE IMPORTANCE OF HAND TECHNIQUES

Hand techniques utilizes the characteristics of the upper limbs and are defined by the methods used for attacking and defensive techniques. In Karate and other martial arts, hand techniques are the most common technique used for attacks and defense, and thus the various kinds of techniques are also very plentiful.

Generally, the techniques used in attacks, the so-called offensive techniques are “punches - *tsuki*”, “blows - *uchi*”, “sticks - *sashi*”, “hits - *ate*”, etc.

Defensive techniques, the so-called protecting techniques are “blocks - uke”, “sweeps - harai”, “stops - tome”, “grabs - tori”, etc.

These techniques are all-natural hand moves, for example, pushing, lifting luggage, pulling things, grabbing and holding down, brushing of bugs, things that we do daily. Adding power and speed to these moves, we make them into techniques.

Moreover, in order to practice hand techniques properly it is important to understand the close relation between movements, structure, functional capability, positions, etc., of the upper extremities. This will enable you to achieve full effect of the techniques.

For example, the movement of flexing and extending the arm and the speed of attack, forward backward and lateral movements of the arms and the strength of defensive moves. The relation of defensive moves and the flexion of the elbow. How to utilize the snappy movements of the wrist joint to increase the effect of techniques. That is, to apply the characteristic features of the upper extremities in techniques.

Another thing to pay attention to is that within the range in which the arm can reach with the shoulder as the center, there are many easily reachable vital points that can be attacked. Taking this into consideration, there are suitable positions to hold the upper extremities to defend these points.

Like this, it is important to understand that there are many characteristics for hand techniques, how to learn to use them in applied situation, and to utilize the wide range of the body for effective attacks and defense techniques.

## 2. CLASSIFICATION OF HAND TECHNIQUES AND THEIR MEANING

### (1) CLASSIFICATION OF HAND TECHNIQUES

Generally, the purpose, method, movement and condition of the techniques are the base for classification. However, in Taido these are all regulated by the five body movements, and thus not suitable for a classification like punches, blows, hits, stabs, etc. Therefore, an offensive Taido technique that utilize the principle of attack and defense at once, can be classified as follows:

- |  |   |  |
|--|---|--|
| 1) <i>Sentai zuki</i> ( <i>uchi, ate</i> ) | — | <ul style="list-style-type: none"><li>1. <i>Sentai chokujō zuki</i></li><li>2. <i>Sentai tegatana/shutō uchi</i></li><li>3. <i>Sentai tetchū ate</i> (elbow technique)</li><li>4. <i>Sentai gyakusen ate</i> (elbow technique)</li></ul> |
| 2) <i>Untai zuki</i>                       | — | <ul style="list-style-type: none"><li>1. <i>Untai eji zuki</i></li><li>2. <i>Untai hien zuki</i></li></ul>   |
| 3) <i>Tentai zuki</i>                      | — | <ul style="list-style-type: none"><li>1. <i>Tentai haizen/kō-ten zuki</i></li><li>2. <i>Tentai ude zen/kō-ten zuki</i></li><li>3. <i>Tentai chū zen/kō-ten zuki</i></li><li>4. <i>Tentai chū nenten zuki</i></li></ul>                   |

\* As for *Hentai* and *Nentai*, *tsuki* or *ate*, etc., developed from these movements could be created and become recognized as new techniques.

## (2) GENERAL MEANING OF HAND TECHNIQUES USED FOR ATTACKS

### 1) TSUKI/-ZUKI (PUNCHING) TECHNIQUES

For *tsuki* (punching) techniques the left and right side of the chest (the position for *hikite*) or the front of the chest are used as starting points, and forward movement of the arm is used for spear like punching movements using fists (*seiken*) as in picture 1, knuckles (*oniken/kōken*) as in picture 2 as parts for attacking techniques.

### 2) UCHI (HAMMERING) TECHNIQUES

*Uchi* (hammering) techniques are mainly started from the left or right side of the head, or the left or right side of the chest. Moving the lower arm in a pendular movement, using *shutō/teगतana* as in picture 3, *minete* as in picture 4 as parts in hammer like blows for attacking techniques.

### 3) SASHI (STABBING) TECHNIQUES

*Sashi* (stabbing) techniques utilize mainly the left or right side of the chest, or the left or right upper shoulder part, or the front of the chest as starting points for the extension movement of the arm with *nukite* as in picture 5 or *kumade* as in picture 6 as parts for spear like stabbing attacks.

### 4) ATE (HITTING) TECHNIQUES

*Ate* (hitting) techniques are mainly started from the upper or lower part, or the left or right side of the head. Moving the lower arm in a pendular movement, using *kote* (forearm) as in picture 7, *empi* as in picture 8 as parts in bar or pole hitting attacks.



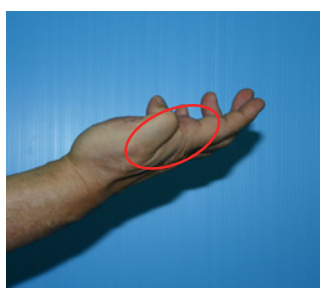
Picture 1 (Seiken)



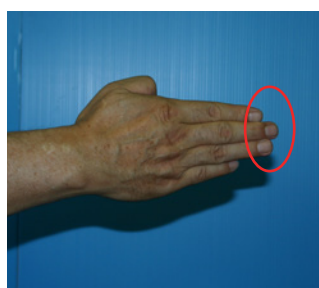
Picture 2 (Oniken)



Picture 3 (Shutō)



Picture 4 (Minete)



Picture 5 (Nukite)



Picture 6 (Kumade)





Picture 7 (Kote)



Picture 8 (Empi)

### (3) GENERAL MEANING OF HAND TECHNIQUES USED FOR DEFENSE

#### 1) UKE (BLOCKING) TECHNIQUES

*Uke* (blocking) techniques are mainly generated from the upper left or right shoulder part, left or right armpits, upper or lower part of the body, or left or right chest, using the pendular movement of the arm utilizing parts like *uchi kote* (inside of the forearm) as in picture 1, or *soto kote* (outside of the forearm) as in picture 2, in upwards, downwards, left or right blocks on the striking line to defend against opponent's attacks.



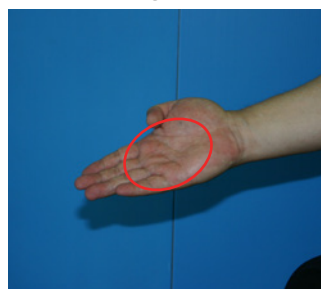
Picture 1 (Uchi kote)



Picture 2 (Soto Kote)

#### 2) HARAI (SWEEPING) TECHNIQUES

*Harai* (sweeping) techniques are mainly generated from upper or lower part of the body or left or right chest, using the pendular movement of the arm utilizing parts like *hirate* (flat open hand) as in picture 3, or *shōtei* as in picture 4, in upwards, downwards, left or right sweeps on the striking line to defend against opponent's attacks.



Picture 3 (Hirate)



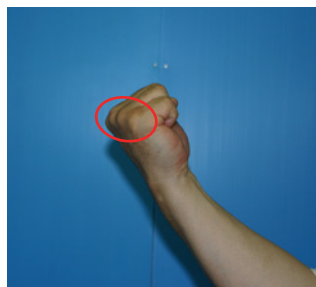
Picture 4 (Shōtei)

#### 3) TOME (STOPPING) TECHNIQUES

*Tome* (stopping) techniques are mainly generated from left or right upper shoulder, left, right or front of the chest, using the forward movement of the arms utilizing parts like *oniken/kōken*, *koken/kotsui* as in picture 5, or *uraken* as in picture 6, to stop the opponent's attacks by a movement in the direct opposite direction of the attack.



Picture 5 (Koken/kotsui)



Picture 6 (Uraken)

#### 4) TORI (GRABBING) TECHNIQUES

Tori (grabbing) techniques are mainly generated from upper or lower part of the body, left or right chest, or the left or right upper shoulder part using the pendular movement of the arm utilizing parts like *hirate* to grab the attacking arm from the left, right, above or below on the striking line to defend against opponent's attacks.

### III The importance of blocking (*uke*) hand techniques

#### 1. HAND TECHNIQUES DONE TOGETHER WITH UNSOKU

To block the opponent's attacks on the spot puts the focus of both the defender and the attacker on that spot. In Taido by using *unsoku* and *unshin* continuously to develop attacks and defending moves it is not necessary to make a block (*uke*) in the traditional way with arms and feet. However, when mutually controlling each other and there is no time to use changes of the body to defend an attack, it becomes necessary to use *uke* (blocks). In that case, it is important to practice each kind linked with *unsoku*.

For example, it is important to practice *uchi/soto uke* or *torite* linked with *kō-soku* or *ka-soku*, or *uchi/soto uke*, *torite uke*, *age uke* or *harai uke* linked with *tai-soku* or *gen-soku*, depending on the opponent's condition.

#### 2. FIVE KINDS OF HAND TECHNIQUES AND PICTURES

##### Explanation:

The starting point, or the point the move is generated from, is the place where the hand movement in attacking or defending moves starts from. Left or right side of the chest is the area around the place for the *hiki-te*, the front of the chest is the area in front of the sternum, left or right side of the head (upper part) is the area besides the left or right ear, on top of the left or right shoulder is the area one put the hand on top of the shoulder where *honte* is placed when doing *kamae* (Volume 1, p. 93), and left or right axilla is the area of the armpit.

#### (4) JŌDAN AGE UKE

Together with various *unsoku* (picture shows position after *tai-soku* is done) against an opponent's attack against the head — upper chest, as in picture 1, while pushing forward the right *soe-te*, pull the left hand back

to the position of *hiki-te*, and from there generate the move by pulling the stretched right *soe-te* back to the position of *hiki-te*, while you use the left arm in a pendulum move, and as in picture 2, use the *hidari uchi-kote* (inside of the left forearm) by raising it upwards to block the striking attack.



Picture 1



Picture 2

#### (5) CHŪDAN SOTO UKE

Together with various *unsoku* (picture shows position after *tai-soku* is done) against an opponent's attack against the mid body, as in picture 1, while pushing forward the right *soe-te*, stick the opposite left hand under the right armpit (the axilla) palm of the hand facing down, and from there generate the move while pulling the stretched *soe-te* back to the position of *hiki-te*, while you use the left arm in a pendulum move, and as in picture 2, use the *hidari soto-kote* (outside of the left forearm) by sweeping it outwards to the left to block the striking attack.



Picture 1



Picture 2

#### (6) CHŪDAN UCHI UKE

Together with various *unsoku* (picture shows position after *tai-soku* is done) against an opponent's attack against the mid body, as in picture 1, while pushing forward the left *soe-te*, pull the right hand back to a position outside the head (besides the ear), and from there generate the move while pulling the stretched *soe-te* back to the position of *hiki-te*, at the same time as you use the right arm in a pendulum move, and as in picture 2, use the right *uchi-kote* sweeping it inwards to sweep/block the striking attack.



Picture 1



Picture 2

### (7) CHŪDAN TORITE UKE

Together with various *unsoku* (picture shows position after *tai-soku* is done) against an opponent's attack against the mid body, as in picture 1, while pushing forward the left *soe-te*, pull the right hand back to a position on top of the left shoulder (as done when doing a *ge-* or *chūdan gamae*), and from there generate the move while pulling the stretched *soe-te* back to the position of *hiki-te*, at the same time use the right arm in a pendulum move, as in picture 2, use the right *hirate* sweeping it outwards to grab and hold the striking attack.



Picture 1



Picture 2

### (8) GEDAN-BARAI UKE

Together with various *unsoku* (picture shows position after *tai-soku* is done) against an opponent's kicking or striking attack against the lower body, as in picture 1, while pushing forward the left *soe-te*, pull the right hand back to a position on top of the left shoulder (as done when doing a *ge-* or *chūdan gamae*), and from there generate the move while pulling the stretched *soe-te* back to the position of *hiki-te*, at the same time use the right arm in a pendulum move, as in picture 2, sweep the right *hirate* down and outwards to block the attack.



Picture 1



Picture 2



## 2 Tensei no Hokei

### 1. STRUCTURE AND CONTENTS OF HOKEI

*Tensei no Hokei* is one of the three (3) “-sei” hokei; *Ten*, *Chi*, and *Jin*. Its structure and content are as follows.

- (1) The timing of attack mainly practiced in this hokei is *go no sen*, but also *sen no sen* (Volume 1, Chapter 21).
- (2) “*Ten*” (heaven) refers technically to “hand techniques” and includes defense against hand techniques in the form of the Five Forms of Hand Blocks (*Uke go tai*): *Chūdan soto-uke*, *Chūdan uchi-uke*, *Chūdan torite-uke*, *Gedan harai-uke*, *Jōdan age-uke* which are used in this hokei.

### 2. SEQUENCE AND MOVEMENTS

East is where you are facing when starting a hokei.

- (1) EAST: Stand in *heisoku-dachi* on *kidō-ten* [Picture 1]. Sit in *seiza* in a set manner [Picture 2] (sitting facing east.)
- (2) EAST: Follow the set manner to do *zarei* [Picture 3].



Picture 1



Picture 2



Picture 3

- (3) EAST: Get into *migi* (right) *gedan-gamae* [Picture 4]. Right (front) foot on *kidō-ten*.
- (4) EAST: While looking back, turn around (to the west) and do *morote age-uke* (left hand closest to the body) [Picture 5]. The body in *hidari* (left) *aji-dachi* facing backward (west), rear foot on *kidō-ten*.
- (5) WEST: While pulling the left leg back (to the east) and getting into *hidari gedan-gamae*, turn both hands clockwise (supinate the right forearm, pronate the left forearm) and do *morote nage* [Picture 6]. The body in *hidari eji-dachi* facing forward (east), right foot on *kidō-ten*.
- (6) EAST: Do *morote soto-uke* and at the same time do *migi shōmen-geri* [Picture 7]. While pulling back the right kicking leg into *hidari eji-dachi* do *morote gedan-barai* [Picture 8]. The body in *hidari eji-dachi* facing forward (east), right foot on *kidō-ten*.



Picture 4



Picture 5



Picture 6



Picture 7



Picture 8

- (7) EAST: Bring the right leg forward (east) towards the left leg and stand up in *heisoku-dachi* [Picture 9].
- (8) NORTH: *Chakugan* left (north) while moving the right leg to the right (south) into *hidari chūdan-gamae* [Picture 10]. Body facing north with the left (front) foot on *kidō-ten*.
- (9) NORTH: Do *hidari sentai-chokujō-zuki* [Picture 11]. The body in right *aji-dachi* right hand as *hikite*.
- (10) NORTH: While looking back, turn around (to the south) and do *hidari gedan-barai* [Picture 12]. The body in *hidari eji-dachi* facing south.



Picture 9



Picture 10



Picture 11



Picture 12

- (11) SOUTH: Do *tai-soku* towards the north while doing *migi chūdan soto-uke* [Picture 13]. The body in *migi kōkutsu-dachi* left hand as *hikite* facing south.
- (12) SOUTH: Do *hidari untai-shōmen-geri-zuki* [Picture 14]. The body facing south in *hidari eji-dachi*.
- (13) EAST: While looking to the left (east), bring the right leg forward next to the left leg and stand up in *heisoku-dachi* [Picture 15].



Picture 13



Picture 14



Picture 15

- (14) SOUTH: Do the same as indicated in (8) to (12) on the opposite side [Pictures 16 to 20].



Picture 16



Picture 17



Picture 18



Picture 19



Picture 20

- (15) EAST: While looking to the right (east) move the left foot forward to the right and then back on the western-plane into *migi chūdan-gamae* [Picture 21]. The right (front) foot on the initial *kidō-ten* facing east.
- (16) Do applied *ka-soku* (only pull the right leg back 1/3 and move the left leg 45 degrees forward) towards the southeast doing *migi chūdan soto-uke* [Picture 22]. Continue with *migi sentai-chokujō-zuki* [Picture 23]. The body in *hidari eji-dachi* facing southeast, left hand as *hikite*.
- (17) SOUTHEAST: Pull the left foot back (*tai-soku*) and get into *migi chūdan-gamae* [Picture 24]. The body facing southeast in *migi kōkutsu-dachi*.



Picture 21



Picture 22





Picture 23



Picture 24

- (18) SOUTHEAST: Do *gen-soku* to move back to the east into *hidari chūdan-gamae* [Picture 25]. Forward foot on the forward *kidō-ten*.  
 (19) EAST: Do *hentai-ebi-geri* [Picture 26], pull back the kicking leg to the original position and do *hidari chūdan-gamae* [Picture 27].



Picture 25



Picture 26



Picture 27

- (20) EAST: Do the same as indicated in (6) to (19) on the opposite side [Pictures 28 to 33].



Picture 28



Picture 29



Picture 30



Picture 31



Picture 32



Picture 33

- (21) WEST: Look right (west) and while moving the right leg forwards (to the east) turn around (west) do *migi chūdan-torite-uke* [Picture 34]. *Migi kōkutsu-dachi* with left hand as *soete*.  
 (22) While taking another step back (*tai-soku* to the east) do *hidari chūdan-torite-uke* [Picture 35]. The body facing west in *hidari kōkutsu-dachi*



and right hand as *soete*.

- (23) WEST: Do *migi shittō-ate* [Picture 36]. *Ki-ai*. Moreover, pull the hitting leg back to its original position and get into *hidari eji-dachi* [Picture 37]. The body facing west in *hidari eji-dachi*, right hand as *hikite*.



Picture 34



Picture 35



Picture 36



Picture 37

- (24) WEST: Do the same as indicated in (4) to (7) but on the opposite side [Pictures 38 to 42]. The body facing west in *heisoku-dachi*.



Picture 38



Picture 39



Picture 40



Picture 41



Picture 42

- (25) WEST: Look left (south) and move the right leg to the right, while facing left (south) get into *hidari chūdan-gamae* [Picture 43]. Forward foot on the forward *kidō-ten*.
- (26) SOUTH: Do *hidari sentai-chokujō-zuki* [Picture 44]. The body facing west in *migi eji-dachi*, right hand as *hikite*.
- (27) NORTH: Look back (north) and do *hidari gedan-barai* [Picture 45] while getting into *oji-dachi*. The body facing north.



Picture 43



Picture 44



Picture 45

(28) NORTH: While taking a step back (*tai-soku*), do *migi chūdan uchi-uke* [Picture 46]. The body facing north in *migi kōkutsu-dachi*, left hand in the position for *uchi-uke soete*.

(29) NORTH: Do *hidari untai-shōmen-geri-zuki* [Picture 47]. The body facing north.

(30) Turn left (west) and move the right leg back towards the left leg and stand up in *heisoku-dachi* [Picture 48].



Picture 46



Picture 47



Picture 48

(31) Repeat steps (25) to (29) at the opposite side [Pictures 49 to 53].



Picture 49



Picture 50



Picture 51



Picture 52



Picture 53

(32) EAST: While looking to the right (east) move the left foot forward to the right and then back on the western-plane into *migi chūdan-gamae* [Picture 54]. The right (front) foot on the initial *kidō-ten* facing east.

- (33) NORTHEAST: Do *gen-soku*, and while getting into *hidari kōkutsu-dachi* facing northeast, do *hidari jōdan age-uke* [Picture 55]. The body in left *aji-dachi* right hand as *hikite*.
- (34) SOUTHWEST: On the spot, turn around (to the southwest) while doing *morote nage* and get into *migi eji-dachi* [Picture 56].



Picture 54



Picture 55



Picture 56

- (35) SOUTHWEST: Look back (northeast) and turn around into *hidari chūdan-gamae* [Picture 57].
- (36) NORTHEAST: Do *gen-soku*, and while getting into *migi kōkutsu-dachi* to *migi chūdan torite-uke* [Picture 58].
- (37) WEST: While moving the left (rear) leg forward, turn around (to the west) and while getting into *migi eji-dachi* do *morote nage* [Picture 59]. The body in *migi* (right) *aji-dachi*.



Picture 57



Picture 58



Picture 59

- (38) EAST: Look over your left shoulder and while facing forward (east) get into *hidari chūdan-gamae* [Picture 60].
- (39) EAST: Do the same as indicated in (33) to (35) on the opposite side [Pictures 61 to 63].



Picture 60



Picture 61





Picture 62



Picture 63

- (40) SOUTHEAST: Do *gen-soku* back to *kidō-ten* and while getting into *hidari kōkutsu-dachi* do *hidari chūdan torite-uke* [Picture 64]. Continue with *hidari sentai-chokujō-zuki* [Picture 65]. *Ki-ai*.
- (41) EAST: Do *tai-soku* to *hidari chūdan-gamae* [Picture 66]. The left foot (front) on the initial *kidō-ten*.



Picture 64



Picture 65



Picture 66

- (42) EAST: Get into *migi gedan-gamae* [Picture 67].
- (43) EAST: Follow the set manner to do *seiza* [Picture 68].
- (44) EAST: Follow the set manner to do *zarei* [Picture 69].
- (45) EAST: Follow the set manner to dismiss (*kaitai*).



Picture 67



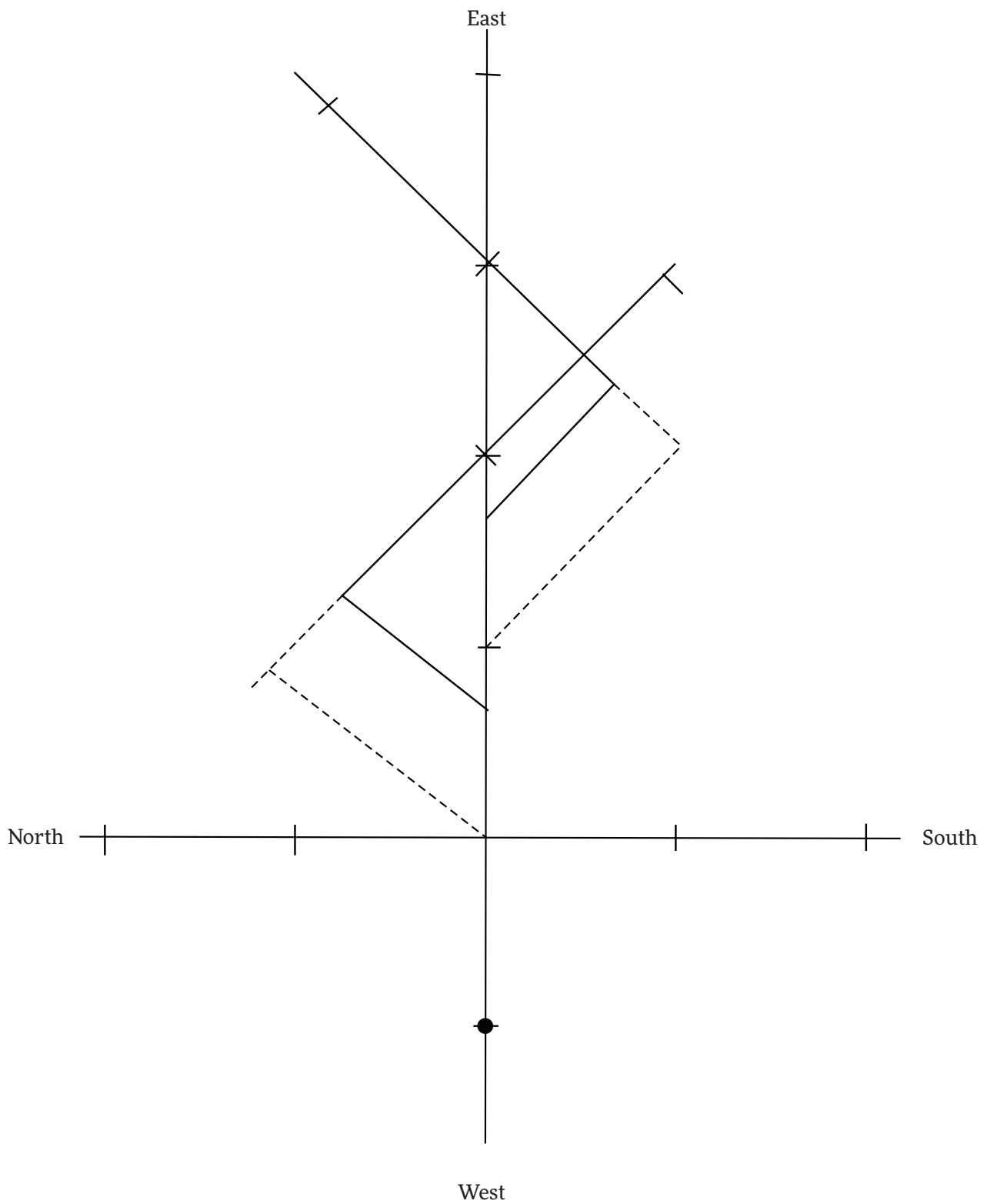
Picture 68



Picture 69

(First half)

Solid line = *Kidō-sen*

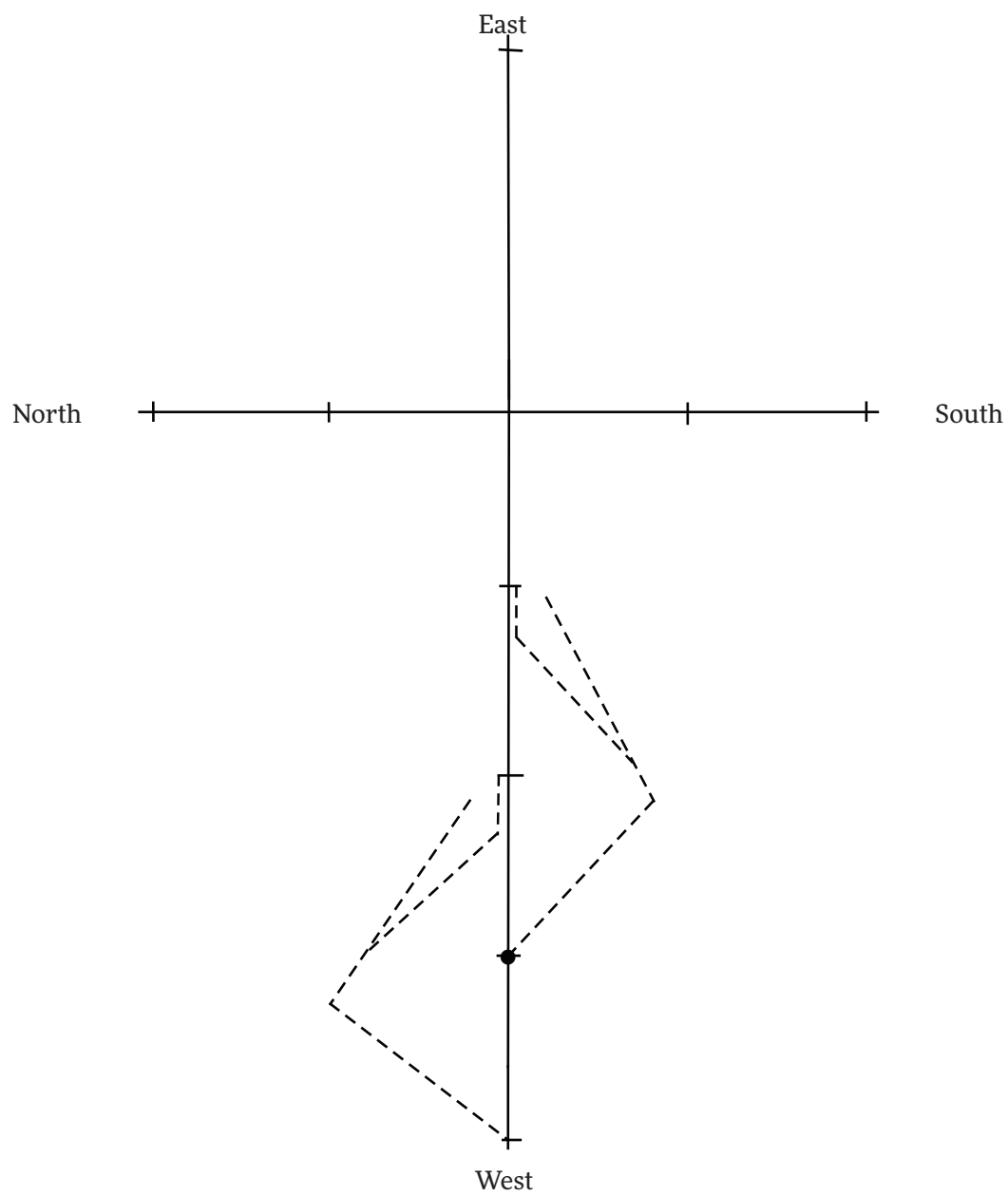


(Second half)

● = *Kidō-ten*

Solid line = *Kidō-sen*

Dashed line = *Gen-soku*



## IV The importance of foot/leg techniques (kicks)

### 1. FOOT/LEG TECHNIQUES FOR DEFENSE

Kicking techniques can be classified in kicks from or towards the front, side, oblique or slanted, back, and midair. This classification is based on the direction of the kick, the leg, but just kicking in that direction is not sufficient.

For a decisive kick the opponent's condition has to be considered, and in Taïdo a kick has to be done after doing *unsoku* and *sōtai* (how to change the body axis) in a continuous move.

For example, in the *sen*-technique group, *sentai shajō-geri* or *kaijō-geri* kicks are done with the body spinning like a top and while letting the upper body fall to avoid getting hit. That is, kicking technique with attack and defense at once. Of course, for *kaijō-geri* to protect the head and the lower body both hands are necessary for protection.

For the *un*-technique group, in *untai shōmen-geri* defense is performed with the hand and leg, *sansetsu-ittai* (three joints combined), and with the body changing up and down, attack and defense are done at once. Of course, also for the *hien-geri* group it is important to use the hand(s) to protect the upper and/or lower body depending on the state of the technique.

In the *hen*-technique group, for *hentai ebi-geri*, *manji-geri* and *suihei-geri*, etc., by letting the body fall like a tree, the kick is done combining attack and defense.

In the *nen*-technique group, for *nentai hangetsu-ate* or *shajō-geri*, etc., by changing the body in a swirling move attack and defense are done at once.

In the *ten*-technique group, for each kicking technique, by making the body tumble attack and defense are done at once.

Foot techniques can also be classified depending on the part of the foot that is used in the kick: *koshi* (ball of the foot), *sokutō* (outer edge of the foot), *hokosaki* (spearhead, toe tip), *sokkō* (foot instep) or *enshō* (heel), etc. However, for kicks in Taïdo the classification is based on the five body movements during which the kick is performed.

### 2. FIVE KINDS OF FOOT TECHNIQUES

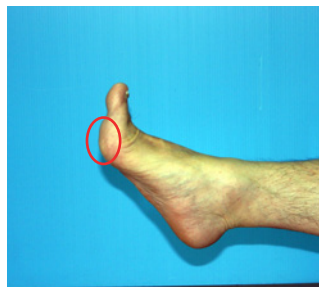
The names within parentheses ( ) are the names of the part of the foot mainly used for that technique.

- |                                 |   |   |
|---------------------------------|---|---|
| (1) <i>Sentai geri</i>          | ┌ | 1. <i>Sentai shajō geri</i> ( <i>koshi</i> , <i>sokkō</i> )                 |
| (kicks in the <i>sen</i> group) |   | 2. <i>Sentai kaijō geri</i> ( <i>koshi</i> , <i>sokkō</i> )                 |
| (2) <i>Untai geri</i>           | ┌ | 1. <i>Untai shōmen geri</i> ( <i>koshi</i> , <i>hokosaki</i> )              |
|                                 |   | 2. <i>Untai hien geri</i> ( <i>koshi</i> , <i>sokutō</i> , <i>enshō</i> )   |
|                                 |   | 3. <i>Untai fujō geri</i> ( <i>koshi</i> , <i>sokutō</i> , <i>enshō</i> )   |
|                                 |   | 4. <i>Untai gajō geri</i> ( <i>koshi</i> , <i>hokosaki</i> , <i>enshō</i> ) |
|                                 |   | 5. <i>Untai fumi ate</i> ( <i>koshi</i> , <i>enshō</i> )                    |

- (3) Hentai geri —
  - 1. Hentai ebi geri (enshō)
  - 2. Hentai suihei geri (sokutō, ensō)
  - 3. Hentai gyakujō geri (koshi, ensō)
  - 4. Hentai manji geri (koshi, sokkō)
  - 5. Hentai senjō geri (ensō)
  - 6. Hentai kaeshi geri (sokutō, ensō)
  - 7. Hentai moroashi geri (ensō, koshi)
  
- (4) Nentai geri —
  - 1. Nentai hangetsu ate (ensō)
  - 2. Nentai manji geri (koshi, sokkō)
  - 3. Nentai shajō geri (koshi, sokkō)
  
- (5) Tentai geri —
  - 1. Tentai hai zen (kō) ten geri (ensō, koshi, sokkō, sokutō)
  - 2. Tentai ude zen (kō) ten geri (ensō, koshi, sokkō, sokutō)
  - 3. Tentai sokuten-geri (ensō, koshi, sokkō, sokutō)
  - 4. Tentai chū zen (kō) ten geri (ensō, koshi, sokkō, sokutō)
  - 5. Tentai nen-chū zen (kō) ten geri (ensō, koshi, sokkō, sokutō)

### 3. ILLUSTRATIONS OF PARTS USED IN KICKS

Only the most used parts are explained.



Picture 1 (Koshi)



Picture 2 (Sokkō)



Picture 3 (Hokosaki)



Picture 4 (Sokutō)



Picture 5 (Enshō)



### 3 Chisei no hokei

#### 1. STRUCTURE AND CONTENTS OF HOKEI

*Chisei no Hokei* is one of the three (3) “-sei” hokei; *Ten*, *Chi*, and *Jin*. Its structure and content is as follows.

- (1) The timing of attack mainly practiced in this hokei is *go no sen*, but also *sen no sen* (Volume 1, Chapter 21).
- (2) “*Chi*” (earth) refers technically to “Foot/leg techniques” and includes defense against foot techniques in the form of the Five Forms of Blocks of Foot Techniques (*Uke Go Tai* for foot techniques): *Jōdan morote-hasami-tome-uke*, *Gedan motote-osae-tome-uke*, *Shōtei-harai-uchi-uke*, *Uraken tome-uke*, and *Senagashi-uke* which are used in this hokei.

#### 2. SEQUENCE AND MOVEMENTS

East is where you are facing when starting a hokei.

- (1) EAST: Stand in *heisoku-dachi* on *kidō-ten* [Picture 1]. Sit in *seiza* in a set manner [Picture 2]. Sitting facing east.
- (2) EAST: Follow the set manner to do *zarei* [Picture 3].



Picture 1



Picture 2



Picture 3

- (3) EAST: Get into *migi* (right) *gedan-gamae* [Picture 4]. Right (front) foot on *kidō-ten*.
- (4) EAST: While looking back, turn around (to the west) and do *jōdan morote hasami tome-uke* (left hand supporting the open right hand) [Picture 5]. The body in *hidari* (left) *aji-dachi* facing backward (west), rear foot on *kidō-ten*.



Picture 4



Picture 5



Picture 6

- (5) WEST: While pulling the left leg back (to the east) and getting into *aji-dachi* do *hirate-sukui-dori* [Picture 6] and from there do *morote-jōdan-sasae-uke* [Picture 7]. The body in *hidari aji-dachi* facing forward (east), right foot on *kidō-ten*.
- (6) EAST: Bring the right leg forward (east) to the left leg and stand

up in *heisoku-dachi* [Picture 8].

- (7) NORTH: Look left (north) while moving the right leg to the right (south) into *hidari chūdan-gamae* [Picture 9]. Body facing north with the left (front) foot on *kidō-ten*.



Picture 7



Picture 8



Picture 9

- (8) NORTH: Do *untai-shōmen-geri* [Picture 10], and while pulling back the kicking foot do *senagashi-uke* [Picture 11]. The body in *chokushin no tai* right hand as *hikite*.
- (9) NORTH: Do *sentai-chokujo-zuki* [Picture 12]. The body in *migi* (right) *aji-dachi* right hand as *hikite*.



Picture 10



Picture 11



Picture 12

- (10) NORTH: Look over your left shoulder and while facing the opposite side (south) do *morote gedan osae-tome-uke* [Picture 13]. The body facing south in *hidari* (left) *aji-dachi*.
- (11) SOUTH: Do *tai-soku* towards the north while doing *migi chūdan-gamae* [Picture 14]. The right foot (front) on the forward *kidō-ten*.
- (12) SOUTH: Do *hidari untai-shōmen-geri-zuki* [Picture 15]. The body in *hidari aji-dachi* facing south.



Picture 13



Picture 14



Picture 15

- (13) EAST: While looking to the left (east), bring the right leg forward next to the left leg and stand up in *heisoku-dachi* [Picture 16].
- (14) SOUTH: Do the same as indicated in (7) to (12) on the opposite side

[Pictures 17 to 23].



Picture 16



Picture 17



Picture 18



Picture 19



Picture 20



Picture 21



Picture 22



Picture 23

- (15) EAST: While looking to the right (east) move the left foot forward to the right and then back on the western-plane into *migi chūdan-gamae* [Picture 24]. The right (front) foot on the initial *kidō-ten* facing east.
- (16) SOUTHEAST: Do applied *ka-soku* (only pull the right leg back 1/3, move the left leg 45 degrees forward, and the right leg 15 degrees towards the east) towards the southeast ending in *migi chūdan-gamae* [Picture 25]. From there move the right leg 15 degrees to the south and while getting into *fudō-dachi* do *migi shōtei-harai uchi-uke* [Picture 26]. The body facing southeast in *fudō-dachi* left hand as *hikite*.



Picture 24



Picture 25



Picture 26



- (17) SOUTHEAST: Stick the left leg forward (*sashi-komu*) and while getting into *ryūnen-dachi* do *migi hiji-yoko-ate* [Picture 27]. Continue with *migi ura-ken-ate* [Picture 28]. Body facing southeast in *ryūnen-dachi*.
- (18) SOUTHEAST: Pull the left foot back (*tai-soku*) and get into *migi chūdan-gamae* [Picture 29]. The body facing southeast in *migi kōkutsu-dachi*.



Picture 27



Picture 28



Picture 29

- (19) SOUTHEAST: Do *migi sentai-chokujo-zuki* [Picture 30]. The body facing southeast in *hidari eji-dachi* left hand as *hikite*.
- (20) SOUTHEAST: Pull the left foot back (*tai-soku*) and get into *migi chūdan-gamae* [Picture 31]. The body facing southeast in *migi kōkutsu-dachi*.
- (21) SOUTHEAST: Do *gen-soku* to move back to the east into *hidari chūdan-gamae* [Picture 32]. Forward foot on the forward *kidō-ten*.



Picture 30



Picture 31



Picture 32

- (22) EAST: Do *migi hentai-kake-kuzushi* [Picture 33], pull back the hooking leg to the original position while getting into *hidari chūdan-gamae* [Picture 34].



Picture 33



Picture 34

(23) EAST: Do the same as indicated in (16) to (22) on the opposite side [Pictures 35 to 44].



Picture 35



Picture 36



Picture 37



Picture 38



Picture 39



Picture 40



Picture 41



Picture 42



Picture 43



Picture 44

(24) WEST: Look right (west) and while moving the right leg backwards (to the west) do *migi gedan harai-uke* [Picture 45]. The body facing west in *migi kōkutsu-dachi* left hand as *hikite*.

(25) While taking another step back (*tai-soku* to the east) do *hidari gedan harai-uke* [Picture 46]. The body facing west in *hidari kōkutsu-dachi* right hand as *hikite*.

(26) WEST: Do *migi shittō-ate* [Picture 47]. *Ki-ai*. Pull the hitting leg back to its original position and get into *hidari eji-dachi* [Picture 48]. The body facing west in *hidari gedan-gamae*.



Picture 45



Picture 46



Picture 47



Picture 48

(27) WEST: Do the same as indicated in (4) to (6) but on the opposite side [Pictures 49 to 52]. The body facing west in *heisoku-dachi*.



Picture 49



Picture 50

1



Picture 51



Picture 52

(28) WEST: Look left (south) and move the right leg to the right, while facing left (south) get into *hidari chūdan-gamae* [Picture 53]. Forward foot on the forward *kidō-ten*.

WEST: Do *migi untai-shōmen-geri* [Picture 54], pull back the kicking to the original position while doing *senagashi-uke* [Picture 55]. The body facing south in *chokushin no tai*, right hand as *hikite*.



Picture 53



Picture 54



Picture 55

(29) SOUTH: Do *hidari sentai-chokujō-zuki* [Picture 56]. The body facing west in *migi eji-dachi*, right hand as *hikite*.

(30) SOUTH: Look over your left shoulder and while facing the oppo-



site side (north) in *hidari eji-dachi* do *morote gedan osae-tome-uke* [Picture 57]. The body facing north in *hidari eji-dachi*.

(31) NORTH: While taking a step back (*tai-soku*), do *migi uraken-tome-uke* [Picture 58]. The body facing north in *migi kōkutsu-dachi* left hand as *hikite*.

(32) NORTH: Do *hidari untai-shōmen-geri-zuki* [Picture 59]. The body facing north.



Picture 56



Picture 57



Picture 58

(33) NORTH: Turn left (west) and move the right leg back to the left leg and stand up in *heisoku-dachi* [Picture 60].



Picture 59



Picture 60

(34) WEST: Do the same as indicated in (28) to (33) on the opposite side [Pictures 61 to 67].



Picture 61



Picture 62



Picture 63



Picture 64



Picture 65



Picture 66



Picture 67

- (35) EAST: While looking to the left (east) move the left foot forward to the right and then back on the western-plane into *migi chūdan-gamae* [Picture 68]. The right (front) foot on the initial *kidō-ten* facing east.
- (36) EAST: Do *gen-soku*, and while getting into *hidari kōkutsu-dachi* facing northeast, do *hidari gedan harai-uke* [Picture 69]. The body in *hidari kōkutsu-dachi* right hand as *hikite*.
- (37) NORTHEAST: Do *hidari chūdan soto-uke* [Picture 70]. The body in *hidari kōkutsu-dachi* right hand as *hikite*.



Picture 68



Picture 69



Picture 70

- (38) NORTHEAST: Do *senagashi-uke* [Picture 71]. The body facing northeast in *chokushin no tai* right hand as *hikite*.
- (39) NORTHEAST: Get into *migi chūdan-gamae* [Picture 72]. The body facing northeast in *hidari kōkutsu-dachi*.
- (40) NORTHEAST: Do *gen-soku*, and while getting into *migi kōkutsu-dachi* to *migi chūdan torite-uke* [Picture 73]. The right (front) foot on the initial *kidō-ten* facing east.



Picture 71



Picture 72



Picture 73

- (41) EAST: While moving the left (rear) leg forward, turn around (to the west) and while getting into *migi eji-dachi* do *morote nage* [Picture 74]. The body facing west in *migi* (right) *oji-dachi*.
- (42) WEST: Look over your left shoulder and while facing forward



(east) get into *hidari chūdan-gamae* [Picture 75].



Picture 74



Picture 75

(43) EAST: Do the same as indicated in (37) to (40) on the opposite side [Pictures 76 to 79].



Picture 76



Picture 77



Picture 78



Picture 79

(44) SOUTHEAST: Do *gen-soku* back to the initial *kidō-ten* and while getting into *hidari kōkutsu-dachi* do *hidari chūdan soto-uke* [Picture 80]. Continue with *hidari sentai-chokujō-zuki* [Picture 81].  
Ki-ai

(45) EAST: Do *tai-soku* to *hidari chūdan-gamae* [Picture 82]. The left foot (front) on the initial *kidō-ten*.



Picture 80



Picture 81



Picture 82

- (46) EAST: Get into *migi gedan-gamae* [Picture 83].  
(47) EAST: Follow the set manner to do *seiza* [Picture 84].  
(48) EAST: Follow the set manner to do *zareai* [Picture 85].  
(49) EAST: Follow the set manner to dismiss (*kaitai*).



Picture 83



Picture 84



Picture 85

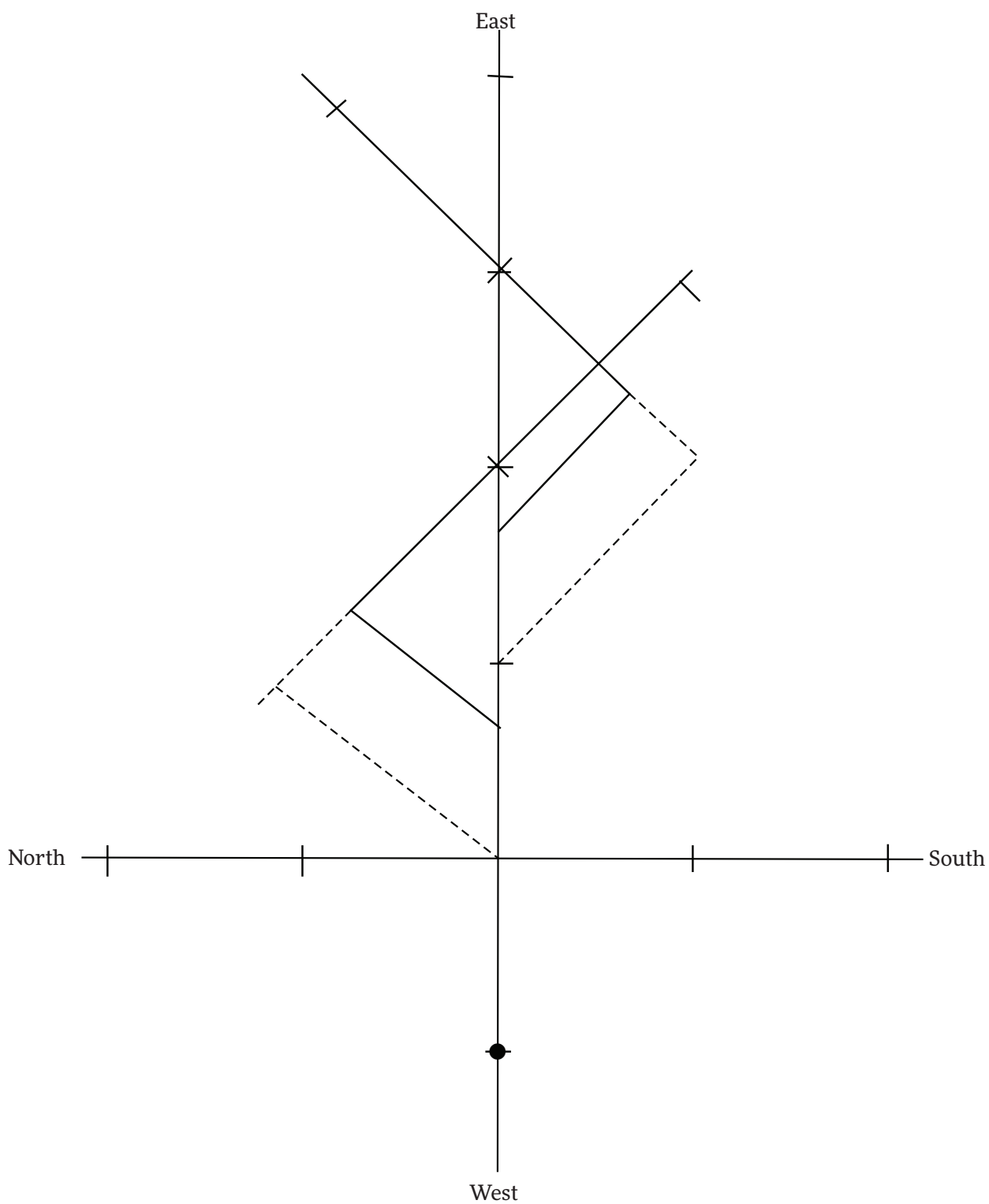
### 3. KIDŌ-SEN

(First half: Steps 1 - 26)

● = *Kidō-ten*

Solid line = *Kidō-sen*

Dashed line = *Gen-soku*

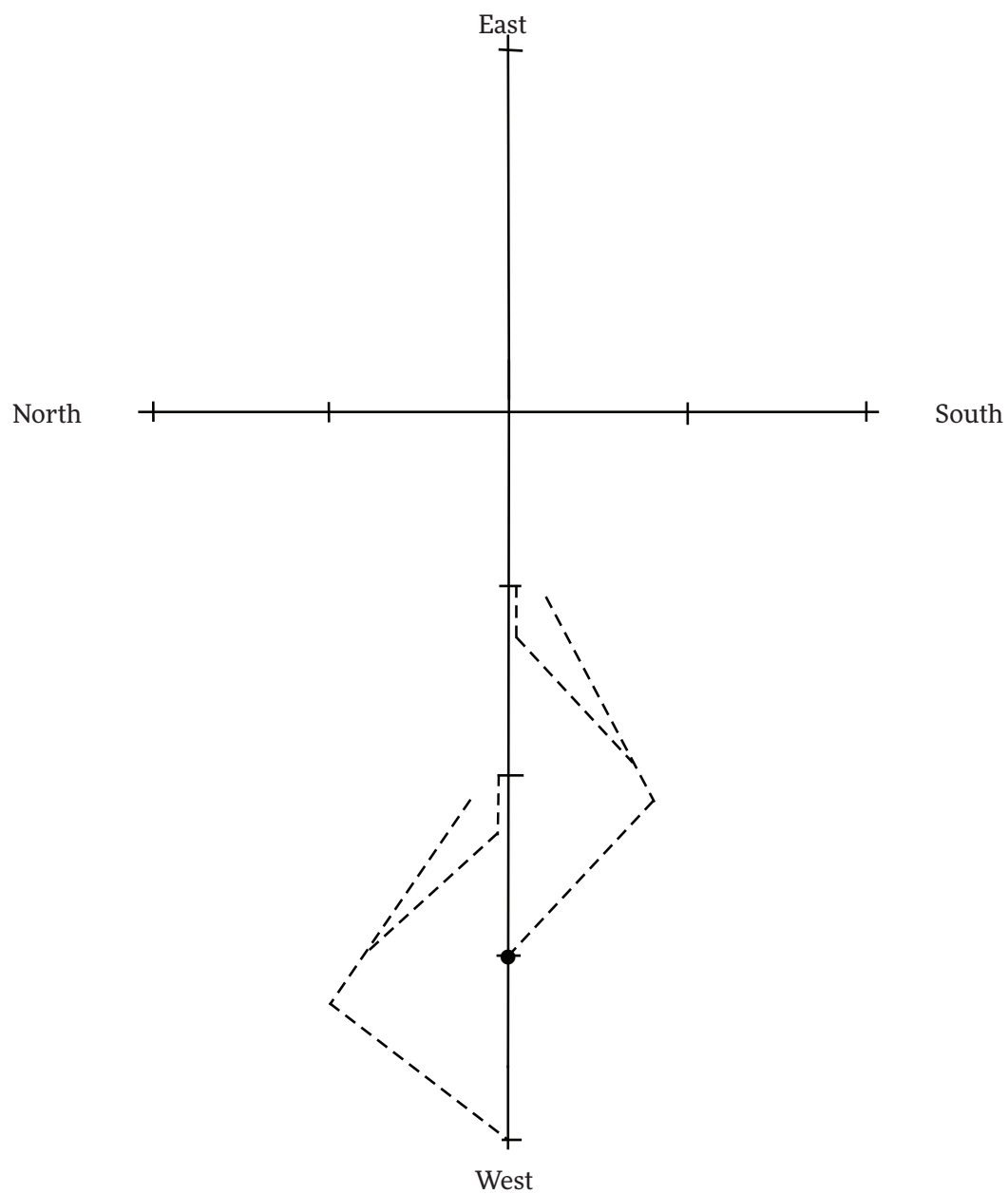


(Second half)

● = *Kidō-ten*

Solid line = *Kidō-sen*

Dashed line = *Gen-soku*



## V The importance of elbow techniques (ate)

Elbow techniques utilize the characteristics of the elbow joint and are used for attacking and defensive techniques. Most of the elbow techniques are therefore attacks, and elbows are seldom used for defensive techniques. However, from the range of motion and the form of the elbow, a close distance to the opponent is necessary and elbow techniques are often used as counter attacks.

To use these kinds of elbow techniques effectively strike the opponent's opening as with a dagger, and use the distance to achieve highest possible effect.

Elbow techniques used for attacks are called "Ate", and the main techniques are *Mae-age-ate* (front), *Yoko/soto-ate* (sideways), *Mawashi-ate* (spinning), *Ushiro-ate* (back), *Shita-ate* (down), etc.

These "ate" applies similar pendular moves that we use in our daily life. For example, when running, when scratching one's back, when opening a collar, when tightening a belt, etc. By adding speed and power to these moves, bending the elbow and raising it fast, pull it strongly backwards, and by time you will be able to use them as effective techniques.

In short, the elbow techniques are what is known as an elbow blow that has rationally been developed into a technique. When receiving an invitation or a challenge, no matter how weak a person, just using the elbow instinctively the move of the elbow can be used as a technique.

Although the elbow is used daily, it is surprisingly hard to apply it as a technique. However, if it could be applied as a technique, especially when getting very close, the technique can hit a weak target point without the opponent being able to see it coming.

That is, as the arm from the shoulder to the elbow can be moved even in close ranges this suits attacking an opponent at a close range. Moreover, as the movement is very small it is suitable for surprising blows.

### 1. ELBOW TECHNIQUES FROM SEN-MOVEMENTS

Elbow techniques have great effect in close combat, but by rotating the body, the range of the movement can be made larger and the power generated is not inferior to hand or foot techniques. Moreover, when you are running away from a chasing opponent, while sinking down, instantaneously using an elbow technique can strike a deadly defensive blow and is one of the most powerful ways to use elbow techniques.

### 2. FIVE KINDS OF ELBOW TECHNIQUES AND PICTURES

Using the direction of the elbow's movement, techniques can be classified in five categories: forward, sideways, backward, downward and turning ate. And by adding the relation to the body, *jun* (normal) and *gyaku* (reversed) conditions arise. However, in Taido elbow techniques are classified into five "ate" in correspondence to the stance.

#### (1) MAE-AGE-ATE (FORWARD)

*Mae-age-ate* is performed while getting into *oji-dachi* [Picture 2] or into

*mae-ashi-dachi* [Picture 3], and the starting point is mainly when the upper arm is parallel with the body or slightly behind it. From there while the arm is raised forward and up in a pendular movement, the elbow is bent and used for attacking.



Picture 1



Picture 2  
(Untai eji-dachi mae-age-ate)



Picture 3  
(Mae-ashi-dachi mae-age-ate)

## (2) YOKO-ATE (TO THE SIDE)

*Yoko-ate* is done by moving around the front (or rear) foot and while getting into *fudō-dachi* [Picture 2] or into *ryūnen-dachi* [Picture 3], start with the upper arm horizontally in front of the chest, bend the arm, and at the same time moving it sideways (outwards) in a pendular movement use the elbow for attacking.



Picture 1



Picture 2  
(Fudō-dachi yoko-ate)



Picture 3  
(Ryūnen-dachi yoko-ate)

## (3) USHIRO-ATE (BACKWARD)

*Ushiro-ate* is done by pulling the forward foot back getting into *uji-dachi* [Picture 1] and [Picture 2] or by turning into *fudō-dachi* [Picture 3], at the same time start with the upper arm parallel with or in front of the body, bend the arm, and stick the elbow backwards for attacking.



Picture 1



Picture 2  
(Eji-dachi ushiro-ate)



Picture 3  
(Sentai gyakusen-ate)

#### (4) MAWASHI-ATE (ROTATING)

Mawashi-ate is done by turning and while getting into *oji-dachi* [Picture 1] and [Picture 2] or while taking a step forward with into *fudō-dachi* [Picture 3], start with the upper arm parallel with or behind the body, bend the arm, turn it to the side and simultaneously, utilizing the rotating movement of the elbow to attack from the side.



Picture 1



Picture 2  
(Eji-dachi mawashi-ate)



Picture 3  
(Sentai gyakusen-ate)

#### (5) SHITA-ATE (DOWNWARD)

*Shita-ate* is done by taking a step (or jumping) forward into *fudō-dachi*, and at the same time, raise the arm above the shoulder and from there bend the arm, and pull it down. At the same time, use the pendular movement of the elbow to attack downward from above.





Picture 1



Picture 2  
(Fudō-dachi shita-ate)

### 3. GOHŌ-ATE (FIVE KINDS OF ATE) PRACTICE

#### (1) GOHŌ-ATE AT THE SPOT

At the spot, standing in *heikō-dachi*. Using *fusegi-te*, do while counting “*ichi*” (1) do *mae-age-ate* [Picture 1], counting “*ni*” (2) do *yoko-ate* [Picture 2], counting “*san*” (3) do *mawashi-ate* [Picture 3], counting “*shi*” (4) do *ushiro-ate* [Picture 4], counting “*go*” (5) do *shita-ate*. Do it both on left and right side. When getting used to each movement, do them in a row, gradually increasing the speed. For each *hiji-gi*, practice how to use *osae-te* (blocking hand), *soe-te* and the wrist.



Picture 1



Picture 2



Picture 3



Picture 4



Picture 5

#### (2) GOHŌ-ATE — BASIC TRAINING

From *hidari chūdan-gamae*, keeping the right foot on the *kidō-ten*, perform each ate in four directions.

On the count of “*ichi*”, take a step forward (east) with the right foot, while getting into *migi eji-dachi*, do *migi hiji jun-mae-age-ate* [Picture 1]. On the count of “*ni*”, pull the right foot back to the left foot and then take a step to the right (south), and while getting into *fudō-dachi*, do *migi yoko-ate* [Picture 2]. On the count of “*san*”, move the right leg to the left turning the body while getting into *fudō-dachi*, do *migi mawashi-ate* [Picture 3].



On the count of “*shi*”, pull the right leg back to the left and then take a step back. While getting into *hidari eji-dachi*, do *migi ushiro-ate* [Picture 4]. On the count of “*go*”, take a step forward with the right foot. While turning the body getting into *fudō-dachi*, do *migi shita-ate* [Picture 5]. Do this four (4) times with the right foot and then switch sides and do another four times. As you get comfortable with the moves, do them in one flow and gradually increase the speed.



*Hidari chūdan-gamae*



*Picture 1*



*Picture 2*



*Picture 3*



*Picture 4*



*Picture 5*

## 4 Jinsei no hokei

### 1. STRUCTURE AND CONTENTS OF HOKEI

*Jinsei no Hokei* is one of the three (3) “-sei” hokei; *Ten*, *Chi*, and *Jin*. Its structure and content is as follows.

- (1) The timing of attack mainly practiced in this hokei is *go no sen*, but also *sen no sen* (Volume 1, Chapter 21).
- (2) “*Jin*” technically refers to *hiji-gi* (elbow blows), the five *hiji-gi* (*gohō-ate*): *mae-age-ate*, *yoko-ate*, *mawashi-ate*, *ushiro-ate* and *shita-ate*. And the hokei is composed of these and how to use them to control the opponent(s).

### 2. SEQUENCE AND MOVEMENTS

- (1) EAST: Stand in *heisoku-dachi* on *kidō-ten* [Picture 1]. Sit in *seiza* in a set manner [Picture 2]. Sitting facing east.
- (2) EAST: Follow the set manner to do *zarei* [Picture 3].

East is where you are facing when starting a hokei.



Picture 1



Picture 2



Picture 3

- (3) EAST: Putting the right foot forward turn around and get into *hidari gedan-gamae* [Picture 4]. The body in *hidari* (left) *oji-dachi* facing backward (west). Right (rear) foot on *kidō-ten*.
- (4) WEST: While taking a step back with the left foot into *heisoku-dachi*, do *migi hiji mae-age-ate* [Picture 5]. Body facing west in *heisoku-dachi*. Left hand as *hikite*. Do *migi sokuho nukite sashi*.
- (5) WEST: While pulling the right leg back (to the east) and getting into *fudō-dachi* do *hidari hiji mawashi-ate* [Picture 6] and from there while getting into *hidari oji-dachi* (to the west) do *migi hiji shita-ate* [Picture 7]. The body in *hidari* (left) *oji-dachi* facing backward (west).



Picture 4



Picture 5



Picture 6



Picture 7

- (6) WEST: Move the right foot forward (to the north) into *fudō-dachi*, further continue to the north by moving the left foot behind the right into *ryūnen-dachi* at the same time you do *suihei migi nukite-sashi* [Picture 8]. The body facing north in *ryūnen-dachi* left hand as *hikite*. In the same stance, continue with *migi ura-ken-ate* [Picture 9].
- (7) NORTH: With the left foot on *kidō-ten*, take a step back (to the south) with the right foot and while getting into *fudō-dachi* to *migi hiji yoko-ate* [Picture 10]. Body facing north in *fudō-dachi* left hand as support for the right hand.
- (8) Face left (south), while moving the right foot to the left turning into *fudō-dachi*, do *migi hiji mawashi-ate* [Picture 11]. The body facing south in *fudō-dachi*. Left hand supporting the right hand.



Picture 8



Picture 9



Picture 10



Picture 11

- (9) SOUTH: Look left (east), move the right foot back and to the right (west) and do *hidari chūdan-gamae* [Picture 12]. Forward foot on the forward *kidō-ten*.
- (10) EAST: Do applied *ka-soku* (only pull the left leg back 1/3, move the right leg 45 degrees forward, and the left leg 15 degrees towards the north. The hold-off punch is done with *migi hiji mae-age-ate* [Picture 13].) From there do *hidari sentai techū-ate* [Picture 14].

The body facing northeast in *migi eji-dachi*, right hand as *hikite*.



Picture 12



Picture 13



Picture 14

- (11) While taking a step forward with the left foot, turn the body clockwise. While getting into *oji-dachi* to *migi hiji ushiro-ate* [Picture 15]. The body facing southwest in *migi eji-dachi*. Left hand supporting the right hand.
- (12) SOUTHWEST: Look left (south) and shift the right foot in and onto the Northern-plane into *hidari chūdan-gamae* [Picture 16]. The body facing south in *hidari kōkutsu-dachi*.
- (13) SOUTH: Do *hentai ebigeri* with the right leg [Picture 17]. As you pull the kicking leg back, get into *hidari chūdan-gamae* [Picture 18].



Picture 15



Picture 16



Picture 17



Picture 18

- (14) SOUTH: Do *sentai tetchū-ate* with the left elbow [Picture 19]. The body facing south in *migi eji-dachi* right hand as *hikite*.
- (15) Move the left hand to the position for *hikite*. While moving the left foot forward to the right foot into *heisoku-dachi*, stretch out both hands 45 degrees up and forward while opening the hands [Picture 20]. The body facing south in *heisoku-dachi*.
- (16) Pull the right leg back and get into *hidari fukuteki* [Picture 21].





Picture 19



Picture 20



Picture 21

- (17) Look left (east) and move the right leg forward to the left leg and continue to move it to the right (west) facing left into *hidari chūdan-gamae* [Picture 22]. Body facing east in *hidari kōkutsu-dachi*.
- (18) Move the right foot forward (east). While getting into *migi eji-dachi* do *migi hiji mae-age-ate* [Picture 23]. The body facing forward (east) in *migi eji-dachi*, left hand as *hikite*.
- (19) EAST: Look right (south), pull the right foot back and to the right (south). While getting into *fudō-dachi* do *migi hiji yoko-ate* [Picture 24]. The body facing south in *fudō-dachi*. Left hand supporting the right hand.



Picture 22



Picture 23



Picture 24

- (20) SOUTH: Look left, move the right leg to the left (north) while turning the body clockwise. While getting into *fudō-dachi* do *migi hiji mawashi-ate* [Picture 25]. Body facing north in *fudō-dachi*, left hand as support for the right hand.
- (21) Move the right foot back and onto the back (east). While getting into *hidari eji-dachi* do *migi hiji ushiro-ate* [Picture 26]. The body facing backward (west). Left hand as support for the right hand.
- (22) WEST: While taking a step forward with the right foot into *fudō-dachi* do *migi hiji shita-ate* [Picture 27]. *Ki-ai*. The body facing south in *fudō-dachi*. Left hand in position of *soe-te*.



Picture 25



Picture 26



Picture 27

- (23) Look right (west), get into *migi gedan-gamae* [Picture 28].
- (24) WEST: Do the same as indicated in (4) to (8) but on the opposite side [Pictures 29 to 35].
- (25) WEST: Look right over the shoulder (to the west) and move the left foot to the right foot and then back on the eastern-plane into *migi chūdan-gamae* [Picture 36], facing west. The body facing west in *migi kōkutsu-dachi*.



Picture 28



Picture 29



Picture 30



Picture 31



Picture 32



Picture 33



Picture 34



Picture 35



Picture 36

- (26) Do the same as indicated in (10) to (15) but on the opposite side [Pictures 37 to 44].



Picture 37



Picture 38



Picture 39



Picture 40



Picture 41



Picture 42



Picture 43



Picture 44

- (27) Do the same as indicated in (16), pull the right leg back and get into *migi fuku-teki* [Picture 45]. The body facing south in *fuku-teki*.
- (28) SOUTH: Look to the right (west) and move the right foot forward and to the right into *chūdan-gamae* [Picture 46]. The body facing west in *migi kōkutsu-dachi*.
- (29) WEST: Do the same as indicated in (18) to (23) but on the opposite side [Pictures 47 to 52]. The body facing east in *hidari gedan-gamae*. Right hand as *hikite*.



Picture 45



Picture 46



Picture 47



Picture 48



Picture 49



Picture 50



Picture 51

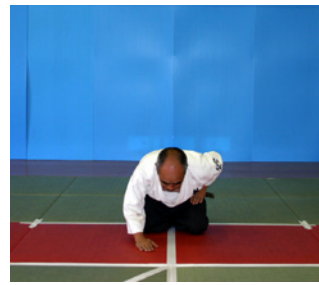


Picture 52

- (30) EAST: Sit in *seiza* in a set manner [Picture 53].  
 (31) EAST: Follow the set manner to do *zarei* [Picture 54].  
 (32) EAST: Follow the set manner to dismiss (*kaitai*).



Picture 53



Picture 54

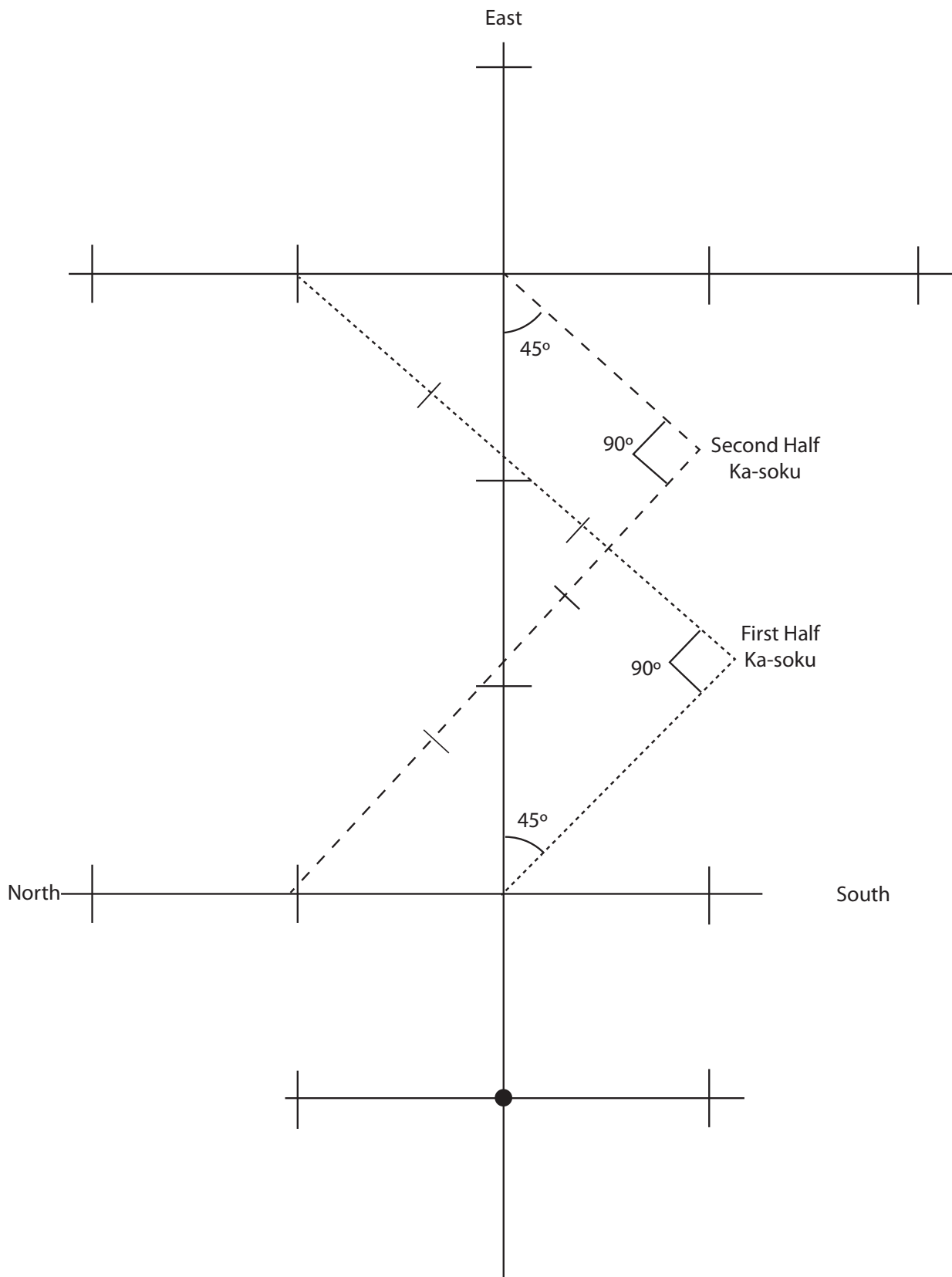


### 3. KIDŌ-SEN

● = *Kidō-ten*

Solid line = *Kidō-sen*

Dashed line = *Gen-soku*



# 5 Sei-i no Hokei

## 1. STRUCTURE AND CONTENTS OF HOKEI

*Sei-i no hokei* is based on *go-no-sen*, with elements of *sen-no-sen* incorporated. Included are *uke* used against hand techniques, just as in *Tensei no hokei*, *uke* against foot techniques, just as in *Chisei no hokei*, and elbow techniques as in *Jinsei no hokei*.

*Sei-i no hokei* was created by Genzaburo Takamichi in cooperation with the Hanshi-kai, to be presented at the 7<sup>th</sup> anniversary of Seiken Shukumine Saiko Shihan's death at the 41<sup>st</sup> All Japan Championship, November 18, 2007.

The "i" in *sei-i* means rank or level, reflecting the high level that is practiced in this compilation of *Ten-Chi-Jin* hokeis.

New techniques with *go-no-sen* timing introduced in this hokei are *Hentai kerikuzushi*, *Sōshu nagashi-uke*, *Shōtei age-uke*.

## 2. SEQUENCE AND MOVEMENTS

- (1) EAST: Stand in *heisoku-dachi* on *kidō-ten* [Picture 1].
- (2) EAST: Follow the set manner to do *seiza* [Picture 2]. Sitting facing east.
- (3) EAST: Follow the set manner to do *zarei* [Picture 3].

East is where you are facing when starting a hokei.



Picture 1



Picture 2



Picture 3

- (4) EAST: Get into *migi* (right) *gedan-gamae* [Picture 4]. Right (front) foot on *kidō-ten*.
- (5) EAST: Look back (west) as you turn around and do *hidari jōdan-gamae* [Picture 5]. Body facing west in *hidari ryūnen-dachi*. Right (rear) foot on *kidō-ten*.



Picture 4



Picture 5

- (6) WEST: While turning clockwise, take a step back (east) and while

getting into *migi kōkutsu-dachi* (facing west) do *morote sokuhō suihei-nukite-sashi* sideways [Picture 6].

- (7) WEST: While getting into *migi eji-dachi* do *morote jōdan-sukui-age-uke* [Picture 7]. Right fist above the left fist. Body facing west in *migi eji-dachi*.
- (8) WEST: While opening both fists, turn both arms counter clockwise at the same time as you twist them downwards (to break an opponent's punch or kick) [Picture 8]. Left hand on top with the palm facing down, right hand under with the palm facing up. Hands in front of the abdomen. Body facing west in *migi eji-dachi*.



Picture 6



Picture 7



Picture 8

- (9) WEST: Look backwards over the left shoulder at the same time as doing *hentai manji-geri* to the east [Picture 9].
- (10) EAST: Pull the right kicking leg in front of the left while turning the body counter-clockwise and getting into *hidari eji-dachi*. At the same time, do *morote sokuho-suihei-nukite-sashi* sideways [Picture 10]. Right (rear) foot on *kidō-ten*.



Picture 9



Picture 10

- (11) EAST: Stand up in *heisoku-dachi* while putting the right foot next to the left. At the same time, while making large arches, lift both arms vertically while you turn the hands so that the hand palms come together above the head [Picture 11].
- (12) EAST: Pull the hands down and hold them together in front of the chest.



Picture 11



Picture 12

- (13) EAST: Push the hands out forward in front of the chest [Picture 13 a, b].



Picture 13a



Picture 13b

- (14) EAST: Look left (north) while moving the right leg to the right (south) into *hidari chūdan-gamae* [Picture 14].  
 (15) NORTH: Do *migi untai shōmen-geri* [Picture 15].  
 (16) NORTH: After pulling back the right kicking, do *senagashi-uke* [Picture 16]. Body in *chokushin-no-tai* facing north. Right hand as *hikite*.



Picture 14



Picture 15



Picture 16

- (17) NORTH: Do *hidari sentai-chokujō-zuki* [Picture 17].  
 (18) NORTH: Look over your left shoulder, turn counter-clockwise and while getting into *hidari eji-dachi* do *morote gedan osae-tome-uke* [Picture 18]. Left fist on top of the right.



Picture 17



Picture 18

- (19) SOUTH: While doing *tai-soku* (step back) with the left foot, do *migi chūdan soto-uke* [Picture 19]. Right hand opened.  
 (20) SOUTH: Stick left foot behind the right foot getting into *fudō-dachi* while doing *hidari sentai-hiji-ushiro-ate* [Picture 20]. Right hand opened supporting the left *hijigi* hand.  
 (21) SOUTH: Look to the left and turn counter-clockwise into *oji-dachi* while doing *migi soto-uke-gamae* [Picture 21].  
 (22) SOUTH: Take a step forward with the right foot next to the left



into *heisoku-dachi*, while pulling the right hand to the *hikite* position [Picture 22]. The body facing south in *heisoku-dachi*. Both hands as *hikite*.



Picture 19



Picture 20



Picture 21



Picture 22



Picture 23

(23) — (29)

Do the same as steps (14) - (20) but on the other side [Pictures 23 to 29].



Picture 24



Picture 25



Picture 26



Picture 27



Picture 28



Picture 29

(30) NORTH: While looking to the right (east) move the left foot forward to the right and then back on the western-plane into *migi chūdan-gamae* [Picture 30]. Body in *migi kōkutsu-dachi* facing east.

(31) EAST: Do *hidari hiji-mae-ate* when getting into *mae-ashi-dachi* after the *so-soku* step in *ka-soku* [Picture 31]. (Steps 31 and 32 together will complete a *ka-soku*)





Picture 30



Picture 31

- (32) EAST: Pull the right foot back (west) one third ( $\frac{1}{3}$ ) behind the left foot. Continue by moving the left foot back to the right foot and then 45 degrees forward to the left (northeast). Furthermore, move the right foot towards the southeast and get into *kōkutsu-dachi* while doing *migi chūdan soto-uke* [Picture 32].
- (33) SOUTHEAST: Stick the left foot forward (*sashi-komu*) behind the right leg into *ryūnen-dachi* do *migi hiji-yoko-ate* [Picture 33].



Picture 32



Picture 33

- (34) SOUTHEAST: Do *migi uraken-ate* [Picture 34].
- (35) SOUTHEAST: Do *tai-soku* with the left foot into *migi kōkutsu-dachi* while doing *migi gedan-barai* [Picture 35]. Left hand as *hikite*.



Picture 34



Picture 35

- (36) SOUTHEAST: While getting into *migi eji-dachi*, do *hidari tecchu-ate* [Picture 36].
- (37) SOUTHEAST: Take a step forward with the left foot while turning clockwise into *migi eji-dachi* (facing northwest) at the same time you *migi hiji ushiro-ate* [Picture 37]. Left hand as support for the right hand.
- (38) NORTHWEST: Take a step forward with the left foot while turning the body around toward southeast and getting into *migi chūdan-gamae* [Picture 38].



Picture 36



Picture 37



Picture 38

- (39) SOUTHEAST: Do *gen-soku*, and when getting into *hidari kōkutsu-dachi* do *jōdan hidari-te-sashi* to mark [Picture 39]. In *hidari kōkutsu-dachi*, right hand as *soete*, left hand open with the palm facing down.
- (40) EAST: Fall down backwards and do *migi hentai-sokutō-geri-kuzushi* to the east [Picture 40]. Body in *hidari fukuteki*.
- (41) EAST: Pull back the kicking right leg, turn the body counter-clockwise, and get into *hidari chūdan-gamae* [Picture 41].



Picture 39



Picture 40



Picture 41

(42) – (52)

Do the same as step (31) - (41) but on the other side [Pictures 42 to 52].



Picture 42



Picture 43



Picture 44



Picture 45



Picture 46



Picture 47



Picture 48



Picture 49



Picture 50



Picture 51



Picture 52

- (53) EAST: Look over the right shoulder, move the left foot forward while turning around and do *migi chūdan-soto-uke* [Picture 53]. Left hand as *hikite* facing west.
- (54) WEST: While doing *tai-soku*, do *hidari gedan-barai-uke* [Picture 54]. Right hand as *hikite*.



Picture 53



Picture 54

- (55) WEST: Do *untai oshi-kuzushi* [Picture 55]. *Ki-ai*. The body facing west in *aji-dachi*, right *shōtei* inclined upwards and the left *shōtei* inclined downwards [Picture 56].
- (57) WEST: Do *tai-soku* into *hidari gedan-gamae* [Picture 57]. Right hand as *hikite*.



Picture 55



Picture 56



Picture 57



(58) — (61)

Do the same as step (5) - (8) but on the other side [Pictures 58 to 61].



Picture 58



Picture 59



Picture 60



Picture 61



Picture 62

(62) EAST: Do *hidari henin ebi-geri* [Picture 62]. (An *ebi-geri* with the right knee in contact with the ground, body weight on the ball of the foot, not the knee).

(63) — (66)

Do the same as step (10) - (13) but on the other side [Pictures 63 to 66].



Picture 63



Picture 64



Picture 65



Picture 66

(67) WEST: Look to the left (south) and put the right foot to the right while getting into *hidari chūdan-gamae* [Picture 67].

(68) SOUTH: Stick the right foot behind the left foot on the southern plane into *ryūnen-dachi* while doing *hidari nukite-sashi* to mark

[Picture 68]. Right hand as *soete*.



Picture 67



Picture 68

- (69) SOUTH: Do *senin chokujō zuki*: Look back (north) and do horizontal *nukite-sashi* with right hand to mark [Picture 69]. The body facing north in *hidari ryūnen-dachi*.
- (70) NORTH: Look over your right shoulder (south) and while covering the face with the right arm, turn clockwise and do *migi eji hidari nukite-sashi* [Picture 70]. The body facing south in *migi eji-dachi*, left hand as *hikite*.



Picture 69



Picture 70

- (71) NORTH: Look over the left shoulder, turn the body counter-clockwise and when getting into *hidari eji-dachi* do *morote nagashi-uke* [Picture 71]. The body facing north in *hidari eji-dachi*.
- (72) NORTH: Do *tai-soku* with the left foot and while getting into *migi kōkutsu-dachi* do *migi shōtei-age-uke* [Picture 72]. Body facing north in *migi kōkutsu-dachi*.



Picture 71



Picture 72

- (73) (74) NORTH: While using the left hand as cover, do *untai migi tecchu-mawashi-ate* [Pictures 73, 74]. The body facing north in *hidari eji-dachi*.





Picture 73



Picture 74

- (75) NORTH: Take a step forward with the right foot next to the left and while standing up in *heisoku-dachi*, do *migi soto-uke* by opening the right hand and turning it outwards with the elbow as axis [Picture 75]. Left hand as *hikite*.
- (76) NORTH: Take a step back (south) with the left foot and get into *migi chūdan-gamae* [Picture 76].



Picture 75



Picture 76

(77) - (83)

Do the same as steps (68) - (74) but on the other side [Pictures 77 to 83].



Picture 77



Picture 78



Picture 79



Picture 80



Picture 81



Picture 82



Picture 83

- (84) SOUTH: Look left, move the left foot to the right (west) getting into *migi chūdan-gamae* [Picture 84]. Body in *migi kōkutsu-dachi* facing east.
- (85) EAST: Do *gen-soku*, and while getting into *hidari kōkutsu-dachi* do *hidari gedan-barai* [Picture 85]. The body in left *uji-dachi* right hand as *hikite*.



Picture 84



Picture 85

- (86) NORTHEAST: In the same position, do *hidari soto-uke* [Picture 86]. Right hand as *hikite*.
- (87) NORTHEAST: Do *hidari senagashi-uke* [Picture 87].



Picture 86



Picture 87

- (88) NORTHEAST: Do *hidari sentai tecchu-ate* [Picture 88]. Body in *migi eji-dachi* and right hand as *hikite*.
- (89) NORTHEAST: Do *tai-soku* with the right foot into *hidari chūdan-gamae* [Picture 89]. The body facing northeast in *hidari kōkutsu-dachi*.



Picture 88



Picture 89

- (90) NORTHEAST: After doing *gen-soku* do *migi torite-uke* [Picture 90]. Left hand as *soete*.
- (91) EAST: Stick the left foot forward behind the right and while getting into *aji-dachi* do *migi morote-age* [Picture 91]. The body facing west in *migi eji-dachi*.
- (92) WEST: Look over the left shoulder, turn counter-clockwise into *hidari chūdan-gamae* [Picture 92].



Picture 90



Picture 91



Picture 92

(93) — (98)

Do the same as step (85) - (89) but on the other side [Pictures 93 to 97].



Picture 93



Picture 94



Picture 95

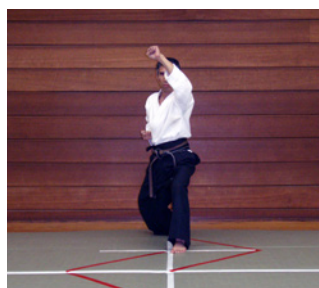


Picture 96



Picture 97

- (98) SOUTHEAST: Do *gen-soku*, and when getting into *hidari kōkutsu-dachi* do *hidari jōdan age-uke* [Picture 98]. Right hand as *hikite*.
- (99) EAST: With the right hand do *jōdan torite-uke*. Body facing east in *hidari kōkutsu-dachi*, right *torite* hand open.



Picture 98



Picture 99



- (100) EAST: Grab the opponent, stick the right foot behind the left leg and while turning backwards into *aji-dachi* to *morote nage* [Picture 100]. The body facing west in *hidari eji-dachi*.
- (101) WEST: Look over the right shoulder, turn around and get into *migi chūdan-gamae* [Picture 101]. Body in *migi kōkutsu-dachi* facing east.



Picture 100



Picture 101

- (102) EAST: Do *tai-soku* with the right foot at the same time do *hidari shōtei age-uke* [Picture 102]. Right hand as *hikite*.
- (103) EAST: While turning left stick the right foot in front of the left leg, and while getting into *hidari fukuteki* position, do *hidari nentai hangetsu-ate* [Picture 103]. *Ki-ai*.



Picture 102



Picture 103

- (104) EAST: After pulling the kicking leg back to the original position, move the right leg forward (west) and turn counter-clockwise getting into *hidari chūdan-gamae* [Picture 104]. Body facing east in *hidari kōkutsu-dachi*.
- (105) EAST: Get into *hidari gedan-gamae* [Picture 105].



Picture 104



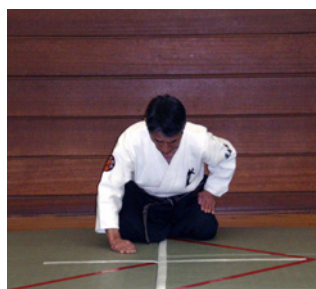
Picture 105

(106) EAST: Follow the set manner to do *seiza* [Picture 106].

(107) EAST: Follow the set manner to do *zareai* [Picture 107].



Picture 106



Picture 107



(First half)

Solid line = *Kidō-sen*

East



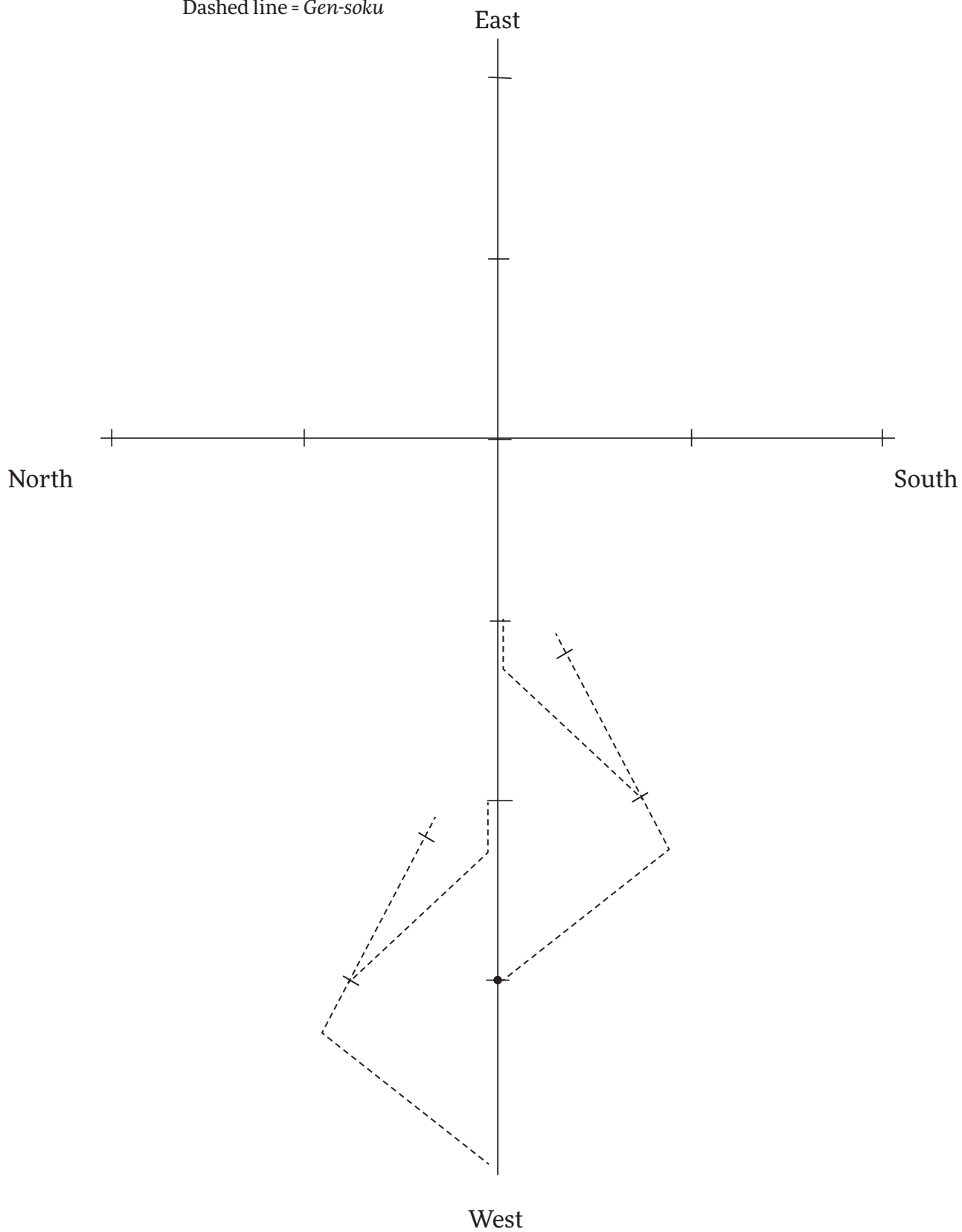
West

(Second half)

● = *Kidō-ten*

Solid line = *Kidō-sen*

Dashed line = *Gen-soku*



## 6 Taiki <Methods for Breathing> and usage

### I Continuous predominate ways to move

*Taiki* <Methods for breathing> are the methods to adjust inhalation and exhalation to get the best effect possible in the techniques. That is, the longer one can move is connected to a continuous predominate way to move, but to do that one needs stamina. This means that even if one is technically superior, without enough stamina to continue moving, one will not be able to defeat the opponent.

How much power one has left for the final decisive technique depends on how one can adjust one's breathing during techniques and moves. And this is the biggest challenge in *Taiki*. In order to be able to move continuously, aerobic capacity and stamina are necessary. And to generate power, ability to withstand high exercise load and concentration are important. One method to train all these four skills is *Taiki kyūhō* (nine breathing methods). And these are designed to facilitate the changes of the body axis when training.

### II The precondition of the body axis and its adaptation

Breathing methods in Taïdo use the periodicity of the physiology and practice how to regulate it. The visible (outer) effect are all the skills necessary for effectively develop techniques, but also invisible (inner) effects such as improving the respiratory and circulatory functions, digestion, and mental functions are all practiced.

One prerequisite for training is to change the angle of the body (changes of the body axis) in 90 (vertical), 45, 180 (horizontal), and -45 degrees angles. In order to keep these angles accurately (*seitai no hoji* [to retain a good posture]) the points of where one should focus *ki*, how one should move *ki*, how one generates *ki* are very important. By practicing the how to utilize *Taiki kyūhō*, one can practice how to use *ki*, and learn how the *ki* flows.

### III The flow of *Ki* and *Taiki Kyūhō*

The flow of *ki* and *Taiki kyūhō* are described in the next section; how to practice *Seimei no Hokei* (Breathing physiology). However, the fundamentals for all breathing techniques is “normal breathing”. In normal breathing there are four different ways to inhale and exhale: long inhalation and long exhalation [*chōkyū chōto*], long inhalation and short exhalation [*chōkyū tanto*], short inhalation and long exhalation [*tankyū chōto*], short inhalation and short exhalation [*tankyū tanto*] which need to be practiced thoroughly.

Moreover, it is also important to practice moving in an exhaled state [*muki yūtai*], and in an inhaled state [*yūki mutai*]. The next explains how these breathing methods are combined when practicing *kamae* and *unsoku*, etc.

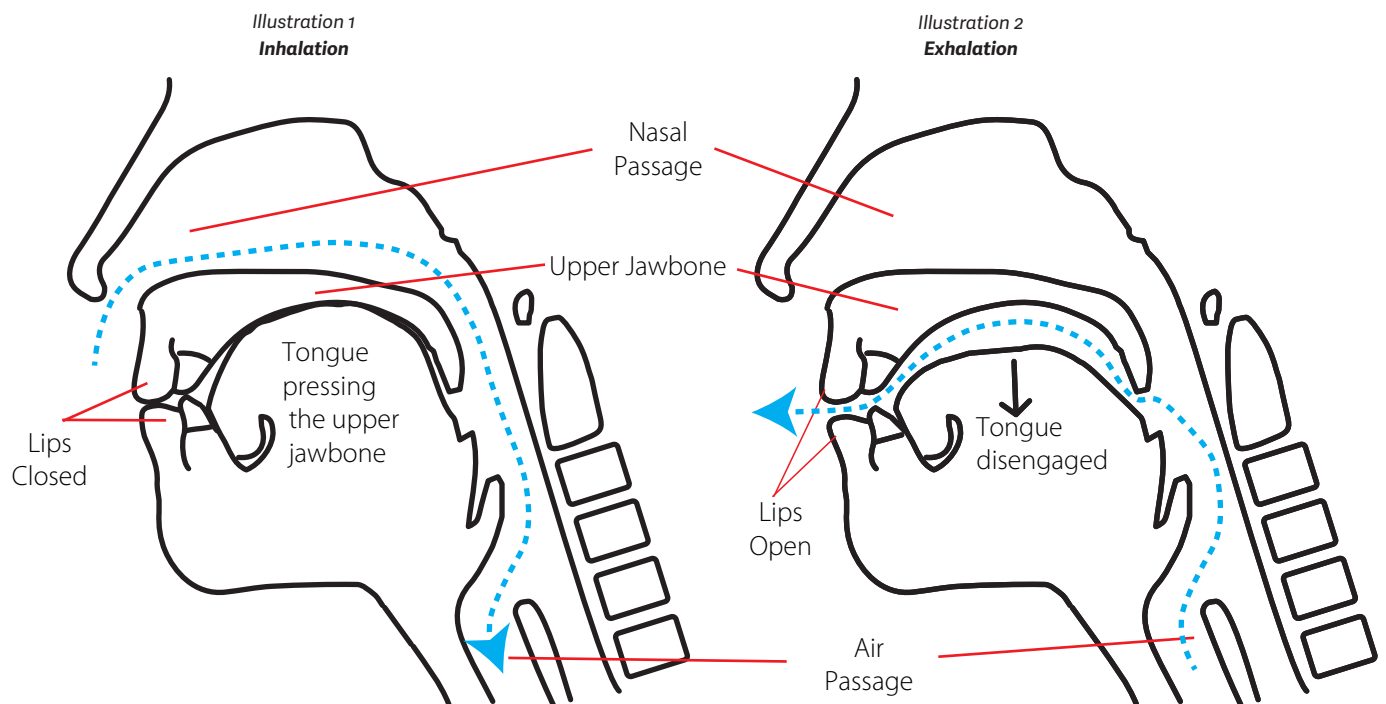
## 1. BASIC BREATHING TRAINING

Breathing methods in martial arts are not just inhaling and exhaling. It is important to breath consciously. Normal breathing is done automatically or unconsciously and we seldom think very much about our daily breathing.

However, in martial arts to consciously practice one's breathing, rational methods have been developed. Inhalation is done through the nose and exhalation through the mouth. During these the use of the tongue subtly influences the effect. The tongue is normally, if studied, in a relaxed state rounded at the bottom of the mouth (inside the jawbone).

When inhaling the tongue press lightly on the upper jawbone [Illustration 1], while air is inhaled through the nose. When exhaling, the tongue disengages from the upper jawbone [Illustration 2] and air is exhaled through the opening in the mouth. At this time, the upper and lower lips, as well as upper and lower teeth are separated a little.

The inhaled air is moved from the chest (*danchū*) to the lower abdomen (*tanden*) and the back to *danchū* and exhaled. This is called abdominal respiration. This is shown in Picture 1 - *Heisoku-dachi*, Picture 2 - *Fudō-dachi* and Picture 3 - *Seiza*. Basically, you do this by putting your hands on your belly (*tanden*) to feel the flow of *ki* (how air moves when breathing).





Picture 1  
Heisoku-dachi



Picture 2  
Fudō-dachi



Picture 3  
Seiza

#### (1) TRAINING NORMAL BREATHING DOING THREE KINDS OF KAMAE

At the spot, while doing *gedan-gamae* (or *chūdan*, or *jōdan*), continue breathing normally while doing *ten-soku*. On 1 (*ichi*) stretch out *soe-te* and put *hon-te* on the shoulder while breathing in normally, on 2 (*ni-i*) while positioning your hands in *kamae*, exhale.

#### (2) TRAINING LONG INHALATION AND LONG EXHALATION DOING THREE KINDS OF KAMAE

As in (1), on spot while doing *gedan-gamae* (or *chūdan*, or *jōdan*), continuously do a long inhalation and exhalation while doing *ten-soku*. On 1 (*i-chi*) stretch out *soe-te* and put *hon-te* on the shoulder while making a long inhalation, on 2 (*ni-i*) while positioning your hands in *kamae*, make a long exhalation.

#### (3) TRAINING LONG INHALATION AND SHORT EXHALATION DOING THREE KINDS OF KAMAE

As in (2), on spot while doing *gedan-gamae* (or *chūdan*, or *jōdan*), continuously do long inhalation and short exhalation while doing *ten-soku*. On 1 (*i-chi*) stretch out *soe-te* and put *hon-te* on the shoulder while making a long inhalation, on 2 (*ni!*) while positioning your hands in *kamae*, make a short (quick) exhalation.

#### (4) TRAINING SHORT INHALATION AND LONG EXHALATION DOING THREE KINDS OF KAMAE

As in (3), on spot while doing *gedan-gamae* (or *chūdan*, or *jōdan*), continuously do short inhalation and long exhalation while doing *ten-soku*. On 1 (*ichi*) stretch out *soe-te* and put *hon-te* on the shoulder while making a short inhalation, on 2 (*ni-i*) while positioning your hands in *kamae*, make a long exhalation.

#### (5) TRAINING SHORT INHALATION AND SHORT EXHALATION DOING THREE KINDS OF KAMAE

As in (4), on spot while doing *gedan-gamae* (or *chūdan*, or *jōdan*), continuously do short inhalation and short exhalation while doing *ten-soku*. On 1 (*ichi*) stretch out *soe-te* and put *hon-te* on the shoulder while making a short inhalation, on 2 (*ni!*) while positioning your hands in *kamae*, make a short exhalation.



(6) TRAINING YŪKI-MUTAI DOING KAMAE, UNSOKU HAPPŌ  
(UNSOKU GORENDŌ), ETC.

At the spot, while doing *gedan-gamae* (or *chūdan*, or *jōdan*), or *unsoku-happō* (*unsoku gorendō*), basic hentai movements (*ōhen-fūbi*), repeat practicing *yūki-mutai*.

1. When doing *kamae*, inhale fully, exhale about 20% and while holding your breath, on the count of 1 (*ichi*) do five consecutive *ten-soku*, and exhale on the fifth time. As you get used to it, increase the number of steps done on one breath.
2. When doing *unsoku happō* (*unsoku gorendō*), inhale fully, exhale about 20% and while holding your breath, on the call *Hajime!* (start), do *unsoku happō*, and exhale on the last step. As you get used to it, continue both sides.
3. When doing *ōhen-fūbi*, inhale fully, exhale about 20% and while holding your breath, on the call *Hajime!*, do *ōhen-fūbi*, left-right-front-back and when returning to starting position exhale. When getting used to it, see how many sets you can do on one breath. The exercise of moving and supporting your body will increase your exercise load capacity.

(7) TRAINING MUKI-YŪTAI DOING KAMAE, UNSOKU HAPPŌ  
(UNSOKU GORENDŌ), ETC.

At the spot, while doing *gedan-gamae* (or *chūdan*, or *jōdan*), or *unsoku happō* (*unsoku gorendō*), basic hentai movements (*ōhen-fūbi*), repeat practicing *muki-yūtai*.

1. When doing *kamae*, exhale fully and while holding your breath, on the count of “1 (*ichi*)” do 5 consecutive *ten-soku*, and inhale on the fifth time. As you get used to it, increase the number of steps done on one breath.
2. When doing *unsoku happō* (*unsoku gorendō*), exhale fully and while holding your breath, on the call *Hajime!*, do *unsoku happō*, and inhale on the last step. As you get used to it, continue both sides.
3. When doing *ōhen-fūbi*, first inhale fully and then exhale fully. While holding your breath, on the call *Hajime!*, do *ōhen-fūbi*, left-right-front-back and when returning to starting position inhale. When getting used to it, see how many sets you can do on one breath. The exercise of moving and supporting your body will increase your exercise load capacity.

## 2. PRACTICING *TAIKI KYŪHŌ* (NINE BREATHING METHODS)

1. *Yūki-mutai*  
Practice while doing *kamae*, *unsoku happō* (*unsoku gorendō*) or *ōhen-fūbi*, do as in 1. (6).
2. *Muki-yūtai*  
Practice while doing *kamae*, *unsoku happō* (*unsoku gorendō*) or *ōhen-fūbi*, do as in 1. (7).
3. *Taiki-getan*  
Mainly practiced in *-mei hokei*, but also practice in each hokei and each technique.
4. *Taiki-chūtan*  
Mainly practiced in *-mei hokei*, but also practice in each hokei and each technique.
5. *Taiki-jōtan*  
Mainly practiced in *-mei hokei*, but also practice in each hokei and each technique.
6. *Danki-tanun*  
Mainly practiced in *-mei hokei*, but also practice in each hokei and each technique.
7. *Tanki-danun*  
Mainly practiced in *-mei hokei*, but also practice in each hokei and each technique.
8. *Kyūki-shūhō*  
Mainly practiced in *-mei hokei*, but also practice in each hokei and each technique.
9. *Kyūki-haibatsu*  
Mainly practiced in *-mei hokei*, but also in each hokei and *unso-ku happō* (*tai-soku* = *gen-tai*), and with each techniques.

# 7 Seimei no hokei

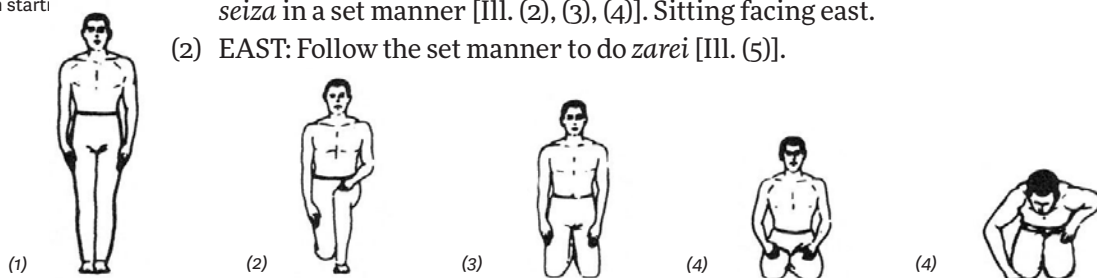
## 1. STRUCTURE AND CONTENTS OF HOKEI

*Seimei no hokei* is one of the three (3) -*mei hokei*: *Sei-mei*, *Katsu-mei*, and *En-mei*. Its structure and content are as follows.

1. This hokei is called “Breathing physiology” and incorporate the nine breathing methods of Taido - *Taiki kyūhō*. And to practice it, use the change of body axis to learn how *ki* flows in your body. The first half consists of 48 moves and takes 2 minutes 30 seconds, the second half also consists of 48 moves and takes 2 minutes 30 seconds, a total of 96 moves taking 5 minutes.
2. By consciously minding you breathing, you will develop your breathing capacity (muscles, volume, etc.) and your circulatory capacity (heart capacity, increased aerobic capacity) will increase, also increasing your maximum oxygen uptake capacity and maximal oxygen debt capacity. Moreover, the pressure on the abdominal muscles or the intestines helps intestinal regulation and improve the digestion and egestion functions. This will further your metabolism and will make your daily life and movements easier. And while you increase your stamina and endurance, you will prevent high blood pressure and other life-style related diseases.
3. In this hokei, the different stances and poses, and in the moves, of course the muscles in the legs and arms, muscles used for breathing (chest and abdominal pressure), core muscles used to hold your pose, and ability to move instantaneously are all increased. Moreover, the flexibility in hip, knees, wrists, ankle, shoulder, neck and other joints will increase, body balance and coordination will also increase.
4. Physiology (*seitai*) refers to put the body in order. Of course, the core, but also the form of the body, hands and arms, i.e., outer appearance, but also the function of inner organs and their work is regulated, i.e., inner effects. This is done by experience one’s own flow of *Ki*, increasing concentration capacity by the outer effects of the techniques, but also mental capacities like calmness, cogitation, judgment, etc., will help increase the concentration capacity. Moreover, the ability to concentrate in general life (work, school, free time, etc.) will increase, and it will help reduce your stress.

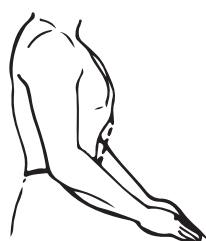
## 2. SEQUENCE AND MOVEMENTS

East is where you are facing when starting a hokei.

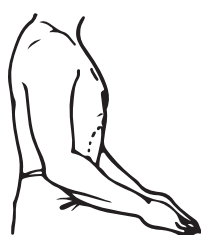


- (1) EAST: Stand in *heisoku-dachi* on *kidō-ten* [Illustration (1)]. Sit in *seiza* in a set manner [Ill. (2), (3), (4)]. Sitting facing east.
- (2) EAST: Follow the set manner to do *zarei* [Ill. (5)].

- (3) EAST: On the count of 1 breathe normally and then exhale completely and hold. [*Muki yūtai*] As you exhale, draw the diaphragm upwards as in [Ill. 1] so that the lower abdomen becomes concave. Then quickly push it forward again (to normal position) without breathing.
- (4) EAST: On the count of 2, while keep holding your breath (same state as in 1), move the left leg forward as in [Ill. 2]. While rising to *ejī-dachi* move your right hand slowly forward to a horizontal position.
- (5) EAST: While holding your breath (same state as in 1 [*Muki yūtai*]), move the right hand to the centreline, and at the same time move the left hand up to the centre position shown in [Ill. 3], the knuckle of the left hand's middle finger should lightly touch the hollow of the right hand.



1



(Profile)



2



3

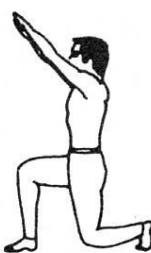
- (6) EAST: From the same position and state, on the count of 4, during a slow inhalation pull in both hands to the position shown in [Ill. 4] [*yūki mutai*].
- (7) EAST: After completing the inhalation, hold your breath [*yūki mutai*], on the count of 5, turn around on the spot to the right (west), and stretch both hands slowly (as in [Ill. 5]) upwards 45 degrees while opening your hands. Body facing west in *migi* (right) *ejī-dachi* with the left hand over the right hand.
- (8) WEST: Continue holding the breath, on the count of 6, slowly raise your hands vertically over your head as in [Ill. 6].



4 Inhalation



5



(Profile)



6

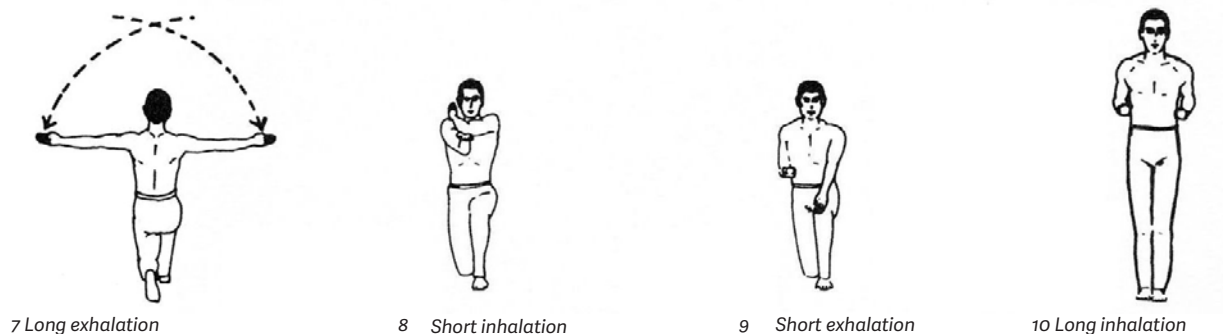


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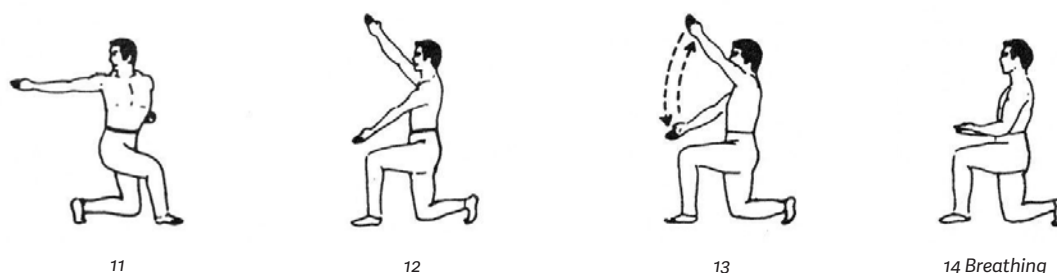
- (9) WEST: From the same position and state, on the count of 7, exhale slowly, and at the same time lower your hands to a horizontal position as in [Ill. 7].
- (10) WEST: On the count of 8, inhale quickly, and at the same time, turn

around to the left (east), simultaneously putting your left hand on the right shoulder and stretching your right hand forward as *soe-te*, as in [Ill. 8]. The body facing east in *hidari eji-dachi*.

- (11) EAST: On the count of 9, during a short exhale (as in [Ill. 9]) take the position of left *gedan-gamae*. The body facing forward (east) in *hidari eji-dachi*, right hand as *hikite*.
- (12) EAST: On the count of 10, while inhaling slowly, move your left hand to the side and stand up putting your right foot beside your left as shown in [Ill. 10]. The body facing forward (east) in *heisoku-dachi*, both hands as *hikite*. Breathe normally. (Elapsed time: 30 sec)



- (13) EAST: On the count of 11, during inhalation take a step to the right side with the right leg. Then let your left leg pass behind the right and take the position of *ryūnen-dachi* as in [Ill. 11]. Clench the toes of the left foot together. The body facing south in *ryūnen-dachi*, left hand as *hikite*.
- (14) SOUTH: On the count of 12, While holding your breath standing in this position, pull the left hand back to *hikite* position. Then turn around and, at the same time, slowly stretch out both hands as in [Ill. 12], while opening them up, but keep fingers together. The body facing south in *oji-dachi*, left hand downwards 45 degrees, right hand upwards 45 degrees. Still in [*yūki mutai*] state.
- (15) SOUTH: On the count of 13, in the same position switch the hands' position as in [Ill. 13]. The width between the hands shoulder width, and hands moving in a semicircle. Still in [*yūki mutai*] state.
- (16) SOUTH: On the count of 14, exhale while you bend your arms in a right angle, with the left hand in the palm of the right hand as in [Ill. 14]. Breath in and hold the breath.



- (17) SOUTH: On the count of 15, in the same position hold your breath, while moving the inhaled air down to *ge-tanbu* (*tanden* = lower



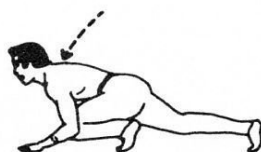
abdomen), move both hands diagonally down forward, and let the body fall forward as in [Ill. 15] to 45 degrees. [Taiki *getan*] (*Danki tanun*)

- (18) SOUTH: On the count of 16, in the same position, move the *ki* that you earlier moved to *ge-tanbu* to *chū-tanbu* (*danchū* = region of the chest) while putting both palms on the floor and let the body fall further forward as in [Ill. 16] to 90 degrees. [Taiki *chūtan*] (*Tanki danun*)

- (19) SOUTH: On the count of 17, move the *ki* back from *chū-tanbu* to *ge-tanbu* while you move your body back to the same state as in [Ill. 15], according to [Ill. 17]. [Taiki *getan*] (*Danki tanun*)



15



16



17

- (20) SOUTH: On the count of 18, from the same position and state, hold the breath, while moving the left foot a step back (to the north on *kidō-sen*) simultaneously put your right hand on the left shoulder and stretch forward your left hand as *soe-te* as in [Ill. 18]. The body facing south in *migi eji-dachi*.

- (21) SOUTH: On the count of 19, in the same position during short exhalation take the position of *migi gedan-gamae* as in [Ill. 19]. The body facing south in *migi eji-dachi*, left hand as *hikite*.

- (22) SOUTH: On the count of 20, from the same position and state, during slow inhalation, look left (east), pull the right hand into the position of *hikite*, while moving the right foot to the side of the left into *heisoku-dachi* as in [Ill. 20]. Breathe normally. The body facing east in *heisoku-dachi*, both hands as *hikite*. (Elapsed time: 1 min)



18

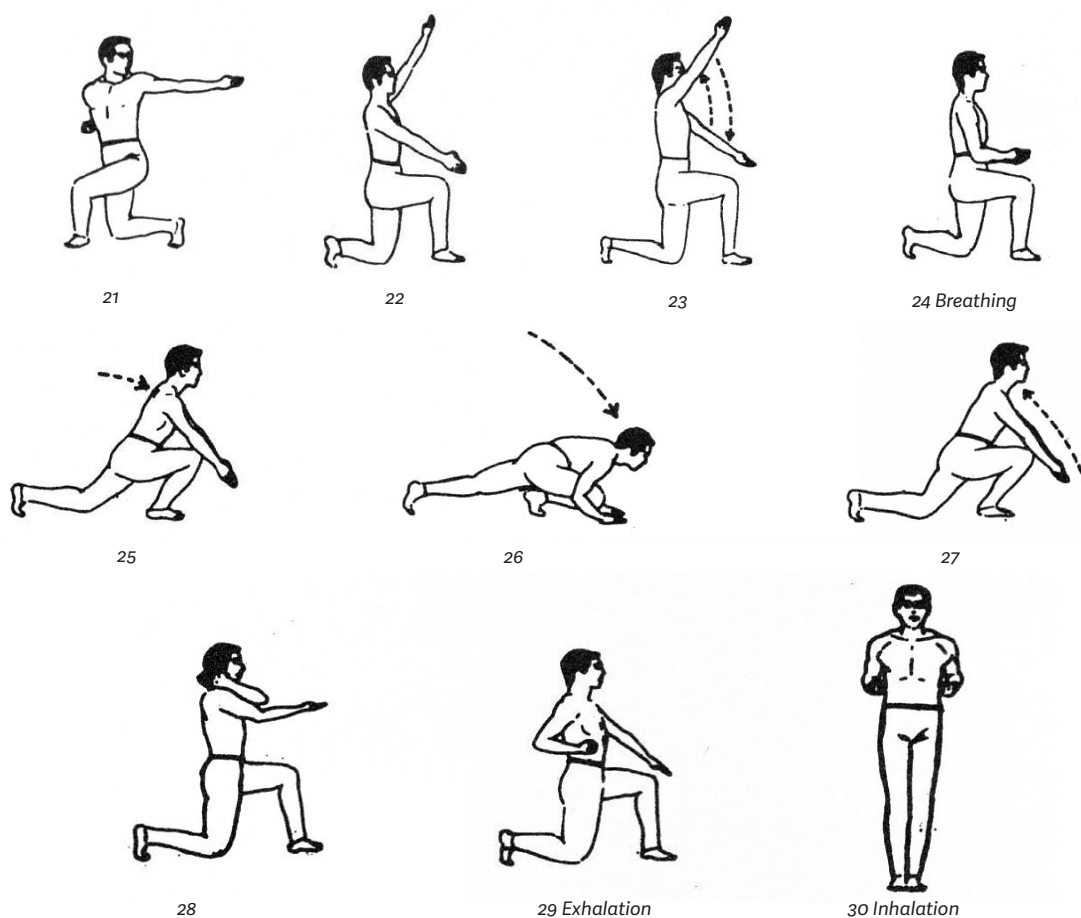


19 Exhalation



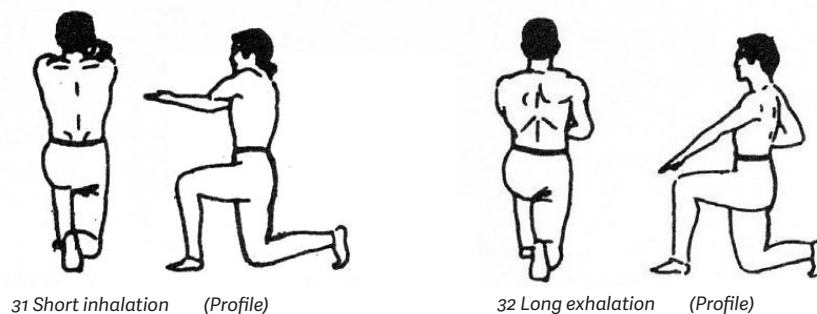
20 Inhalation

(23) EAST: On the count of 21 to 30, do as you did in step 13 to 22, [Ill. 21 to 30] on the opposite side. (Elapsed time: 1 min 30 sec)



(24) EAST: On the count of 31, from the same position and state, during short inhalation move the right foot forward, turn on the left foot backwards (west) and take the position of *hidari* (left) *oji-dachi* while breathing in quickly [*tankyū*]. Simultaneously put your left hand on the right shoulder and stretch your right hand forward as *soe-te* as [Ill. 31]. The body facing west in *hidari oji-dachi*.

(25) WEST: On the count of 32, during a long exhalation [*chōto*] take (as in [Ill. 32]) the position of *hidari gedan-gamae*. Right hand as *hikite*.

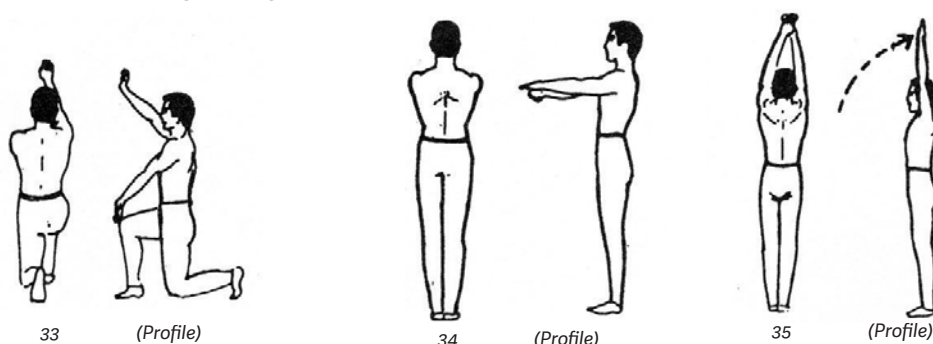


(26) WEST: From the same position and state pull in the left hand

to the position for *hikite*. Simultaneously move the right foot forward one step into *migi eji-dachi*. During *Ki-ai* (exhaling 70% of inhaled air) concentrate the energy (*Ki*) of the whole body and punch with left hand diagonally downward and with the right hand diagonally upward as in [Ill. 33]. Both hands on the centreline. The body facing west in *migi eji-dachi*. (*Kyūki-shūhō*)

(27) WEST: On the count of 34, from the same position and state pull in both hands to the position for *hikite*, and while exhaling another 20% of the air (10% remaining) move the left foot forward one step and follow with the right foot, take the position of *heisoku-dachi* as in [Ill. 34]. During this move punch forward with both hands. Support the right fist with the open left hand on top. The body facing west in *heisoku-dachi*. (*Kyūki-shūhō*)

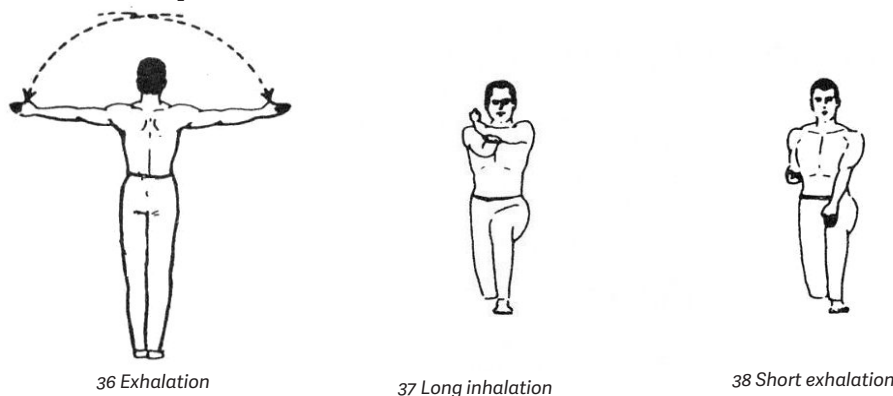
(28) WEST: On the count of 35, in the same position, during a large inhalation, move both hands up to a vertical position while opening the right hand as in [Ill. 35].



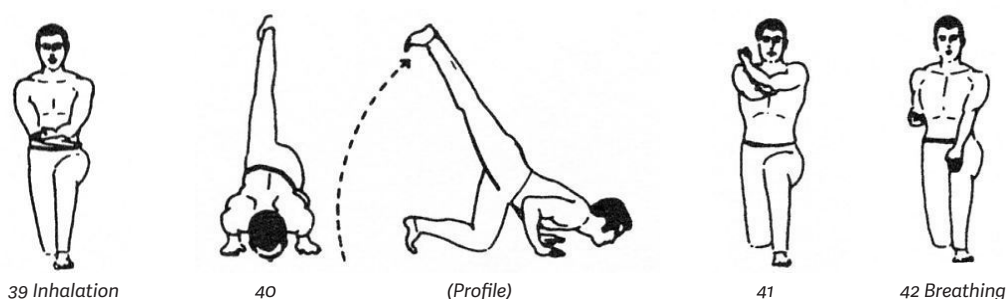
(29) WEST: On the count of 36, at the same position and state, during a big exhalation, lower the hands to a horizontal position on the side of your body as in [Ill. 36]. Breathe normally.

(30) WEST: On the count of 37, from this position and state, during long inhalation [*chōkyū*] move the right foot forward while turning backwards (east) take the position of *hidari eji-dachi* as in [Ill. 37]. Simultaneously put your left hand on the right shoulder and stretch forward your right hand as *soe-te*. The body facing east in *hidari eji-dachi*.

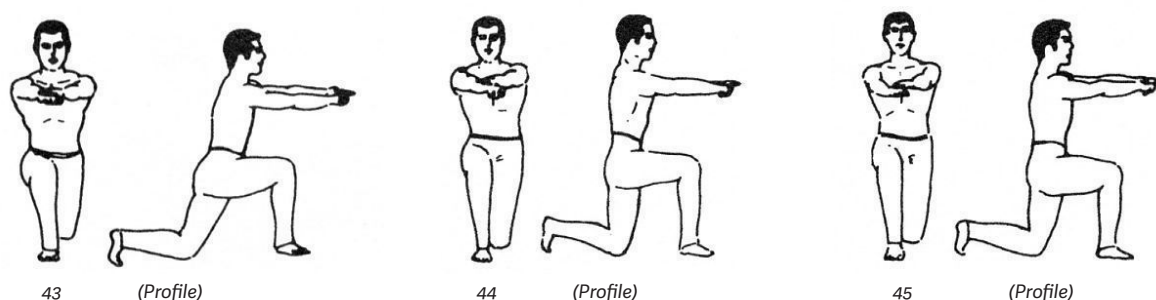
(31) EAST: On the count of 38, in the same position, during a short exhalation, take the position of *hidari gedan-gamae* as in [Ill. 38]. The body facing east in *hidari eji-dachi*, right hand as *hikite*. (Elapsed time: 2 min)



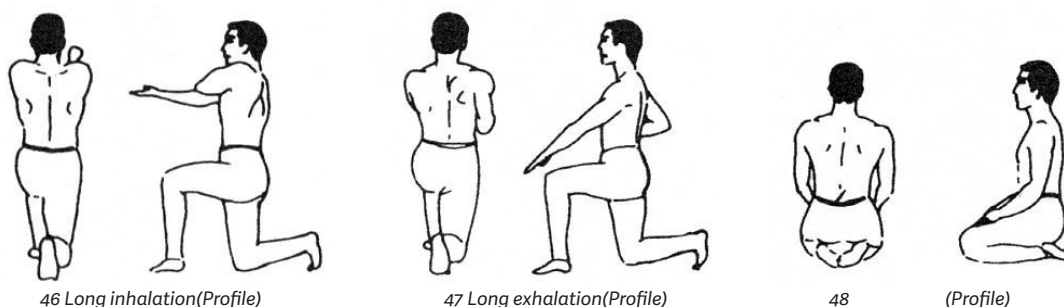
- (32) EAST: On the count of 39, during inhalation bend the left elbow and turn the left hand to the centre and stretch the right hand out under the left as in [Ill. 39], so that the wrists are being crossed. Left hand on top of the right hand.
- (33) SOUTH: On the count of 40, then hold the breath and turn both hands outwards at the same time as you let the upper part of the body fall forward and move the inhaled air to the back of your head. Let both hands and the left knee be in contact with the floor and lift the right leg 45 degrees as in [Ill. 40]. Pinch the fingers together. (*Taiki jōtan*)
- (34) SOUTH: On the count of 41, from this position move the right leg down and back and simultaneously put your left hand on the right shoulder and stretch your right hand forward as *soe-te* as in [Ill. 41]. The body facing east in *hidari eji-dachi*.
- (35) EAST: On the count of 42, at the same position, during exhalation take the position of *hidari gedan-gamae* as in [Ill. 42]. The body facing east in *hidari eji-dachi*, right hand as *hikite*.



- (36) SOUTH: Inhale. On the count of 43, from this position and state, while pulling the left hand in to the position of *hikite* move the right foot one step forward. Simultaneously move the upper half of the body forward as in [Ill. 43] (about 15-20 degrees) and punch with both hands while doing *Ki-ai*. Support the fist of the right hand (below) with the palm of the left hand (above). (*Kyūki-haibatsu*)
- (37) SOUTH: On the count of 44, on the spot, pull back the upper half of the body and the abdomen, as if you let *ki* out of the back (backwards), back to the position shown in [Ill. 44]. (*Kyūki-haibatsu*)
- (38) SOUTH: On the count of 45, on the spot, move the pull-backed-abdomen forward, back to the initial position shown in [Ill. 45]. (*Kyūki-haibatsu*)



- (39) EAST: On the count of 46, in the same position turn the body to the left (west) during a long inhalation (*chōkyū*), so that you take the position of *hidari eji-dachi*. Simultaneously, put your left hand on the right shoulder and stretch forward your right hand as *soe-te*, as [Ill. 46]. The body facing west in *hidari eji-dachi*.
- (40) WEST: On the count of 47, in the same position, during a long exhalation (*chōto*), take the position of *hidari gedan-gamae* as in [Ill. 47]. The body facing west in *hidari eji-dachi*, right hand as *hikite*.
- (41) WEST: On the count of 48, in the same position, during inhalation pull the left hand in to the position for *hikite* and at the same time pull in the left leg so that you stand on both knees. During exhale, lower the hands and sit down in *seiza* with the right big toe on top of the left as in [Ill. 48]. Breathe normally. (Elapsed time: 2 min 30 sec)



(42) – (82) <Opposite side>

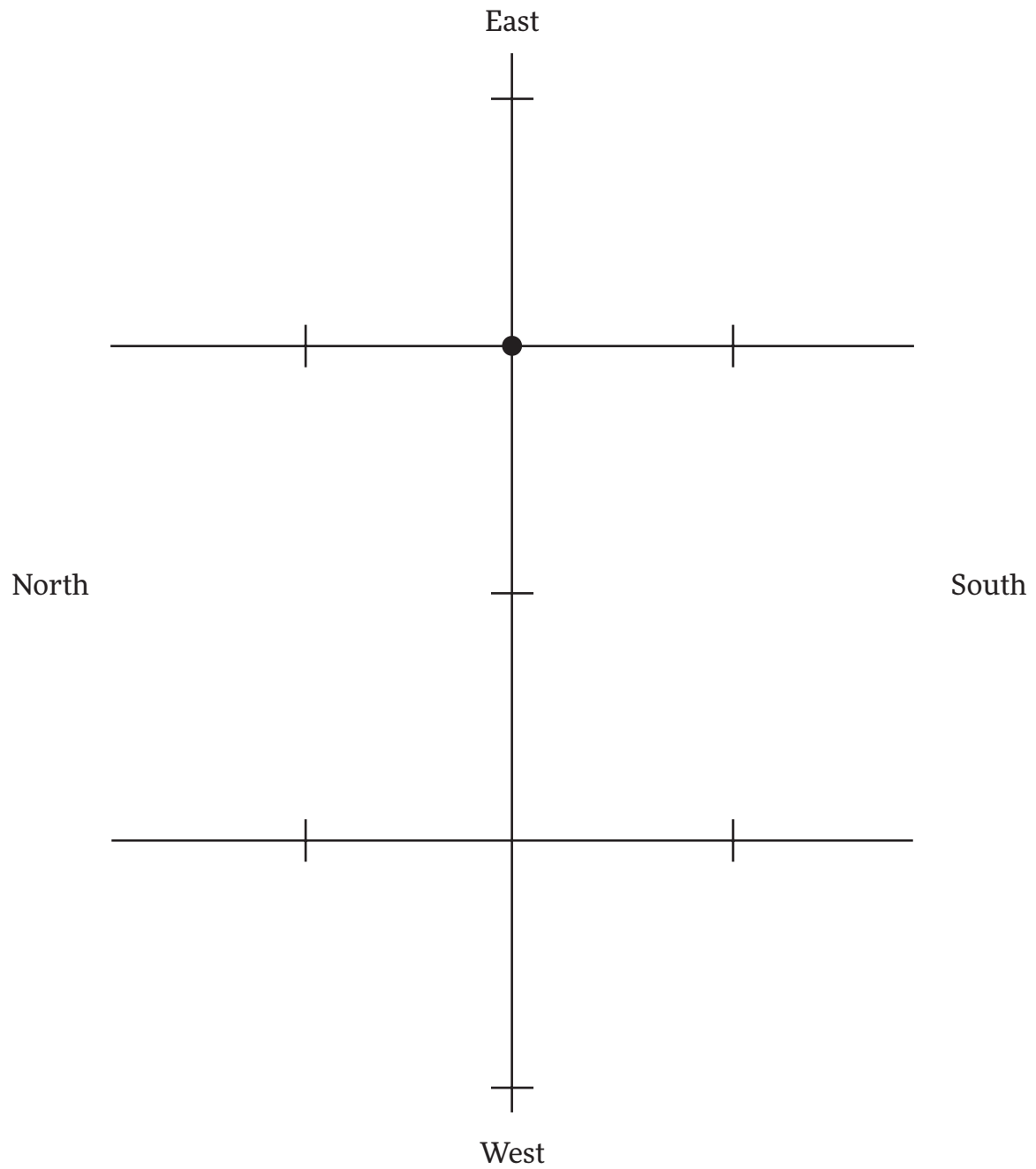
Do the other side (opposite) as done in steps 3 to 41(illustrations 1 to 48.)



### 3. KIDŌ-SEN

● = *Kidō-ten*

Solid line = *Kidō-sen*



# 8 Katsume no Hokei

## 1. COMPOSITION AND CONTENT OF HOKEI

*Katsume no Hokei* is one of the three (3) -*mei hokei*: *Sei*-, *Katsu*-, and *En*-. Its structure and content are as follows.

1. Compared with *Seimei no Hokei* this has a more technical content.
2. The content includes for techniques important *aji-dachi*, *kō-kutsu-dachi*, *ryūnen-dachi*, so called three stances and the three kamae: *Gedan*, *Chūdan* and *Jōdan*. The nine breathing methods used in *Seimei no Hokei* are used with *Sen*-, *Un*-, *Hen*-, *Nen*- and *Ten*-techniques. Moreover, *Uke* (blocks) against hand or foot techniques used in -*sei hokei*s are also included.
3. For blocking or attacking techniques, left and right hands are clenched and opened alternately. Focusing on finger moves like these will promote anti-aging.

## 2. SEQUENCE AND MOVEMENTS

- (1) EAST: Stand in *heisoku-dachi* on *kidō-ten* [Picture 1]. Sit in *seiza* in a set manner [Picture 2]. Sitting facing east.
- (2) EAST: Follow the set manner to do *zarei* [Picture 3].

East is where you are facing when starting a hokei.



Picture 1



Picture 2



Picture 3

- (3) EAST: Pull both hands back to the position for *hikite*, while opening the fists, while pronate the arms, stretch them upwards, 45 degrees, slowly, with the palms facing down. From there, raise the arms vertically over the head [Picture 4]. From there, while exhaling, lift the hip a little bit and lower the arms to a horizontal position [Picture 5]. Exhale completely, *Muki yūtai*, push the diaphragm upwards by pulling in the lower abdomen, then return it to previous position (push it out) swiftly.
- (4) EAST: Get into *hidari* (left) *gedan-gamae* [Picture 6]. The body in *hidari eji-dachi* facing forward (east).



Picture 4



Picture 5



Picture 6

- (5) Push the right hand forward and under the left while opening the fist [Picture 7]. From there do *morote soto-uke* [Picture 8]. The body facing east in *hidari eji-dachi*.
- (6) EAST: Turn right and while getting into *migi eji-dachi* do *morote sokuhō-suihei-nukite-sashi* sideways [Picture 9].



Picture 7



Picture 8



Picture 9

- (7) WEST: While taking a step forward turn right (east) and do *migi gedan-gamae* [Picture 10]. The body in *migi eji-dachi* facing forward (east), right foot on *kidō-ten*.
- (8) EAST: While pulling the right hand to *hikite* position, put the left foot forward next to the right and stand up in *heisoku-dachi* [Picture 11]. Stand in *heisoku-dachi* facing forward (east).
- (9) EAST: Do *ni-no-ashi* with the right foot to the right (south), then stick the left foot behind the right. While getting into *migi ryūnen-dachi* do *migi suihei nukite-sashi* [Picture 12]. The body facing south in *ryūnen-dachi*, left hand as *hikite*.



Picture 10



Picture 11



Picture 12

- (10) SOUTH: While pulling the right hand to *hikite* position, rotate the body left, stick the left hand downwards 45 degrees and the right hand upwards 45 degrees [Picture 13]. The body facing south in *oji-dachi*, left hand downwards 45 degrees, right hand upwards 45 degrees.
- (11) SOUTH: In the same position, supinate the hands, bend the elbows to 90 degrees in front of the abdomen. Left wrist on top of the right [Picture 14].
- (12) SOUTH: Do *hidari ebi-geri* [Picture 15] towards the north. The body facing south and right knee on the floor.



Picture 13



Picture 14



Picture 15

- (13) SOUTH: While pulling back the kicking leg, raise the body to a 45-degree angle into *taiki getan* [Picture 16]. The hands are at shoulder width, perpendicular to the upper body.
- (14) SOUTH: Take a step back (north) with the left leg into *migi gedan-gamae* [Picture 17]. The body facing south in *migi eji-dachi*, left hand as *hikite*.
- (15) SOUTH: Look left (east). While pulling the right hand into the position of *hikite*, pull the right leg next to the left while standing up in *heisoku-dachi* [Picture 18]. Standing in *heisoku-dachi* facing forward (east).



Picture 16



Picture 17



Picture 18

- (16) EAST: Do the same as indicated in (9) to (15) on the opposite side [Pictures 19 to 25].



Picture 19



Picture 20



Picture 21



Picture 22



Picture 23





Picture 24



Picture 25

- (17) EAST: While pulling the right leg back (west) into *migi kōkutsu-dachi*, do *morote sokuhō-suihei-nukite-sashi* sideways [Picture 26].
- (18) EAST: In the same position, do *morote soto-uke* with clenched hands [Picture 27].
- (19) EAST: Do *migi untai-shōmen-geri-zuki* [Picture 28]. The body facing east in *migi eji-dachi*.



Picture 26



Picture 27



Picture 28

- (20) EAST: Pull the punching hand back to the position of *hikite*. From there do *morote age-uke* with the right hand open and the left clenched in a fist [Picture 29]. Right hand in front, left hand closest to the body.
- (21) EAST: Pull back the left hand and push the opened hand out horizontally. At the same time you lower the right hand supinate it into a horizontal position on top of the left hand [Picture 30].
- (22) EAST: Move the body forward into a 45-degree angle - *taiki getan* [Picture 31].
- (23) EAST: Continue forward into *taiki chūtan* [Picture 32].



Picture 29



Picture 30



Picture 31



Picture 32



- (24) EAST: Move back to *taiki getan* [Picture 33] (step 22).
- (25) EAST: Take a step back with the right leg into *hidari chūdan-gamae* [Picture 34]. Body facing east in *migi kōkutsu-dachi*.
- (26) EAST: Take a *ni-no-ashi* step forward with the right leg and do *hai-zenten* [Picture 35]. End in *migi eji-dachi* as you do *morote-sokuhō-suihei-nukite-sashi* sideways [Picture 36]. Body facing east in *migi* (right) *oji-dachi*.
- (27) EAST: Turn left and while getting into *hidari eji-dachi* (facing west), do *hidari gedan-barai* [Picture 37]. The body facing west in *hidari eji-dachi*, right hand as *hikite*.



Picture 33



Picture 34



Picture 35



Picture 36



Picture 37

- (28) WEST: Pull your left foot back next to the right and do *migi nentai hangetsu-ate* [Picture 38].
- (29) WEST: Move the right leg (the one used for the *ate*) forward (west), and while getting into *migi eji-dachi*, turn around (to the east). While getting into *hidari eji-dachi*, do *hidari torite-uke* [Picture 39]. Body facing east in *hidari eji-dachi*, right hand as *soete* for *torite-uke*.
- (30) EAST: Pull both hands into *hikite*-position, take a step forward (east) and while getting into *migi eji-dachi*, let the upper body move a bit forward and strike with the right fist under the left palm [Picture 40]. Body facing east in *migi* (right) *oji-dachi*. *Ki-ai* [*kyūki-shūhō*]
- (31) EAST: Let the *Ki* leave the body from the back while returning the upper body and lower abdomen to proper *oji-dachi* position [Picture 41]. [*kyūki-haibatsu*]
- (32) EAST: Turn left (to the west) and get into *migi gedan-gamae* [Picture 42]. The body facing west in *hidari eji-dachi*, right hand as *hikite*.



Picture 38



Picture 39



Picture 40



Picture 41



Picture 42

- (33) WEST: Pull the left hand to *hikite* position while you pull your left foot back to the right foot and stand up in *heisoku-dachi* [Picture 43].
- (34) WEST: Look right (north). Take a *ni-no-ashi* step to the right with the right foot. Then move the left foot behind the right and get into *ryūnen-dachi* at the same time you do *migi suihei nukite-sashi* [Picture 44].
- (35) NORTH: In the same position, do *migi uraken-ate* to the north [Picture 45].



Picture 43



Picture 44



Picture 45

- (36) NORTH: Take a step back (south) with the left foot and get into *migi chūdan-gamae* [Picture 46]. Body facing north in *migi kōkutsu-dachi*.
- (37) NORTH: Do *migi jōdan-gamae* [Picture 47].
- (38) NORTH: While moving into *kōkutsu-dachi* do *migi uchi-uke* [Picture 48].
- (39) NORTH: While pulling both hands into *hikite*-position, take a step forward (north) with the left foot. While getting into *hidari eji-dachi*, do *morote shōtei-zuki*. Left hand upwards 45 degrees and right hand downwards 45 degrees [Picture 49].
- (40) NORTH: Take a step back (south) with the left foot into *migi gedan-gamae* [Picture 50].
- (41) NORTH: Look left (west). While pulling the right hand into the

position of *hikite*, pull the right leg back next to the left and stand up in *heisoku-dachi* [Picture 51].



Picture 46



Picture 47



Picture 48



Picture 49



Picture 50



Picture 51

- (42) WEST: Do the same as indicated in (34) to (39) but on the opposite side [Pictures 52 to 58].



Picture 52



Picture 53



Picture 54



Picture 55



Picture 56



Picture 57

- (43) NORTH: Look right (west). While pulling the left hand into the position of *hikite*, pull the left leg back next to the right and stand up in *heisoku-dachi* [Picture 59].
- (44) WEST: While pulling the left leg back and getting into *migi kōkutsu-dachi* do *morote-sokuhō-suihei-nukite-sashi* [Picture 60].
- (45) WEST: Do the same as indicated in (17) to (31) but on the opposite



side [Pictures 61 to 75].



Picture 58



Picture 59



Picture 60



Picture 61



Picture 62



Picture 63



Picture 64



Picture 65



Picture 66



Picture 67



Picture 68



Picture 69



Picture 70



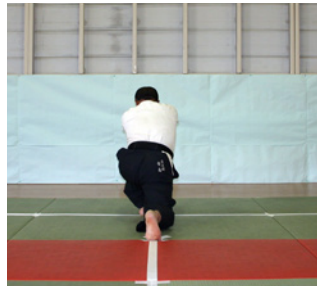
Picture 71



Picture 72



Picture 73



Picture 74



Picture 75

- (46) WEST: Look over your right shoulder (east). Turn right and get into *migi gedan-gamae* [Picture 76] facing east. The body in *migi eji-dachi* facing forward (east), forward foot on forward *kidō-ten*. Right (front) foot on *kidō-ten*.
- (47) EAST: Sit in *seiza* in a set manner [Picture 77].
- (48) EAST: Follow the set manner to do *zarei* [Picture 78].
- (49) EAST: Follow the set manner to dismiss (*kaitai*).



Picture 76



Picture 77



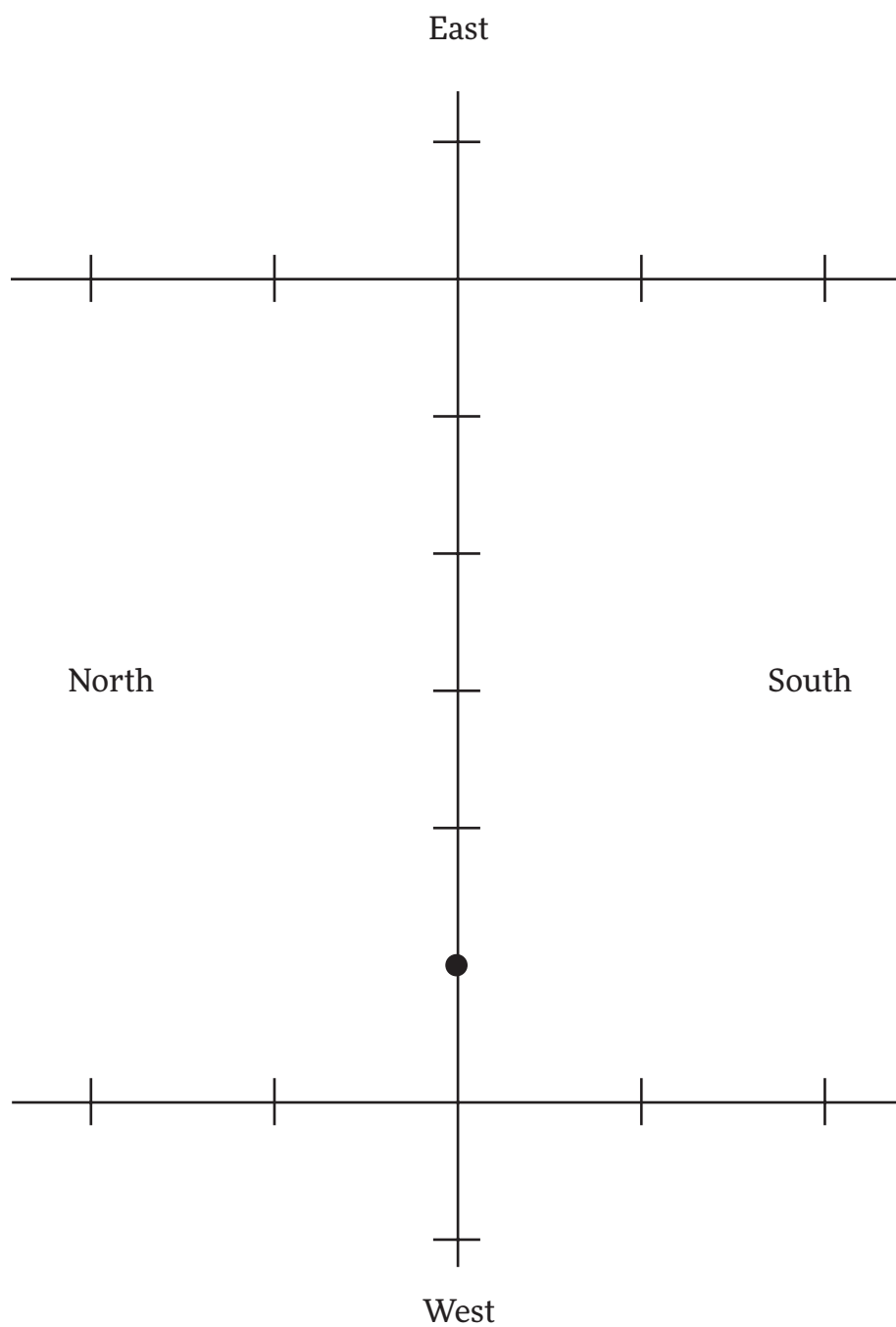
Picture 78



### 3. KIDŌ-SEN

● = *Kidō-ten*

Solid line = *Kidō-sen*



# 9 Enmei no Hokei

## 1. COMPOSITION AND CONTENT OF HOKEI

*Enmei no Hokei* is one of the three (3) *-mei hokei*: *Sei*-, *Katsu*-, and *En*-. Its structure and content are as follows.

1. A seed is sown in the ground in the grand nature of the universe. Roots grow down, branches grow out, the trunk is getting taller and the tree grows thick. Over a long time, the tree endures blizzards, forming its original shape. Eventually the growth comes to an end and the tree starts to wither to finally return to the ground. The ecological phenomenon of that kind of life is expressed by superimposing it to the life of man.
2. This hokei is created to contain, except for pure technical elements, gymnastic elements and their effects on the whole human body, and further methods to elevate these techniques by utilizing the nine breathing methods. That is, it combines the outer effects to deal with an enemy and inner effects to keep one healthy. This hokei helps to truly protect one's life.

## 2. SEQUENCE AND MOVEMENTS

- (1) EAST: Stand in *heisoku-dachi* on *kidō-ten* [Picture 1]. Sit in *seiza* in a set manner [Picture 2]. Sitting facing east.
- (2) EAST: Follow the set manner to do *zareai* [Picture 3].

East is where you are facing when starting a hokei.



Picture 1



Picture 2



Picture 3

- (3) EAST: Pull both hands to the position of *hikite*. While opening the left hand, right hand remains as a fist, stretch out both hands 45 degrees upwards [Picture 4]. (The knuckle of the middle finger or the clenched right-hand rests in the cavity of left hand's palm.) Continue moving the arms upwards above the head while open the fist of the right hand [Picture 5].
- (4) EAST: While lifting the hip a bit, lower the arms to horizontal position on the sides of your body [Picture 6]. (*Muki-yūtai*).



Picture 4



Picture 5



Picture 6

- (5) EAST: While taking a step forward with the left foot into *hidari eji-dachi*, gather the hands in front of the upper abdomen, with the left hand on top of the right hand [Picture 7].
- (6) EAST: Pronate both hands while stretching the arms forward to a horizontal position (left hand under the right hand) [Picture 8].
- (7) EAST: Pull the left hand back to the position of *hikite* [Picture 9].



Picture 7



Picture 8



Picture 9

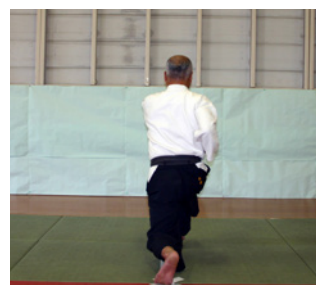
- (8) EAST: Pronate the right hand while lifting it over the head (look over the right shoulder). At the same time, on the spot, turn right, look northeast (315 degrees) and lower the arm in the same direction to horizontal position, palm facing sideways [Picture 10]. With the left hand, do *nukite-sashi* perpendicular to the right hand (towards the northwest) palm facing sideways [Picture 11]. The body facing north in *migi eji-dachi* to the west.
- (9) NORTH: Pull the right hand to *hikite* position while looking left (west). At the same time, move the left hand 45 degrees to the left while pronating it 90 degrees so the palm is facing down [Picture 12].



Picture 10



Picture 11



Picture 12

- (10) WEST: Pronate the left hand while lifting it over the head (look over the left shoulder). At the same time, on the spot, turn left, look northwest and lower the arm in the same direction to horizontal position, palm facing sideways [Picture 13]. With the right hand, do *nukite-sashi* perpendicular to the left hand (towards the northeast) palm facing sideways [Picture 14].
- (11) NORTH: Pull the left hand to *hikite* position while looking right (east). At the same time, move the right hand 45 degrees to the right while pronating it 90 degrees so the palm is facing down [Picture 15]. The body in left *oji-dachi* facing forward (east).
- (12) EAST: Pull the left foot to the right foot and sit down in *seiza* [Picture 16]. Sit in *seiza* with both hands as *hikite*.



Picture 13



Picture 14



Picture 15



Picture 16

- (13) Do the same as indicated in (5) to (10) but on the opposite side [Pictures 17 to 24].



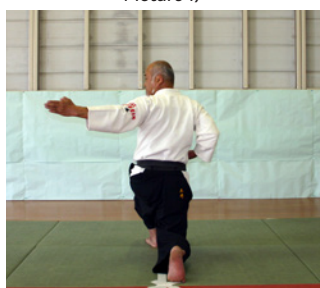
Picture 17



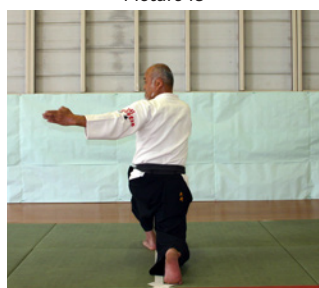
Picture 18



Picture 19



Picture 20



Picture 21



Picture 22



Picture 23



Picture 24

- (14) Look left (northeast) and with the left foot, take a step forward in the same direction. While getting into *hidari eji-dachi*, do *hidari torite-uke* [Picture 25].
- (15) NORTHEAST: After pulling back the *torite* hand (left), stretch it upwards and do *hidari shōtei-ate* [Picture 26]. The body in left *oji-dachi* facing forward (east).
- (16) NORTHEAST: Do the same as indicated in (14) and (15) on the opposite side [Pictures 27 to 28].





Picture 25



Picture 26



Picture 27



Picture 28

- (17) SOUTHEAST: Look left (east), move the left foot a step forward on the eastern line. Then move the right foot next to the left and stand up in *heisoku-dachi* while pulling the right hand into the position of *hikite* [Picture 29]. Standing in *heisoku-dachi* facing forward (east).
- (18) EAST: Do *morote suihei-nukite-sashi*, palms facing sideways [Picture 30].
- (19) EAST: Pronate the arms to turn the palms upwards so the wrists are perpendicular [Picture 31]
- (20) EAST: Bend both knees and fold the body forwards 45 degrees at the same time you do *ryō* (both) *shōtei-uke* (left on top) in front of the chest [Picture 32].
- (21) EAST: While falling forward and stretching out the right leg backwards into horizontal position, do *ryō koken* sideways (left and right) [Picture 33], fingers pointing down. From there stretch both hands *shōtei* forward. The body horizontal standing on one (left) leg.
- (22) EAST: Plantar-flex the right ankle to stretch the foot backwards [Picture 34].



Picture 29



Picture 30



Picture 31



Picture 32



Picture 33



Picture 34

- (23) Do *ni-no-ashi* with the right foot and do *hai zenten* [Picture 35]. While getting up into *hidari eji-dachi* do *morote suihei-sokuho*



*nukite-sashi* [Picture 36]. Ki-ai. The body facing east in *hidari eji-dachi*.

- (24) EAST: Turn the body clockwise to the back (west) while pulling both hands to *hikite* position [Picture 37].



Picture 35



Picture 36



Picture 37

- (25) WEST: Pull the left foot next to the right and stand up in *heisoku-dachi*. At the same time, while opening the left fist, the right hand clenched, stretch both hands forward and upward. (Do the same as in step (3), the knuckle of the middle finger in the right hand rests in the cavity of left hand.) Pronate both hands while rising the hands further upwards, and then stretch them out to horizontal position on the side of the body [Picture 38].
- (26) WEST: Pull both hands back to the position of *hikite* [Picture 39].
- (27) WEST: While opening the right hand fist, stretch the right hand straight up [Picture 40]. Furthermore, lower the arm behind the head (northeast) to horizontal position [Picture 41].
- (28) WEST: Turn the body clockwise to the direction of the right hand. As you get into *ushiro-ashi-dachi*, take a half step forward (northeast) as *ni-no-ashi* with the right foot. Then do *untai-shōmen-geri-zuki* [Picture 42].
- (29) NORTHEAST: While pulling the left hand to the position of *hikite*, move the left foot back to the right foot while turning counter-clockwise and standing up in *heisoku-dachi* [Picture 43].



Picture 38



Picture 39



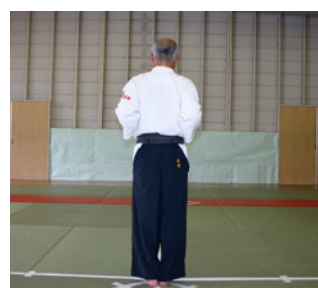
Picture 40



Picture 41



Picture 42



Picture 43

- (30) WEST: Do the same as indicated in (27) to (29) but on the opposite side [Pictures 44 to 47].
- (31) WEST: Look right (north), take a *ni-no-ashi* step to the right with the right foot, then stick the left foot behind the right into *migi ryūnen-dachi* while doing *migi suihei nukite-sashi* [Picture 48].



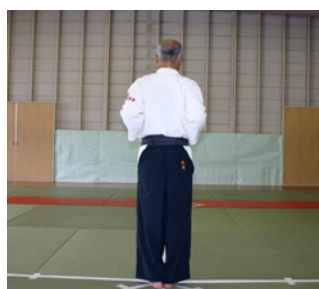
Picture 44



Picture 45



Picture 46



Picture 47



Picture 48

- (32) NORTH: Move the left *hikite* hand forward to the position for *soe-te* [Picture 49].
- (33) NORTH: Look back (south). Do *hidari suihei-nukite-sashi* [Picture 50].
- (34) SOUTH: Turn counterclockwise to the left and get into *hidari jōdan-gamae* [Picture 51] (right hand open). The body facing north in *hidari ryūnen-dachi*.



Picture 49



Picture 50



Picture 51

- (35) NORTH: Pronate both hands [Picture 52].
- (36) NORTH: While getting into *hidari eji-dachi*, gather both hands in front of the lower abdomen [Picture 53], intersect at the wrists. Right hand under the left hand.



Picture 52



Picture 53

- (37) NORTH: Do *hentai ebi-geri* with the left foot towards the back (south), the right knee on the ground [Picture 54]. Plantar-flex the left ankle and stretch the foot [Picture 55].
- (38) NORTH: Pull the kicking leg back while tilting the body forward into a 45 degree angle to the position of *taiki getan* [Picture 56].



Picture 54



Picture 55



Picture 56

- (39) NORTH: Pull back the left foot to *kidō-ten* and do *migi gedan-gamae* [Picture 57].
- (40) NORTH: Look left (west). Pull the right hand back to *hikite* position, at the same time you pull the right foot back to the left foot getting into *heisoku-dachi* [Picture 58]. The body facing west in *heisoku-dachi*. Hands as *hikite*.
- (41) WEST: Do the same as indicated in (31) to (40) on the opposite side [Pictures 59 to 69].



Picture 57



Picture 58



Picture 59



Picture 60



Picture 61



Picture 62





Picture 63



Picture 64



Picture 65



Picture 66



Picture 67



Picture 68



Picture 69

- (42) WEST: Stretch the hands upwards as indicated in (25) [Picture 70] and continue to lower the arms to a horizontal position [Picture 71].
- (43) WEST: Pronate the arms to turn the palms downwards so the wrists are perpendicular [Picture 72].



Picture 70



Picture 71



Picture 72

- (44) WEST: Do the same as indicated in (20) to (21) on the opposite side [Pictures 73 to 77].



Picture 73



Picture 74



Picture 75



Picture 76



Picture 77

- (45) WEST: Turn counterclockwise (left) and when facing east take a step forward with the right foot. At the same time you are getting into *migi eji-dachi*, do *morote suihei-tome-uke* (*kyūki-haibatsu*) [Picture 78].
- (46) EAST: Pull the right leg back to the left and do *hai kō-ten* [Picture 79]. While getting up from the roll, do *hidari gedan-gamae* [Picture 80].



Picture 78



Picture 79

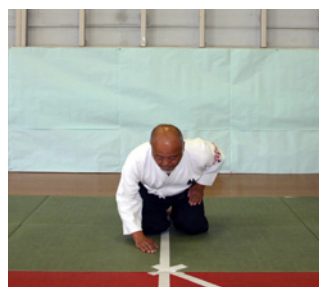


Picture 80

- (47) EAST: Sit in *seiza* in a set manner [Picture 81].
- (48) EAST: Follow the set manner to do *zarei* [Picture 82].
- (49) EAST: Follow the set manner to dismiss (*kaitai*).



Picture 81



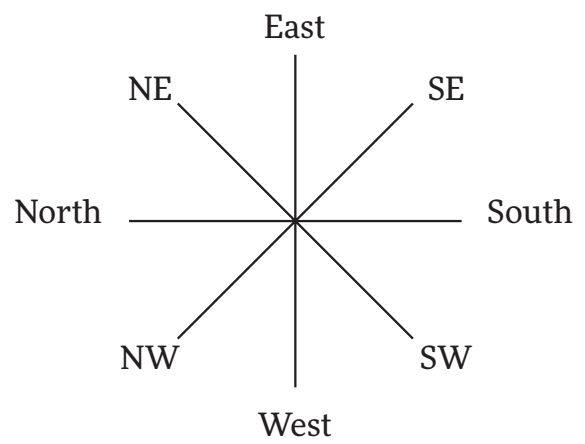
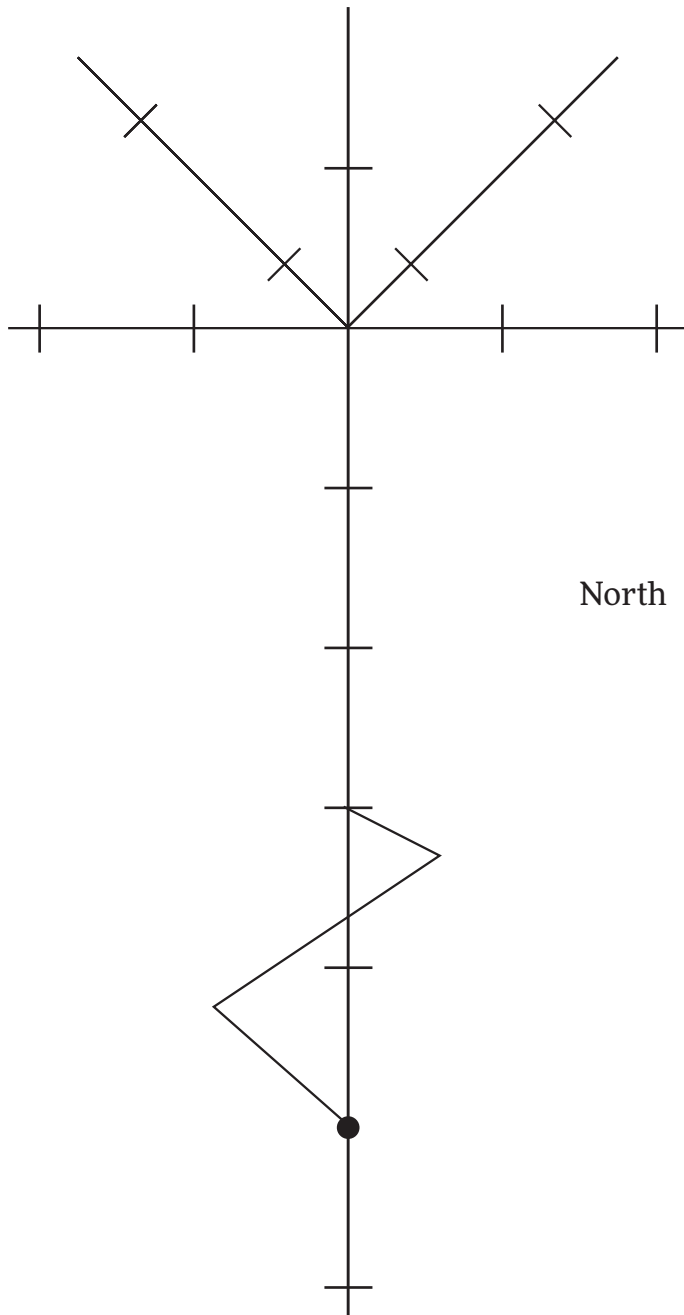
Picture 82



### 3. KIDŌ-SEN

● = *Kidō-ten*

Solid line = *Kidō-sen*



# 10 Ingen no Hokei

## 1. STRUCTURE AND CONTENT OF HOKEI

The 18 hokei in Taido are divided into *-tai/-in*, *-sei*, *-mei* and *-gen no hokei*, and this *Ingen no hokei* together with *Yōgen no hokei* synthesize *-tai/-in* and *-sei* hokeis with the following content.

1. The timing of attack mainly practiced in this hokei is *sen no sen*, but also *tai no sen* and *go no sen* are present. Especially like the steps 50-52, making it look like you are chasing then while pulling the leg back check the opponent. Continuing with a *gyaku-zuki* or other high-level techniques.
2. Performing these moves artistically while making them technically efficient.
3. Expressions should not only be made technically, but also with a calm mind, composed and with flavour.
4. The time it should take to perform this hokei is 3 min 20 sec, which is relatively long. However, by combining hand moves with breathing methods, the hokei can be performed without causing excessive fatigue.
5. A *Sōkyoku* (a song played on the *Koto* and other traditional instruments) was made to go with the performance of this hokei making it even more artistic.
6. Additional comment: The first half of this hokei is like *Senin no hokei*.

## 2. SEQUENCE AND MOVEMENTS

- (1) EAST: Stand in *heisoku-dachi* on *kidō-ten* [Picture 1]. Sit in *seiza* in a set manner [Picture 2].
- (2) EAST: Follow the set manner to do *zarei* [Picture 3].

East is where you are facing when starting a hokei.



Picture 1



Picture 2



Picture 3

- (3) EAST: Step out with the left foot onto *kidō-ten* into *hidari gedan-gamae* in *hidari eji-dachi* and *migi hikite* [Picture 4].
- (4) EAST: *Migi untai shōmen-geri-zuki* into *migi eji-dachi* and *hidari hikite*. (*Tsuki* are all *nukite* from this point onwards) [Picture 5, 6].



Picture 4



Picture 5



Picture 6

- (5) WEST: Look back (west) and rotate body counter-clockwise into *hidari eji-dachi* with *morote-sokuhō-suihei-nukite-sashi* [Picture 7]. Follow with *morote-zenpō-nukite-sashi* [Picture 8].
- (6) WEST: Align the right (rear) foot with the left (front) foot into *heisoku-dachi* on *kidō-ten* while pulling in the arms to *hikite* [Picture 9].



Picture 7



Picture 8



Picture 9

- (7) SOUTH: Look left (south) and shift the right foot back on the Northern-plane into *hidari chūdan-gamae* in *hidari kōkutsu-dachi* [Picture 10].
- (8) SOUTH: Do *hidari senin chokujō-zuki* - slide the right foot behind the left foot on the southern-plane into *migi ryūnen-dachi*, do *nukite-sashi* to mark with left hand while right hand remains as *soete* [Picture 11]. Look right (back) and do horizontal *nukite-sashi* with right hand [Picture 12]. In the same position, bring the right hand up for a head guard while rotating clockwise (to the south) into *migi eji-dachi* with *hidari nukite-sashi* and *migi hikite* [Picture 13].



Picture 10



Picture 11



Picture 12

- (9) SOUTH: Continue with *hidari untai shōmen-geri* into *hidari eji-dachi* with *migi nukite-sashi* and *hidari hikite* [Pictures 14, 15].



Picture 13



Picture 14



Picture 15

- (10) SOUTH: Remain in *hidari eji-dachi*. Look right (west) and do *migi-suihei-nukite-sashi* (*hidari hikite* remains) [Picture 16]. Look forward (south) and do *hidari nukite-sashi* with *migi hikite* [Picture 17].
- (11) NORTH: Look back (north) and rotate body clockwise into *migi chūdan-gamae* in *migi kōkutsu-dachi* [Picture 18].



Picture 16



Picture 17



Picture 18

- (12) NORTH: Step forward into *hidari chūdan-gamae* in *hidari kōkutsu-dachi* with left foot on *kidō-ten* [Picture 19].
- (13) NORTH: Repeat step (8) - *senin chokujō-zuki* on the same side [Pictures 20, 21, 22].
- (14) NORTH: Repeat step (9) on the same side [Pictures 23, 24].



Picture 19



Picture 20



Picture 21



Picture 22



Picture 23



Picture 24

- (15) NORTH: Repeat step (10) on the same side [Pictures 25, 26].



- (16) NORTH: Pull the left foot back on the same plane into *migi chūdan-gamae* in *migi kōkutsu-dachi* [Picture 27].



Picture 25



Picture 26



Picture 27

- (17) EAST: Turn 270° (east) looking over the left shoulder. Rotate the body counter-clockwise (east) by moving the right foot on western-plane into *hidari chūdan-gamae* with the left foot on *kidō-ten* [Picture 28].
- (18) EAST: Use *migi ni-no-ashi* into a *zenten* (forward roll) [Picture 29 and 30]. Get up into *migi eji-dachi* from the *zenten* with *morote-sokuhō-suihei-nukite-sashi* [Picture 31] and follow with *morote-zenpō-nukite-sashi* [Picture 32].
- (19) WEST: Use the left hand as a block and rotate the body counter-clockwise to face back (west) in *hidari eji-dachi* with *migi nukite-sashi* and *hidari hikite*, and *ki-ai* [Picture 33].



Picture 28



Picture 29



Picture 30



Picture 31



Picture 32



Picture 33

- (20) WEST: Pull the right hand into *hikite* while bringing the left (front) foot to the right (rear) foot into *heisoku-dachi* [Picture 34].
- (21) NORTH: Look right (north) and move the left foot back into *migi chūdan-gamae* in *migi kōkutsu-dachi* [Picture 35].
- (22) NORTH: Repeat step (8) on the opposite side [Pictures 36, 37, 38].





Picture 34



Picture 35



Picture 36



Picture 37



Picture 38

- (23) NORTH: Repeat step (9) on the opposite side [Picture 39, 40].
- (24) NORTH: Repeat step (10) on the opposite side [Pictures 41, 42].
- (25) SOUTH: Look back (south) and rotate body counter-clockwise into *hidari chūdan-gamae* in *hidari kōkutsu-dachi* [Picture 43].
- (26) SOUTH: *Migi hentai ebi-geri* towards south [Picture 44].



Picture 39



Picture 40



Picture 41



Picture 42



Picture 43



Picture 44

- (27) SOUTH: Pull the right leg in and return to *hidari chūdan-gamae* in *hidari kōkutsu-dachi* [Picture 45].
- (28) SOUTH: Step forward into *migi chūdan-gamae* in *migi kōkutsu-dachi* [Picture 46].
- (29) SOUTH: Repeat step (22) on the same side [Pictures 47, 48, 49].
- (30) SOUTH: Repeat step (23) on the same side [Pictures 50, 51].
- (31) SOUTH: Repeat step (24) on the same side [Pictures 52, 53].



Picture 45



Picture 46



Picture 47



Picture 48



Picture 49



Picture 50



Picture 51



Picture 52



Picture 53

- (32) NORTH: Repeat step (25) on the same side [Picture 54].
- (33) NORTH: Repeat step (26) on the same side [Picture 55].
- (34) NORTH: Repeat step (27) on the same side [Picture 56].



Picture 54



Picture 55



Picture 56

- (35) NORTH: Do *migi untai shōmen-geri-zuki* into *migi eji-dachi* with *hidari hikite* [Pictures 57, 58].
- (36) NORTH: Do *hidari untai shōmen-geri-zuki* into *hidari eji-dachi* with *migi hikite*. *Ki-ai* [Pictures 59, 60].
- (37) EAST: Look right (east) and pull the left hand into *hikite* while moving the left (front) foot to the right (rear) foot into *heisoku-dachi*. The body faces east with both hands in *hikite* position [Picture 61].
- (38) WEST: Step forward with right foot and rotate counter-clockwise

into *hidari gedan-gamae* in *hidari eji-dachi* with *migi hikite* [Picture 62].



Picture 57



Picture 58



Picture 59



Picture 60



Picture 61



Picture 62

- (39) WEST: *Hidari sentai chokujō-zuki* into *migi eji-dachi* with *migi hikite* [Picture 63].
- (40) WEST: *Migi sentai chokujō-zuki* into *hidari eji-dachi* with *hidari hikite* [Picture 64].
- (41) WEST: Use *hidari soete* and *migi ni-no-ashi* to step into *migi ryūnen-dachi* by sliding the left foot behind the right foot on the same plane. Simultaneously, *migi suihei-nukite-sashi* with *hidari hikite* [Picture 65].



Picture 63



Picture 64



Picture 65

- (42) WEST: Rotate body counter-clockwise into *hidari ryūnen-dachi* with the same hand position. Once rotated, do *morote-sokuhō-suihei-nukite-sashi* [Picture 66].
- (43) WEST: Supinate both hands so that palms face sideways (*risshu*) [Picture 67].
- (44) WEST: Use *hidari soete*. Right kick forward (west) with the ball of the foot (*hidari koshi gaisoku-geri*) along with *migi suihei-nukite-sashi* with *ki-ai* in the same direction with *hidari hikite* [Picture 68].





Picture 66



Picture 67



Picture 68

- (45) EAST: Place the right kicking leg forward, rotate counter-clockwise into *hidari chūdan-gamae* in *hidari kōkutsu-dachi* [Picture 69].
- (46) EAST: While pulling the both hands to *hikite*, pull left (forward) foot next to the right into *heisoku-dachi* [Picture 70]. Standing in *heisoku-dachi* facing forward (east).
- (47) EAST: While opening both hands, push the hands forward, put the knuckle of the middle finger of the right hand in the center of the palm of left hand. Pronate both arms downwards and center towards *gedan* [Picture 71].



Picture 69



Picture 70



Picture 71

- (48) EAST: Move the hands to a position straight above your head [Picture 72].
- (49) EAST: Move the right arm to the east (forward) and the left arm to the north (left) until horizontal [Picture 73].
- (50) EAST: While pulling the right leg one step back, get into *hidari chūdan-gamae* (*hidari kōkutsu-dachi*) [Picture 74].



Picture 72



Picture 73



Picture 74

- (51) EAST: Pull the left leg to the west (back) while turning the body counter-clockwise into *hidari ryūnen-dachi*. At the same time do *hidari suihei-nukite-sashi* [Picture 75]. Facing east in *hidari ryūnen-dachi* right hand as *hikite*

- (52) EAST: Use the right hand as cover, turn the body to the left (counter-clockwise) to the east getting into *migi eji-dachi* and do *hidari gyaku-nukite-sashi* [Picture 76].
- (53) EAST: Look to the northeast (left), use right *soete* while taking a step (*ni-no-ashi*) to the northeast, followed by another step with the right foot into *hidari ryūnen-dachi*, and at the same time and in the same direction do *hidari suihei nukite-sashi* [Picture 77].



Picture 75



Picture 76



Picture 77

- (54) NORTHEAST: Turn the body clockwise into *migi ryūnen-dachi*, and at the same time do *morote-suihei-nukite-sashi* [Picture 78].
- (55) NORTHEAST: Supinate both hands so that palms face sideways (*risshu*) [Picture 79].
- (56) NORTHEAST: While using *migi soete* do *hidari suihei nukite-sashi* and simultaneously do *hidari koshi-gaisoku-geri* [Picture 80]. Right hand as *hikite*.



Picture 78



Picture 79



Picture 80

- (57) NORTHEAST: While moving the left kicking leg forward, turn around toward the southwest and do *migi chūdan-gamae* [Picture 81]. Body facing southwest in *migi kōkutsu-dachi*.
- (58) SOUTHWEST: Do *hidari untai-shōmen-geri-zuki* [Pictures 82, 83] Body facing southwest in *hidari eji-dachi*, right hand as *hikite*.



Picture 81



Picture 82



Picture 83

- (59) SOUTHWEST: Stick the right leg behind the left towards the south-



west [Picture 84] and get into left *fukuteki* position. Body in *fukuteki* facing northeast.

- (60) NORTHEAST: Do *hidari hangetsu-ate* [Picture 85]. Pull the left leg back on *kidō-sen* getting into *hidari fukuteki* [Picture 86]. Body in *fukuteki* facing northeast.



Picture 84



Picture 85



Picture 86

- (61) NORTHEAST: Look right (east), while pulling both hands into the position of *hikite*, at the same time pull back the right leg to the original *kidō-ten* and stand up in *heisoku-dachi* facing east [Picture 87]. Body facing east in *heisoku-dachi*, hands as *hikite*.
- (62) EAST: Do the same as step (47) on the opposite side [Picture 88].
- (63) EAST: Do the same as step (48) on the opposite side [Picture 89].
- (64) EAST: Do the same as step (49) on the opposite side [Picture 90].
- (65) EAST: Do the same as step (50) on the opposite side [Picture 91].
- (66) EAST: Do the same as step (51) on the opposite side [Picture 92].



Picture 87



Picture 88



Picture 89



Picture 90



Picture 91



Picture 92

- (67) EAST: Do the same as step (52) on the opposite side [Picture 93].
- (68) EAST: Do the same as step (53) on the opposite side [Picture 94].
- (69) EAST: Do the same as step (54) on the opposite side [Picture 95].



Picture 93



Picture 94



Picture 95

- (70) EAST: Do the same as step (55) on the opposite side [Picture 96].
- (71) EAST: Do the same as step (56) on the opposite side [Picture 97].
- (72) EAST: Do the same as step (57) on the opposite side [Picture 98].



Picture 96



Picture 97



Picture 98

- (73) NORTHWEST: Do the same as step (58) on the opposite side [Pictures 99, 100].
- (74) EAST: Do the same as step (59) on the opposite side [Picture 101].



Picture 99



Picture 100



Picture 101

- (75) SOUTHEAST: Do the same as step (60) on the opposite side [Pictures 102, 103]. Body facing southeast in *migi fukuteki*.
- (76) EAST: Do the same as step (61) on the opposite [Picture 104]. Standing in *heisoku-dachi* facing forward (east).



Picture 102



Picture 103

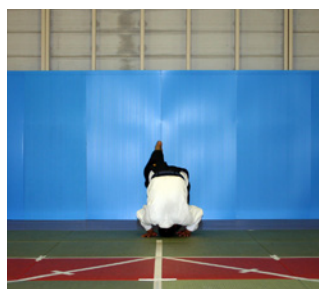


Picture 104

- (77) EAST: Take a step forward (east). While getting into *migi eji-dachi* do *morote-sokuhō-suihei-nukite-sashi* sideways [Picture 105]. Body facing east in *migi eji-dachi*.
- (78) EAST: Put the right foot next to the left and do *hai (ude/chū) kōten* [Picture 106]. Get into *hidari fukuteki* still facing east [Picture 107].
- (79) EAST: Take a step forward with the right leg and jump. In midair, do *morote-nukite-sashi* sideways while doing *untai hien-(nidan)-geri* with left and right leg [Picture 108]. While getting into *migi eji-dachi* do *morote-nukite-sashi* forward [Picture 109].
- (80) EAST: While turning left pull the right foot back (west) and get into *hidari gedan-gamae* [Picture 110]. The body in left *oji-dachi* facing forward (east).



Picture 105



Picture 106



Picture 107



Picture 108



Picture 109



Picture 110

- (81) EAST: Sit in *seiza* in a set manner [Picture 111].
- (82) EAST: Follow the set manner to do a *zareai* [Picture 112].
- (83) EAST: Follow the set manner to dismiss.

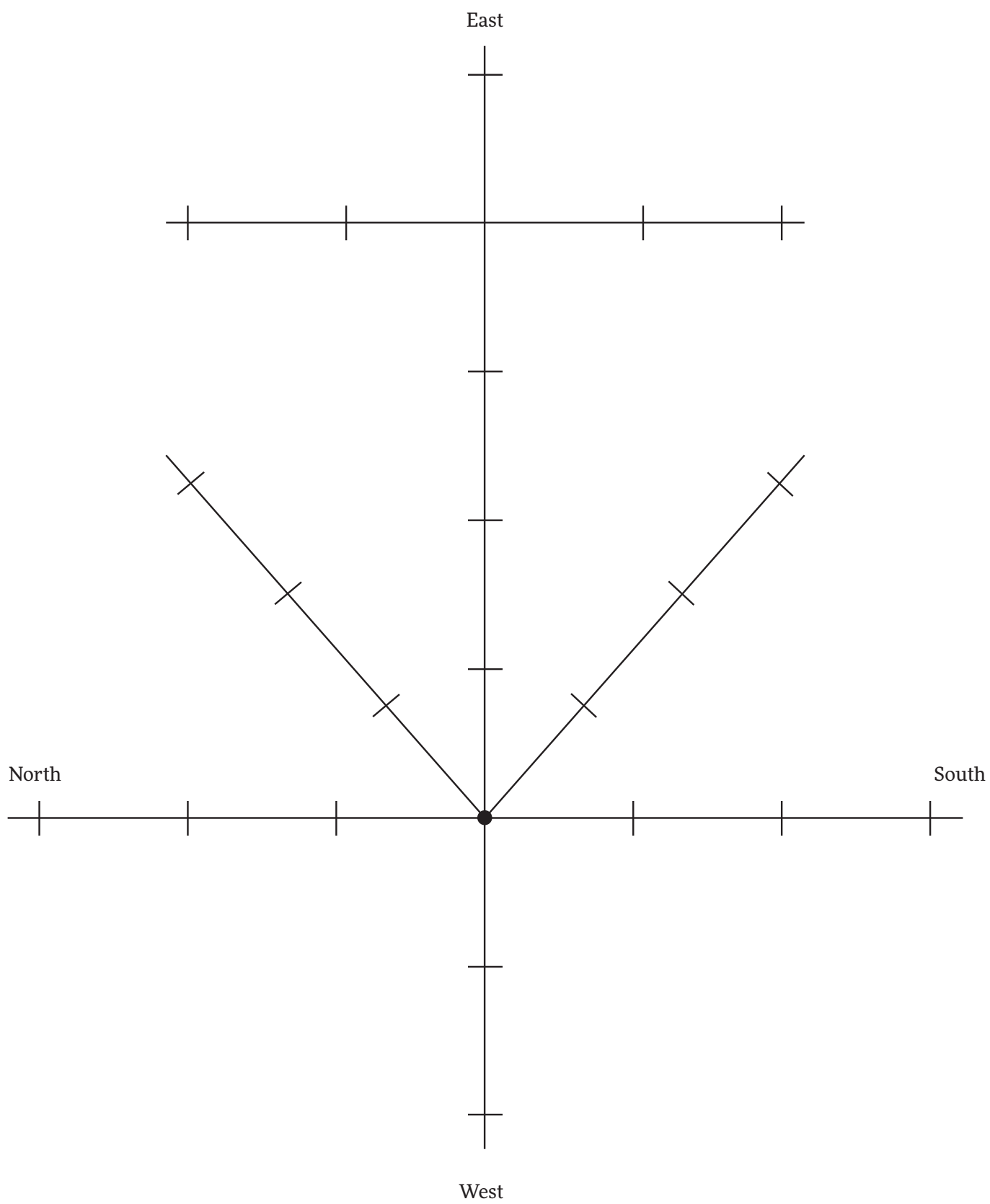


Picture 111



Picture 112

### 3. KIDŌ-SEN





# 11 Yōgen no Hokei

## 1. STRUCTURE AND CONTENT OF HOKEI

The 18 hokei in Taïdo are divided into *-tai/-in*, *-sei*, *-mei* and *-gen no hokei*, and this *Yōgen no hokei* together with *Ingen no hokei* synthesize *-tai/-in* and *-sei* hokeis with the following content.

1. The timing of attack mainly practiced in this hokei is *sen no sen*, but also *tai no sen* and *go no sen* are present.
2. Performing these moves artistically while making them technically efficient.
3. Expressions should not only be made technically, but also with a calm mind, composed and with flavor.
4. The time it should take to perform this hokei is 5 minutes. However, by combining hand moves with breathing methods, the hokei can be performed without causing excessive fatigue.
5. A *Ginei* (a recital of a Japanese poem) was made to go with the performance of this hokei making it even more artistic.

## 2. SEQUENCE AND MOVEMENTS

East is where you are facing when starting a hokei.

- (1) EAST: Stand at the middle of the west side of the court. Take 8 steps forward beginning with the left leg. Pull the left leg next to the right and stand in *heisoku-dachi* on *kidō-ten* [Picture 1]. Sit in *seiza* in a set manner [Picture 2].
- (2) EAST: Follow the set manner to do *zareï* [Picture 3].



Picture 1



Picture 2



Picture 3

- (3) EAST: Step out with the left foot onto *kidō-ten* into *hidari* (left) *gedan-gamae* in *hidari eji-dachi* and the right hand pulled back to *hikite* position [Picture 4]. *Hidari eji-dachi*, right hand as *hikite*.
- (4) EAST: Pull left hand into position of *hikite* [Picture 5], at the same time while opening the left hand and the right hand (as a fist) push them forward with the knuckle of the middle finger of the right hand in the centre of the palm of left hand [Picture 6]. While pronating both hands lower them into *gedanbu* [Picture 7].
- (5) EAST: Raise both hands to an angle upwards and continue to raise the hands vertically while opening the right fist [Picture 9].
- (6) EAST: Turn clockwise to the west and lower both hands to horizontal position [Picture 10]. The body facing west in *migi eji-dachi*.
- (7) WEST: Turn counterclockwise to the east while getting into *hidari chūdan-gamae* [Picture 11]. Body facing east in *migi kōkutsu-dachi*.



Picture 4



Picture 5



Picture 6



Picture 7



Picture 8



Picture 9



Picture 10



Picture 11

- (8) EAST: Do *migi untai shōmen-geri-zuki* [Picture 12, 13], and continue with *sokuhō* (sideways) *morote-nukite-sashi* [Picture 14], followed by *zenpō* (forward) *morote-nukite-sashi* [Picture 15]. Body facing east in *migi eji-dachi*.
- (9) EAST: While pulling both hands into the position of *hikite*, at the same time pull the left leg forward next to the right foot and stand up in *heisoku-dachi* facing east [Picture 16].



Picture 12



Picture 13



Picture 14



Picture 15



Picture 16

- (10) EAST: Take a step forward with the right leg into *migi eji-dachi* while doing *migi seiken-oi-zuki* [Picture 17]. Continue in the same stance with *migi suihei-nukite-sashi* sideways [Picture 18]. Body facing east in *migi eji-dachi*.
- (11) EAST: While pulling the right hand into the position of *hikite*, pull back the right foot next to the left and stand up in *heisoku-dachi* facing east [Picture 19]. The body facing east in *heisoku-dachi*.



Picture 17



Picture 18



Picture 19

- (12) EAST: Take a step forward with the left leg into *hidari eji-dachi* while doing *hidari seiken-oi-zuki* [Picture 20]. Continue in the same stance with *hidari suihei-nukite-sashi* sideways [Picture 21]. The body facing east in *hidari eji-dachi*.
- (13) EAST: While pulling the left hand into the position of *hikite*, pull back the left foot next to the right and stand up in *heisoku-dachi* facing east [Picture 22]. The body facing east in *heisoku-dachi*.
- (14) EAST: Take a step back with the right foot into *hidari chūdan-gamae* [Picture 23]. Body facing east in *hidari kōkutsu-dachi*.
- (15) EAST: While pulling both hands into the position of *hikite* do *migi shōmen-geri-zuki* [Pictures 24]. While getting into *migi eji-dachi* do *morote tome-uke* [Picture 25]. The right fist above the left fist.



Picture 20



Picture 21



Picture 22





Picture 23



Picture 24



Picture 25

- (16) EAST: At the same time you open both fists, keeping the hands crossed at the wrists, twist both hands clockwise so that the left hand becomes on top of the right, left palm facing down and right palm facing up [Picture 26].
- (17) EAST: Look over the left shoulder backwards (west) and get into *hidari chūdan-gamae* [Picture 27]. Body facing west in *hidari kōkutsu-dachi*.
- (18) WEST: While using the left *soete*, take a step forward (*ni-no-ashi*) with the right foot and then stick the left foot behind the right, and while getting into *migi ryūnen-dachi*, do *migi suihei-nukite-sashi*. The body in *migi ryūnen-dachi*, left hand as *hikite* facing west [Picture 28].



Picture 26



Picture 27



Picture 28

- (19) WEST: Turn the body to the left (counter-clockwise) and get into *hidari jōdan-gamae* [Picture 29].
- (20) WEST: Turn the body to the right (clockwise) to the east and get into *migi jōdan-gamae* [Picture 30]. Body facing east in *migi ryūnen-dachi*.
- (21) EAST: While using *migi soete*, do *hidari suihei nukite-sashi* and simultaneously do *hidari koshi-gaisoku-geri* [Picture 31].



Picture 29



Picture 30



Picture 31

- (22) EAST: Put down the left kicking leg to the east while turning to



the west and get into *migi chūdan-gamae* [Picture 32]. Body facing west in *migi kōkutsu-dachi*.

- (23) WEST: Pull the right leg back (east) into right *fukuteki* position [Picture 33].
- (24) WEST: Do a *ni-no-ashi* step with the right leg and do left-right *untai nidan-geri* [Picture 34]. In midair, do *morote sokuho suihei-nukite-sashi*. Furthermore, while landing in *migi eji-dachi* do *morote-zenpō-nukite-sashi* (double *nukite* forward) [Picture 35]. The body facing west in *migi eji-dachi*.
- (25) WEST: Stand in *migi chūdan-gamae* [Picture 36]. The body facing west in *migi kōkutsu-dachi*.
- (26) WEST: Do *hidari untai shōmen-geri-zuki* [Picture 37]. The body facing west in *hidari eji-dachi*.
- (27) WEST: Continue with *migi untai shōmen-geri-zuki* [Picture 38]. The body facing west in *migi eji-dachi*.



Picture 32



Picture 33



Picture 34



Picture 35



Picture 36



Picture 37



Picture 38

- (28) WEST: Look over your left shoulder and while facing forward (east) get into *hidari chūdan-gamae* [Picture 39].
- (29) EAST: Do *hidari sentai chokujo-zuki* [Picture 40]. Body facing east in *migi eji-dachi*.
- (30) EAST: Do *untai shōmen geri gyaku-zuki* [Picture 41].

- (31) EAST: Do *morote sokuhō-nukite-sashi* (sideways) [Picture 43] and continue with *morote zenpō-nukite-sashi* (double *nukite* forward) [Picture 44].



Picture 39



Picture 40



Picture 41



Picture 42



Picture 43



Picture 44

- (32) EAST: While pulling both hands into the position of *hikite*, pull your right leg forward to the left and stand up in *heisoku-dachi* [Picture 45].
- (33) EAST: While opening the left fist stretch the left hand upwards, and at the same time, while opening the right fist stretch the right hand forward [Picture 46].
- (34) EAST: While pulling the right leg backward (west) into *migi kōkutsu-dachi* (facing west), turn both arms clockwise so that the right arm becomes straight up, and the left arm is stretched forward [Picture 47].



Picture 45



Picture 46



Picture 47

- (35) WEST: Take a step back with the right foot into *hidari chūdan-gamae* [Picture 48]. Body facing west in *hidari kōkutsu-dachi*.
- (36) WEST: While pulling the right hand to *hikite* position, stretch the left hand as *shōtei* forward [Picture 49]. Body facing west in *hidari kōkutsu-dachi*.
- (37) WEST: While protecting the upper face with the left hand [Picture 50], do *migi sokutei-barai* (a sweep with the sole of the foot). Con-

tinue with the right foot into *fudō-dachi* [Picture 51] at the same time do *migi gedan-barai-ate*.

- (38) WEST: Continue with *migi uraken-ate* [Picture 52].
- (39) WEST: Stick the left foot forward behind the right foot and while using the right hand as protection turn left into *hidari kōkutsu-dachi* while doing *hidari chūdan-soto-uke* [Picture 53].



Picture 48



Picture 49



Picture 50



Picture 51



Picture 52



Picture 53

- (40) WEST: Continue with *migi untai shōmen-geri-zuki* [Picture 54]. Body facing west in *migi eji-dachi*.
- (41) WEST: Stick the left forward behind the right foot and turn counterclockwise into *hidari chūdan-gamae* [Picture 55]. Body facing west in *hidari kōkutsu-dachi*.
- (42) WEST: Do *migi hentai ebi-geri* [Picture 56].
- (43) WEST: Pull the right kicking leg back to its original position and get into *hidari chūdan-gamae* [Picture 57].
- (44) WEST: Stick the right foot forward in front of the left foot and get into *hidari fukuteki* facing the east [Picture 58].
- (45) EAST: Do *migi untai-shōmen-geri-zuki* [Pictures 59, 60]. Body facing east in *migi eji-dachi*.
- (46) EAST: Continue with *morote sokuhō-nukite-sashi* (sideways) [Picture 61] and continue with *morote zenpō-nukite-sashi* (double nukite forward) [Picture 62].



Picture 54



Picture 55



Picture 56





Picture 57



Picture 58



Picture 59



Picture 60



Picture 61



Picture 62

- (47) EAST: Put the left foot forward next to the left and jump off with both feet and do *tobikomi-zenten* [Picture 63]. While getting up with the right foot forward, stick the left leg behind the right and turn counter-clockwise into *migi fukuteki* facing west [Picture 64].
- (48) WEST: Do *migi nentai ashi-garami* [Picture 65]. Finish with the right leg back to its original position in *migi fukuteki* [Picture 66].
- (49) WEST: Take a step back with the right foot into *hidari chūdan-gamae* [Picture 67]. Body facing west in *hidari kōkutsu-dachi*.
- (50) WEST: Do *hidari sokuten* (cartwheel) *migi shajō-geri* [Pictures 68]. Pull back the right kicking leg do *hidari chūdan-gamae* to the west [Picture 70]. Body facing west in *hidari kōkutsu-dachi*.
- (51) WEST: Do *migi untai shōmen-geri-zuki* [Picture 71].



Picture 63



Picture 64



Picture 65



Picture 66



Picture 67



Picture 68





Picture 69



Picture 70



Picture 71

- (52) WEST: Look over the left shoulder and turn counter-clockwise into *hidari eji-dachi* while pulling the right hand into position of *hikite*. Stretch both arms sideways into horizontal position while opening the fists (palms facing forward) [Picture 72].
- (53) EAST: While keeping the arms in the same position, pull the right leg forward next to the right and stand up in *heisoku-dachi* facing east [Picture 73].
- (54) EAST: Pull the left foot back into *migi fukuteki* [Picture 74].
- (55) EAST: Take a step forward with the left leg into *hidari chūdan-gamae* [Picture 75]. Body facing east in *hidari kōkutsu-dachi*.
- (56) EAST: Do *hidari sentai chokujō-zuki* [Picture 76].
- (57) EAST: With the left hand as protection (*fusegi-te*) do *untai hidari shōmen-geri migi gyaku-zuki* [Pictures 77, 78].
- (58) EAST: Continue with *morote sokuhō-nukite-sashi* (sideways) [Picture 79], and continue with *morote zenpō-nukite-sashi* [Picture 80].



Picture 72



Picture 73



Picture 74



Picture 75



Picture 76



Picture 77



Picture 78



Picture 79



Picture 80

- (59) EAST: While pulling both hands into the position of *hikite*, put your right foot forward next to the left while standing up in *heisoku-dachi* [Picture 81]. 2:13
- (60) EAST: While opening the fists (palms facing sideways), stretch the right hand forward and the left hand sideways [Picture 82]. Continue by taking a step back (west) with the right foot into *hidari kōkutsu-dachi* [Picture 83].
- (61) EAST: Look backward (west) and turn clockwise into *zenkutsu-dachi* while you move the arms over your head ending up with arms horizontal, right hand pointing to the right and the left pointing forward [Picture 84].
- (62) WEST: While keeping the arms in the same position, take a step back (east) with the right foot into *hidari kōkutsu-dachi* [Picture 85]. Body facing west in *hidari kōkutsu-dachi*.
- (63) WEST: Look backward (east) and turn clockwise into *zenkutsu-dachi* while you move the arms over your head ending up with arms horizontal, right hand to the side and left hand forward [Picture 86].



Picture 81



Picture 82



Picture 83



Picture 84



Picture 85



Picture 86

- (64) EAST: Take a step back (west) with the right foot and get into *hidari chūdan-gamae* [Picture 87]. Body facing east in *hidari kōkutsu-dachi*.
- (65) EAST: Do *migi untai-shōmen-geri-zuki* [Pictures 88, 89]. The body in *migi eji-dachi* facing forward (east).
- (66) EAST: Continue with *morote sokuhō-nukite-sashi* [Picture 90].
- (67) EAST: While keeping the arms stretched out sideways, move the left leg forward to the right and stand up in *heisoku-dachi* facing east at the same time as you turn the palm of the hands so the face forward (*risshu*) [Picture 91].
- (68) EAST: Pull the right leg back getting into *hidari fukuteki* [Picture 92].



Picture 87



Picture 88



Picture 89



Picture 90



Picture 91



Picture 92

- (69) EAST: While moving the left foot backwards next to the right, do *ude-kōten* (back handspring) [Picture 93]. Continue into *hidari chūdan-gamae* [Picture 94]. Body facing east in *hidari kōkutsu-dachi*.



Picture 93



Picture 94



Picture 95

- (70) EAST: Pronate the right foot so that the heel is pointing upwards. Then pull the right foot forward next to the left while standing up in *heisoku-dachi*. At the same time pull the hands into the position of *hikite* [Picture 95].
- (71) EAST: While looking to the right (south), use the left hand as *soete* while you take a step out to the right side into *migi zenkutsu-dachi* while doing *migi suihei nukite-sashi* [Picture 96].
- (72) SOUTH: Move the right leg back to the left leg and stand up in *heisoku-dachi* while pulling the right hand back to *hikite* position [Picture 97].



Picture 96



Picture 97



Picture 98



- (73) EAST: Do the same as in 71 to the other side [Picture 98].
- (74) NORTH: Do the same as in 72 to the other side [Picture 99].
- (75) EAST: Take four (4) steps forward (east) beginning with the left foot, and in the fourth step, when you put the right foot down, immediately take a step back (west) and turn clockwise into *migi eji-dachi*. At the same time, do *morote sokuho-suihei-nukite-sashi* [Picture 100]. The body facing west in *migi eji-dachi*.



Picture 99



Picture 100



Picture 101

- (76) WEST: Take a step forward with the left foot and stand up in *heisoku-dachi* facing west. Both hands pulled back into position of *hikite* [Picture 101]. The body facing west in *heisoku-dachi*.
- (77) WEST: While opening the left fist, move both hands forward with the knuckle of the middle finger of the right hand in the centre of the palm of the left hand. While pronating both hands lower them into *gedanbu* [Picture 102].



Picture 102



Picture 103

- (78) WEST: Lift both hands to an angle upwards [Picture 103], and while continue raising the hands vertically, open the right fist [Picture 104].
- (79) WEST: Lower the arms to a horizontal position [Picture 105].
- (80) WEST: Look 45 degrees to the right (northwest). While moving the right hand to the same direction, pull the left hand into the position of *hikite* [Picture 106].



Picture 104



Picture 105



Picture 106



- (81) NORTHWEST: Move the left foot in the same direction as the right hand into *migi ryūnen-dachi*. At the same time pull the right hand back to *hikite* position and do *nukite sashi* with the left hand [Picture 107].
- (82) NORTHWEST: Continue by using the left hand as *soete* while taking a step forward with the right foot as *ni-no-ashi*. Follow up by sticking the left foot forward, behind the right leg, into *migi ryūnen-dachi*, do *migi suihei nukite-sashi* [Picture 108].



Picture 107



Picture 108



Picture 109

- (83) NORTHWEST: Turn the body counter-clockwise while getting into *hidari ryūnen-dachi* while doing *morote suihei-nukite-sashi* [Picture 109].
- (84) NORTHWEST: Supinate both hands so that palms face sideways (*risshu*) [Picture 110].
- (85) NORTHEAST: Look over the left shoulder, take a step forward while turning backward into *hidari chūdan-gamae* [Picture 111].
- (86) SOUTHEAST: Do *migi untai shōmen-geri-zuki* [Picture 112, 113].



Picture 110



Picture 111

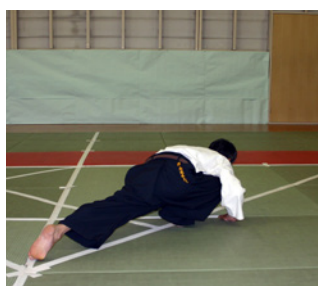


Picture 112

- (87) SOUTHEAST: Stick the left leg behind the right and get into *migi fukuteki* facing west [Picture 114].
- (88) SOUTHEAST: Look to the left (west), while pulling the hands to the position of *hikite*, move the right foot back to the left foot and stand up facing west [Picture 115].
- (89) WEST: Look southwest, stretch out the left hand as *nukite* [Picture 116].
- (90) SOUTHWEST: Do the same as steps (81) to (87) but on the other side [Pictures 117 - 124].



Picture 113



Picture 114



Picture 115



Picture 116



Picture 117



Picture 118



Picture 119



Picture 120



Picture 121



Picture 122



Picture 123



Picture 124

- (91) Look to the right (east) move the left foot forward to the right and then backwards (west) while getting into *migi gedan-gamae* [Picture 125]. Body facing east in *migi eji-dachi*.
- (92) EAST: While pulling back the right hand to *hikite* position, strike slowly with the left hand upwards 45 degrees [Picture 126].
- (93) EAST: Turn counter-clockwise to the west and while getting into *hidari eji-dachi*, strike with the right fist perpendicular to the right. Left hand as *hikite* [Picture 127].



Picture 125



Picture 126



Picture 127

- (94) EAST: While pulling the right hand back to the *hikite* position, strike the left hand out slowly horizontally to the left side [Picture 128].
- (95) WEST: Continue by pulling the left hand back to *hikite* position

while striking with the right hand slowly upwards 45 degrees [Picture 129].

- (96) WEST: While keeping the right hand in the same position, turn clockwise into *migi eji-dachi* (facing east). As you get into *oji-dachi*, strike 45 degrees downwards with the left fist [Picture 130].



Picture 128



Picture 129



Picture 130

- (97) EAST: Open both fists and turn the palms so they face sideways [Picture 131].
- (98) EAST: Take a step forward with the left leg into *hidari eji-dachi* and at the same time do *morote soto-uke* [Picture 132].
- (99) EAST: Turn clockwise to the right and while getting into *migi eji-dachi* do *morote sokuho-suihei-nukite-sashi* [Picture 133]. The body facing west in *migi eji-dachi*.



Picture 131



Picture 132



Picture 133

- (100) WEST: While taking a step forward with the left foot, pull both hands pulled back into *hikite* position and stand up in *heisoku-dachi* [Picture 134]. The body facing west in *heisoku-dachi*.
- (101) WEST: Look to the right (northwest), use the right hand as head protection and take a step forward in the same direction while doing *migi eji-gyaku-zuki* [Picture 135].
- (102) NORTHWEST: Look to the left (southwest) and take a step forward with the left foot into *hidari eji-dachi* while doing *hidari suihei-nukite-sashi* [Picture 136].



Picture 134



Picture 135



Picture 136



- (103) SOUTHWEST: While pulling back the left hand to *hikite* position, do *migi jōdan-nukite-sashi* [Picture 137].
- (104) SOUTHWEST: Look to the right (west) and pull the right leg forward to the left and stand up in *heisoku-dachi*, both hands as *hikite* [Picture 138].
- (105) WEST: Do as steps (99) to (103) but in the other direction [Pictures 139 - 141].
- (106) SOUTHWEST: While looking over the right shoulder (to the east), turn clockwise while sticking the left leg forward (west) and get into *migi gedan-gamae* facing east [Picture 142].



Picture 137



Picture 138



Picture 139



Picture 140



Picture 141



Picture 142

- (107) EAST: In the same position, look slowly to the left (north) [Picture 143], and then slowly to the right (south) [Picture 144].
- (108) EAST: While opening the left fist, stretch the left hand forward under the right (palm facing down) [Picture 145].
- (109) EAST: While stretching both hands from below out to the sides and a horizontal position, take a step forward with the left foot into *hidari eji-dachi* [Picture 146].
- (110) EAST: Continue the movement of the arms by swaying them up and around so that the right hand is stretched vertically and the left hand horizontally to the left, while taking a step forward into *migi kōkutsu-dachi* [Picture 147].
- (111) EAST: Continue forward with the left foot into *hidari kōkutsu-dachi*, while doing *morote zenpō* (forward) *nukite-sashi* [Picture 148].



Picture 143



Picture 144



Picture 145





Picture 146



Picture 146



Picture 148

- (112) EAST: Take another step forward with the right leg, while turning counterclockwise (west) getting into *hidari chūdan-gamae* [Picture 149].
- (113) WEST: Do *migi untai shōmen-geri-zuki* [Pictures 150, 151]. Body facing west in *migi eji-dachi*.
- (114) WEST: Turn counterclockwise and while getting into *hidari eji-dachi*, do *morote shōtei-uke* (left above right) [Picture 152]. Continue with *morote koken-uke* [Picture 153].
- (115) EAST: Take a step back with the left foot and stand up in *heisoku-dachi*. Both hands pulled back into position of *hikite* [Picture 154].
- (116) EAST: While opening the left fist stretch both hands forward so that the right fist rests in the left palm. Pronate both arms while putting them in an angle downwards, *gedanbu* [Picture 155].



Picture 149



Picture 150



Picture 151



Picture 152



Picture 153



Picture 154



Picture 155



Picture 156

- (117) EAST: Lift both hands upwards (*jōdanbu*) [Picture 156] and open the right fist [Picture 157].
- (118) EAST: Lower both arms to a horizontal position sideways [Picture 158].



Picture 157



Picture 158



Picture 159

- (119) EAST: Pull the right foot back (west) and get into *hidari gedan-gamae* [Picture 159]. The body in left *oji-dachi* facing forward (east).
- (120) EAST: Sit in *seiza* in a set manner [Picture 160].
- (121) EAST: Follow the set manner to do a *zarei* [Picture 161].
- (122) EAST: Follow the set manner to dismiss.

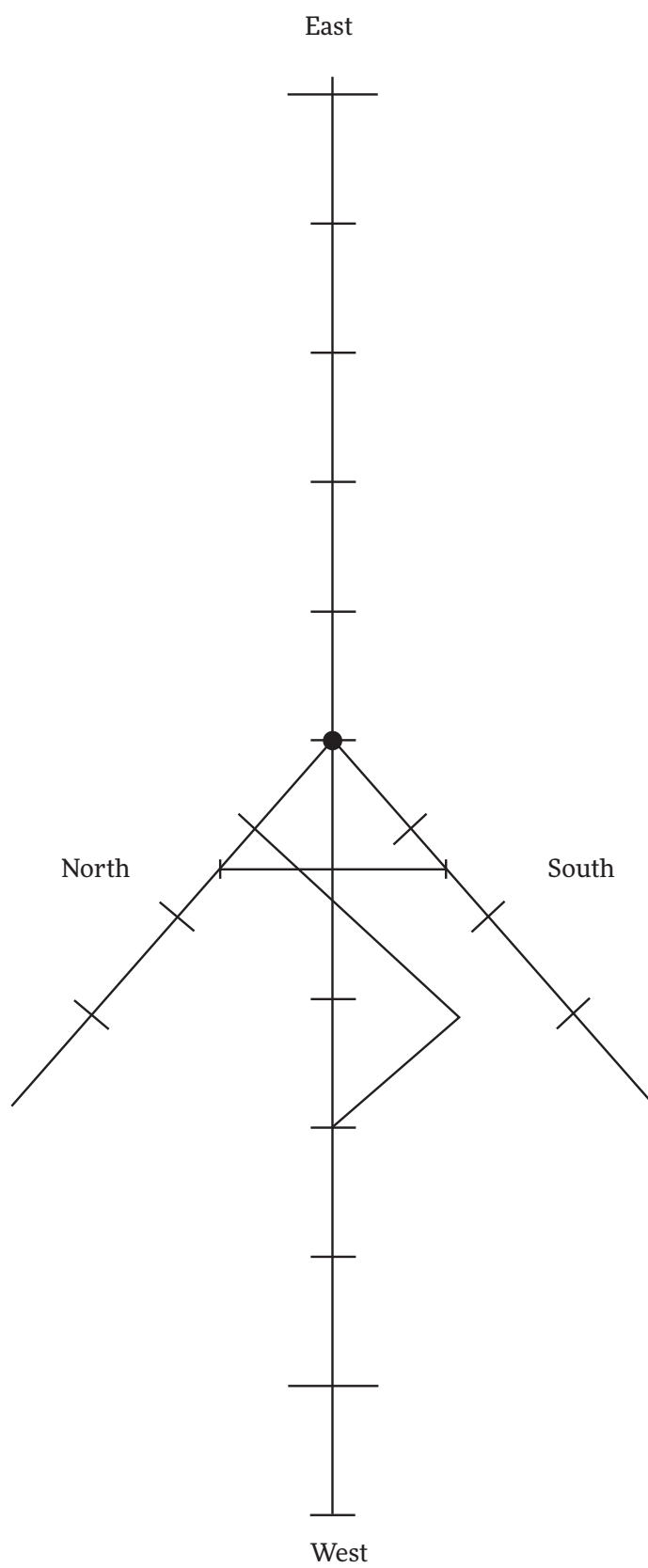


Picture 160



Picture 161

### 3. KIDŌ-SEN



#### 4. YŌGEN NO HOKEI AND POEM (5 MIN 32 SEC)

~ = 3-4 seconds interval

~~ = 5 seconds interval

~~~ = 6-7 seconds interval

~~~~ = 8 seconds interval

|      |                  |                          |             |
|------|------------------|--------------------------|-------------|
| Step | (1)              | (2)                      | (3) — (4)   |
| Poem | (Prelude 20 sec) | (Taido ni yosu ritsumei) | Danji ~ ~ ~ |

|      |                           |             |                         |
|------|---------------------------|-------------|-------------------------|
| Step | (5) — (9)                 | (10) — (13) | (14) — (18)             |
| Poem | bu ni kokorozashite ~ ~ ~ | iku ~ ~ ~   | seisō ~ ~ ~ kokurei ~ ~ |

|      |                      |               |              |
|------|----------------------|---------------|--------------|
| Step | (19) — (24)          | (25) — (29)   | (31) — (32)  |
| Poem | gu wo mamorite ~ ~ ~ | kisetsu ~ ~ ~ | kanbashi ~ ~ |

|      |              |                 |                        |
|------|--------------|-----------------|------------------------|
| Step | (33) — (36)  | (37) — (43)     | (44) — (50)            |
| Poem | yakudo ~ ~ ~ | kaze wo yonde ~ | rakuyō wo ~ maki ~ ~ ~ |

|      |           |                     |              |               |
|------|-----------|---------------------|--------------|---------------|
| Step | (51) —    | (57)                | (58) —       | (60) — (61)   |
| Poem | chintei ~ | iwa no gotoku ~ ~ ~ | honrō wo ~ ~ | shirizoku ~ ~ |

|      |                   |                   |             |             |
|------|-------------------|-------------------|-------------|-------------|
| Step | (62) — (65)       | (66) — (68)       | (69) — (71) | (72) — (74) |
| Poem | ki ni nozonde ~ ~ | chū wo utsuya ~ ~ | sei ~ ~ ~   | kyōkan ~ ~  |

|      |                  |                     |                  |
|------|------------------|---------------------|------------------|
| Step | (75) — (77)      | (78) — (86)         | (87) — (89)      |
| Poem | hen ni ōjite ~ ~ | chi ni hisomuya ~ ~ | kage ~ yō bō ~ ~ |

|      |               |             |                               |
|------|---------------|-------------|-------------------------------|
| Step | (90) — (93)   | (94) — (96) | (97) — (98)                   |
| Poem | seihyō no ~ ~ | shintō ~ ~  | ima ~ kakaguru wo etari ~ ~ ~ |

|      |              |                         |                 |
|------|--------------|-------------------------|-----------------|
| Step | (99) — (103) | (104) — (106)           | (107) — (115)   |
| Poem | fugen ~ ~    | sunawachi shimesu ~ ~ ~ | takuma no ~ ~ ~ |

|      |               |                   |
|------|---------------|-------------------|
| Step | (116) — (117) | (118) — (119)     |
| Poem | michi ~       | (pustlude 10 sec) |



# 12 Kōbō

## I Jōdan no Kōbō

*Tai no sen* = Unilateral attacks and strikes.

### Attacker = final Striker

Do unsoku N-1 (*gen-ka-ten-kō*) → ending in *migi chūdan-gamae*, from where you attack with



*untai nidan-geri*, land with right foot in front, (Pictures 1, 2)



continue the attack by using *ni-no-ashi* with your left foot.



Deliver the final decisive technique, *hentai senjō-geri*, *gentai* (to *hidari chūdan-gamae*) (Pictures 3, 4)

(Note: Be sure to pay attention when you pull back the kicking leg, *hikiashi*.)



Get back to the start position using *unshin*. Do it over again this time from *migi gedan-gamae*.

### Defender

→ Move in correspondence to the attacker (*gen-tai-kō-ten-kō*) → ending in *migi chūdan-gamae*.



→ Take a step back, *tai-soku* (in correspondence to the approaching attack),



→ continue by spinning clockwise backwards.



→ The attack will hit you when you do *migi chūdan-gamae*.



Get back to the start position using *unshin*. Do it over again this time from *migi gedan-gamae*.



Picture 1



Picture 2



Picture 3



Picture 4

## II Chūdan no Kōbō

*Go no sen* = Strike when the opponent finishes her/his technique.

### Attacker

Do unsoku U-2 (*kō-ten-gen-ka*) → ending in *migi chūdan-gamae*, from where you attack with



'check' the opponent with *untai shōmen-geri*, (Picture 2)



continue forward doing *ni-no-ashi* with the *hikiashi*.



Follow up with *migi hentai ebi-geri*, (Picture 3)

you will be struck when you try to get back to *hidari chūdan-gamae*.



Get back to the start position using *unshin*. Do it over again this time from *migi gedan-gamae*.

### Defender = final Striker

Move in correspondence to the attacker (*kō-ten-gen-tai-kō*) → ending in *migi chūdan-gamae*.



Take a step back while spinning counter clockwise (in correspondence to the approaching attack).



Continue with *tai-soku* when you are attacked with *ebi-geri*. When the attacker starts pulling back the kicking leg,

deliver the final decisive technique, *sentai chokujō-zuki* (Picture 4), and take two steps back as *gentai*, ending up in *migi chūdan-gamae*. (Picture 5)



Get back to the start position using *unshin*. Do it over again this time from *migi gedan-gamae*.



Picture 1



Picture 2



Picture 3



Picture 4



Picture 5

### III Gedan no Kōbō

*Sen no sen* = Strike while being attacked.

#### Attacker = final Striker

Do unsoku C-4 (*gen-ten-kō-ka*) → ending in *migi chūdan-gamae*, from where you attack with

↓  
*sentai chokujō-zuki*, and (Pictures 1, 2)

↓  
do *tobikomi zenten* over the opponents *manji-geri* (Picture 2), left leg forward,

↓  
face the opponent while positioning yourself in *migi chūdan-gamae*. (Picture 3)

↓  
When the opponent strikes with *sentai kaijō-geri*, stick your left leg in under the opponent, (Picture 4)

deliver the final decisive technique, *nentai jun-ashi-garami*, against the leg s/he is standing on (Picture 5), take two steps back [*gentai*] (to *migi chūdan-gamae*) (Picture 6)

↓  
Get back to the start position using *unshin*.  
Do it over again this time from *migi gedan-gamae*.

#### Defender

→ Move in correspondence to the attacker (*gen-ten-kō-tai-kō*) → ending in *migi chūdan-gamae*.

↓  
→ Take a step while spinning counter clockwise (in correspondence to the approaching attack),

↓  
← let your body fall to the left and do *migi manji-geri*,

↓  
← stick the kicking leg right-forward (towards the opponent),

→ and when the opponent is about to do *migi chūdan-gamae* strike with *migi senatai kaijō-geri*.

→ (Note: Be sure to do *mae ukemi* when falling.)

↓  
Get back to the start position using *unshin*.  
Do it over again this time from *migi gedan-gamae*.



Picture 1



Picture 2



Picture 3



Picture 4



Picture 5



Picture 6

## *Postscript*

We are extremely glad to present this third volume including not only the hokei in the original Japanese book, but also Sei-i no Hokei. We hope this volume will encourage more to continue developing and challenge new belts.

The Taïdo Kyohan Translation Project





TAIDO KYŌHAN  
(TAIDO INSTRUCTIVE TEXTBOOK)  
Volume 3  
Other Hokei

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