

PART 4 SEIGAN



Seigan (correct eye) or chudan (middle stance) is the position of guard par excellence. The meaning of the term is somewhat cryptic: it indicates that in that position the gaze maintains the right *maai* (distance between weapons). All practices, weapon-based and otherwise, have their own specific *maai*. Hankyuan Goro used to exhort his students to pay attention to the different *maai* when using different weapons.

The first thing to learn, therefore, is to recognise the right distance to be "safe". Next, one studies how to break the distance in order to be able to enter or move away.

The key element of the whole *maai* is the level at which to hold the left hand, because it will be the focal point for all the main strokes: they must start from that level and return to it. Basically, the left hand projects in position onto the *seika tendon* (point located in the centre of the body, about three inches below the navel – see page 26).

The tip of the sword is slightly higher than the solar plexus (upper chest). As is shown in the images below, the hands maintain their correct distance, and the little finger of the left hand feels the end of the handle.

The body is straight and must not be unbalanced forwards or bent



Katori Shinto Ryu Manual

Andrea Re



Katori Shinto Ryu Manual:

Kamae Andrea Re, 2023-06-07 This publication is dedicated to the study of kamae the fundamental postures of Tenshin Shoden Katori Shinto Ryu one of the oldest schools of Japanese swordsmanship still active today Not intending to take anything away from other books describing the history and status of Katori Shinto Ryu in Japan this volume is dedicated to filling an information gap concerning its technical aspects The kata that are practised within the school are nothing more than kamae made dynamic by movements that connect them to each other For this reason the in depth study of kamae is of primary importance Andrea Re is 7th Dan Menkyo Okuden of this school and one of the most active teachers of it He studied with Goro Hatakeyama sensei one of the most important figures of reference in the world of Katori Shinto Ryu Contents Foreword Introduction How to use this manual Part 1 Holding the sword Part 2 Taito Wear your sword Part 3 Nuki Unsheathing the sword Part 4 Seigan Part 5 Migi Gedan Part 6 Hidari Gedan Part 7 Jodan Part 8 In no Kamae Part 9 Sha no Kamae Part 10 Shin no Kamae Part 11 Waki Dori Part 12 gasumi Part 13 Teura Kasumi Part 14 Ko Gasumi Part 15 Teura Do Uke Part 16 Irimi Ko Gasumi Part 17 Suwari Gedan Part 18 Maki Uchi Men Conclusions Who is Andrea Re

Acknowledgements Dedication Glossary **Suburi** Andrea Re, 2025-03-06 Following the success of *Kamae Basic Postures in Katori Shinto Ryu* Andrea Re renowned martial artist and advocate delivers yet another essential resource for practitioners of this traditional Japanese school This handbook explores Suburi the practice of linked movements that form the foundation of Katori Shinto Ryu s extensive curriculum By integrating fundamental postures with the most recurrent strikes found in the school s kata this book provides invaluable guidance for those dedicated to refining their individual practice Essential for mastering the core principles of the Art Suburi serves as a vital tool for correcting form internalising movement and deepening martial understanding Regardless of school or lineage this manual offers indispensable insights into the fundamental mechanics of Katori Shinto Ryu making it an invaluable asset for martial artists at any level Andrea Re holds the rank of 7th Dan Menkyo Okuden in Katori Shinto Ryu and is one of Italy s most active instructors in the discipline He trained under the esteemed Goro Hatakeyama Sensei a globally recognised authority on Katori Shinto Ryu **Martial Arts**

Teachers on Teaching Carol A. Wiley, 1995 Teaching is an art Effective martial arts teachers must not only be competent practitioners but must also develop the communication and interpersonal skills of any good teacher In this collection twenty six experienced martial arts teachers discuss the process of learning and teaching a martial art from the nuts and bolts of teaching technique to the philosophical underpinnings of training **In Search of the Ninja** Antony Cummins, 2012-02-29

Lost in modern myth false history and general misinterpretation the Ninja have been misrepresented for many years More recently a desire for a more historical view of the ninja has become a popular theme in the history martial arts community and Antony Cummins is the primary driving force behind that movement In Search of the Ninja is based upon the Historical Ninjutsu Research Team s translations of the major ninja manuals and consists of genuinely new material Little historical

research has been done on the Ninja of Japan Here for the first time the connection of the famous Hattori family warriors with the Ninja is explained The Samurai versus Ninja myth is dispelled The realities of Ninja skills are analysed How did a Ninja work underwater when mining castle walls How can a bird be used to set fire to the enemy s camp The book explores newly discovered connections to ancient Chinese manuals lost skills and the hidden Zen philosophy that the Ninja followed In Search of the Ninja is the first and only historical look at the shinobi of ancient Japan Katori Shinto-ryu Risuke Otake,2009-02-01 **Journal of Asian Martial Arts** ,2007 Medieval Warrior Cultures of Europe and Japan: Body, Mind, Sword Michael DeMarco,2015-11-17 There are similarities and differences between the European and Japanese medieval warrior traditions that reflect the social evolutions within those cultures Over the years publishing the Journal of Asian Martial Arts we published articles that presented the main themes found in this unique area of comparative studies The most important of these writings are assembled in this anthology for your convenience Chapters 1 and 2 are by Dr Willy Pieter a leading scholar with a thorough grasp of European and Japanese martial art traditions His first chapter examines the feudal system and how aspects of social organization helped form the warrior ethic resulting in a mix of scientific and intuitive elements In the second chapter Dr Pieter illustrates how the perception of the human body and mind are culturally different in the East and West Westerners have a long tradition of dualism which separates the body and mind while the Eastern approach has been wholistic The author discusses scientific and medical histories for insight particularly Chinese and European influences on Japan In the third chapter John Michael Greer presents the esoteric side of a European sword tradition as found in the writings of Dutch fencing master Gerard Thibault ca 1574 1627 He notes that Asian and Western combat systems have been understood in sharply different ways over the last century or so Asian combatives came to be associated with Eastern spiritual traditions and seemed to be very different than any Western combative system However this short chapter shows that there is actually much in common In the final chapter Matthew Galas compares and contrasts the sword arts in Germany with the classical Japanese martial traditions The period covered by this inquiry reaches from approximately 1350 until 1600 The focus is on general principles and combat philosophy The study reveals that German sword techniques were as effective as their counterparts in feudal Japan The content in this anthology is useful for anyone interested in either or both European and Japanese martial art traditions exemplified during their medieval periods Enjoy reading this special anthology dedicated to two leading warrior traditions *The Secret Traditions of the Shinobi* Antony Cummins,Yoshie Minami,2012-11-27 This illuminating study of martial arts techniques philosophies and lifestyles demystifies one of the most misunderstood figures in Japanese history the ninja A landmark collection of shinobi texts featuring 70 illustrations and 100 poems representing some of the oldest ninjutsu writings in the world The shinobi or ninja is one of the most widely recognized figures in the world of espionage and also one of the most misrepresented What do we really know about the historical shinobi his tactics and his role in medieval Japanese society In *The Secret Traditions of the Shinobi* these

questions and many more are answered Translated into English for the very first time this widely sought after collection of historical documents brings to light the secret practices techniques philosophies and lifestyles of the shinobi Included are the Shinobi Hiden or Secret Ninja Tradition a documentation of techniques commonly attributed to one of the best known ninja masters Hattori Hanzo the Koka Ryu Ninjutsu Densho a small but important work from the Edo period that reveals the realm of ninja magic and spells the three shinobi scrolls of the Gunpo Jiyoshu a manual enthusiastically promoted by Tokugawa Ieyasu the first Tokugawa shogun of Japan 100 poems written between the 12th and 15th centuries making them the oldest collection of written ninjutsu information in the world 70 historical black and white illustrations depicting ninja tools and weapons The Secret Traditions of the Shinobi will enthrall martial artists eager to learn the real skills of the shinobi as well as anyone interested in this exciting period of Japanese history and espionage

Modern Ninja Warfare Antony Cummins,2019-09-10 Modern Ninja Warfare takes a contemporary look at the stealthy methods of the Ninja Shinobi and how they can be employed to counter modern security threats This book provides an ideal overview of Ninjutsu techniques for security personnel military Special Forces military history buffs and anyone serious about learning how Ninja tactics can be applied to the modern world Ninja historian Antony Cummins himself a skilled martial artist takes a detailed and realistic look at the Ninja their methods and their role in the medieval Japanese military as well as how they compare to today s Special Forces and covert military groups The chapters include a detailed look at the defensive strategies engagement against specific threats intelligence gathering territorial concerns mental focus and the spiritual mind control techniques of these invisible warriors With over 100 striking illustrations that vividly portray the Ninjas secret world this book shines new light on their shadowy methods In the process the mythical image of the Ninja is washed away revealing the reality of these commando spies of medieval Japan

Black Belt ,1986-02 The oldest and most respected martial arts title in the industry this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self defense in the world including techniques and strategies In addition Black Belt produces and markets over 75 martial arts oriented books and videos including many about the works of Bruce Lee the best known marital arts figure in the world

Marishiten David Avalon Hall,1990 日本書紀,1986 **Books in Print** ,1979 **Law Enforcement Bible No. 2** Robert A. Scanlon,1982 **Subject Guide to Books in Print** ,1971 **Japan English Publications in Print** ,1998

Katori Shinto Ryu Risuke Ōtake,2011 Peu d cole martiale peuvent se targu d une histoire de plus de 500 ans La Tenshin Sh den Katori Shint Ry avec ses cinq si cles et demi d existence est la plus vieille cole de combat japonaise et une des rares avoir sumaintenir sa tradition et ses valeurs au cours de si cles Son programme technique est rest presque inchang et brille toujours de son prestige Ce livre pr sente l int gralit du savoir de l cole dans des domaines aussi diverses que l art de d gainer le sabre iai jutsu le combat au sabre ken jutsu le combat la halbarde naginata jutsu le combat la lance s jutsu ainsi que le combat au b ton b jutsu ou le combat mains nues j jutsu et le lanc de pointes shuriken

jutsu Un important chapitre sur l'aspect sot rique de la pratique compl te le d veloppement historique et th orique de l cole
Ce livre actuel en couleurs remplace le pr c dent ouvrage qui date de plus de 30 ans Le Sabre et le Divin aujourd'hui puis un
beau cadeau pour les amateurs **Suburi - Gli Esercizi Fondamentali del Katori Shinto Ryu** Andrea Re,2024-07-18

Questo manuale tecnico sul Tenshin Shoden Katori Shinto Ryu segue la pubblicazione del primo volume sull'argomento
prodotto da Andrea Re Kamae Le Guardie Fondamentali del Katori Shinto Ryu Suburi pone l'accento sul movimento
concatenato ossia il lavoro costruito partendo dalle kamae pi comuni con l'aggiunta dei colpi pi ricorrenti nel curriculum
della scuola presenti nei numerosi kata studiati nel KSR Il lavoro di Re si rivolge in particolare a chi desidera dedicare tempo
ed energie alla pratica individuale un momento essenziale della crescita marziale rivolto principalmente alla correzione e
interiorizzazione delle componenti fondanti della scuola A prescindere dalla scuola o linea di provenienza questo manuale
risulter estremamente utile per migliorare la comprensione dei principi di base della pratica e per perfezionarne gli elementi
dal pi semplice al pi complesso Andrea Re 7 Dan Menkyo Okuden di questa scuola e uno degli insegnanti italiani
maggiormente attivi di essa Ha studiato con il maestro Goro Hatakeyama una tra le pi importanti figure di riferimento del
Katori Shinto Ryu mondiale **Tenshin Shoden Katori Shinto Ryu Budo Kyohan** Kikue Itō,Yoshio Sugino,2013

Kamae - Le Guardie del Katori Shinto Ryu Andrea Re,2022-11-15 Questo volume dedicato allo studio delle kamae le
guardie fondamentali del Tenshin Shoden Katori Shinto Ryu una delle pi antiche scuole di spada giapponese ancora oggi
attiva Senza voler nulla togliere ai libri che descrivono la storia e la collocazione socio politica del Katori Shinto Ryu in
Giappone questo volume dedicato a colmare una lacuna nelle informazioni disponibili sull'Arte a livello tecnico I kata che si
praticano all'interno della scuola non sono altro che kamae rese dinamiche da movimenti che le collegano l'una all'altra
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