



# Kashima Shinden Jikishinkage-ryū — Hōjō kata

<p>uchidachi <b>haru no tachi</b> shidachi ipponme hassō happa</p> <p style="text-align: center;">taiken – mokurei <b>bakken</b> <b>ai seigan</b> (chokuritsu ken – suihei ken) <span style="border: 1px solid black; padding: 2px; display: inline-block;">kami hanen niō dachi</span> kazashi</p>	<p>uchidachi <b>natsu no tachi</b> shidachi nihonme itto ryōdan</p> <p style="text-align: center;"><b>ai seigan</b> (chokuritsu ken – suihei ken) <span style="border: 1px solid black; padding: 2px; display: inline-block;">kami hanen niō dachi</span> jōdan</p>	<p>uchidachi <b>aki no tachi</b> shidachi sanbonme uten saten</p> <p style="text-align: center;"><b>ai seigan</b> (chokuritsu ken – suihei ken) <span style="border: 1px solid black; padding: 2px; display: inline-block;">kami hanen niō dachi</span> kazashi</p>	<p>uchidachi <b>fuyu no tachi</b> shidachi yonhonme chotan ichimi</p> <p style="text-align: center;"><b>ai seigan</b> (chokuritsu ken – suihei ken) <span style="border: 1px solid black; padding: 2px; display: inline-block;">kami hanen niō dachi</span> jōdan</p>
<p>migi naname jōdan jōdan migi hassō</p> <p style="text-align: center;"><b>uchi komi</b></p> <p>migi naname hidari muki hitoemi tai atari</p> <p>yoko ichimonji tate ichimonji hidari hassō jōdan</p> <p style="text-align: center;"><b>ura uchi</b> <b>ai jōdan</b> <b>uchi komi</b></p> <p>morōde jōdan <u>ukeru</u> uchi komi</p>	<p style="text-align: center;">[ hi tachi ] <b>uchi komi</b> (chokuritsu gedan) <b>ai jōdan</b> <b>uchi komi</b> (chokuritsu shōmen) <b>ai seigan</b></p> <p style="text-align: right;">oshi komi migi kasumi migi dai kaiten (migi hassō)</p> <p>migi hassō</p> <p style="text-align: center;"><b>uchi komi</b></p> <p>migi hassō hidari muki hitoemi tai atari</p>	<p><u>migi naname</u> seigan jōdan migi naname</p> <p style="text-align: center;"><b>uchi komi</b></p> <p style="text-align: center;"><b>hidari muki hitoemi</b> <b>tai atari</b> <b>ai jōdan</b> <b>uchi komi</b></p> <p>morōde jōdan <u>ukeru</u> uchi komi</p> <p style="text-align: center;"><b>hidari kasumi</b> <b>hidari dai kaiten</b></p> <p>hidari jōdan hidari hassō</p> <p style="text-align: center;"><b>ura uchi</b> <b>ai jōdan</b> <b>uchi komi</b></p>	<p style="text-align: center;">[ shokō gedan ] <b>chokuritsu gedan</b> <b>ai jōdan</b> [ sokushin gedan ] <b>chokuritsu gedan</b> <b>ai jōdan</b> <b>uchi komi</b> (chokuritsu shōmen)</p> <p style="text-align: right;">jōdan seigan <u>hidari ashi kiri</u> <u>hidari ashi tome</u> jōdan seigan <u>migi ashi kiri</u> <u>migi ashi tome</u></p> <p style="text-align: center;"><b>migi kasumi</b> <b>tsume</b> <b>ai jōdan</b> <b>uchi komi</b></p>
<p style="text-align: center;"><b>ai seigan</b></p> <p>oshi komi (chokuritsu ken) <span style="border: 1px solid black; padding: 2px; display: inline-block;">shimo hanen niō dachi</span> migi mae naname</p> <p>so tai</p>	<p style="text-align: center;"><b>ai seigan</b></p> <p>oshi komi (chokuritsu ken) <span style="border: 1px solid black; padding: 2px; display: inline-block;">shimo hanen niō dachi</span> migi mae naname</p> <p>so tai</p>	<p style="text-align: center;"><b>ai seigan</b></p> <p>oshi komi (chokuritsu ken) <span style="border: 1px solid black; padding: 2px; display: inline-block;">shimo hanen niō dachi</span> migi mae naname</p> <p>so tai</p>	<p style="text-align: center;"><b>ai seigan</b></p> <p>oshi komi (chokuritsu ken) <span style="border: 1px solid black; padding: 2px; display: inline-block;">shimo hanen niō dachi</span> migi mae naname</p> <p>so tai</p> <p style="text-align: center;"><b>ai seigan</b> <b>noken</b> mokurei – taiken</p>