

Caption of the DVD video

**Subtitle : 2nd edition Visual Battodo 続・目で見る抜刀道**

This DVD is prepared as standard forms of *Kihon, Kata and Kunitachi* for International Batto-Do Federation who practices *Toyama Ryu* and *Nakamura Ryu*.  
All testing, demonstration and *Taikai* shall be executed based on these forms in the DVD.

Japanese title and short sentence appear on the screen of DVD.

English expression of the Japanese characters is shown below besides the Japanese characters.

国際抜刀道連盟 Kokusai Batto-Do Renmei, International Batto-Do Federation (IBF)

**基本形 Basic Forms**

1. 戸山流 8本 Toyama Ryu Kata 8 hon
2. 制定刀法 8本 Seitei Toh-ho Kata 8 hon
3. 中村流 8本 Nakamura Ryu Kata 8 hon
4. 組太刀 6本 Kunitachi 6 hon

**礼法 REIHO, The manner of a bow**

神前に礼 *Shinzen ni Rei*, Bow to SHINZEN(the altar)

角度30度 Angle of bow is 30 degree

刀は刃を下に Blade downward direction

上席に礼 *Joseki ni Rei*, Bow to senior seat

角度15度 Angle of bow is 15 degree

刀礼 *Torei*, Bow to a Katana

角度15度 Angle of bow is 15 degree

刀を水平に、左手はコジリを持つ *Katana* in horizontal and *Kojiri* on left-hand

帯刀 *Taito*, set a Katana to the left waist

柄頭は体の中央に *Tsuka-gashira* is in front of center of body

### 柄握り *Tsuka-nigiri*, Grip method of *Tsuka*

左手は柄頭一杯 Left hand grip is to the end of *Tsuka-gashira*

右手は卵が乗るくらいあける Right hand grip to have a space for egg on it

右手と左手の間隔は指二本 distance between both hands is two fingers

左手七分右三分、柔らかかからず硬からず

Gripped 70% by left hand and 30% by right hand

Not too tight, not too loose

### 納刀 *No-toh*, Sheathing the sword

刃を上、中央から先で納刀する

Blade upward and sheathe from the front half of the sword

### 血振り *Chiburi*, shaking off the blood

剣先は右足の10cm外につける the tip of sword is positioned 10cm outside of right leg

角度は45度 Angle of the sword is 45 degree

足幅一步を基本とする Foot posture is one footstep

## 八法の構え *Happou no Kamae* (Eight ethological posture)

### 1. 中段構え *CHUDAN Kamae*, Middle position

剣先は喉の高さ The tip of the sword is to aim throat height

### 2. 下段構え *GEDAN Kamae*, Lower position

剣先は膝の高さ The tip of the sword is knee height

### 3. 左上段構え *Hidari JODAN Kamae*, Left Upper position

角度45度 Angle of sword is 45 degree

右手は頭上に Right hand is one grip upward at top of the head

左手は額際の前 Left hand is one grip in front of the hairline

### 4. 右上段構え *Migi JODAN Kamae*, Right Upper position

角度45度 Angle is 45 degree

右手は頭上に Right hand is top of the head

### 5. 左八相構え *Hidari HASSO Kamae*

つばはあごの高さ Tuba is at the level of chin height

刀は垂直に、(角度40度) The sword is upright and its angle is 40 degree

6. 右八相構え *Migi HASSO gamae*  
つばはあごの高さ Tuba is at the level of chin height  
刀は垂直に、(角度40度) The sword is upright and its angle is 40 degree

7. 左脇構え *Hidari WAKI gamae*  
刀が脇から出ないように the tip of sword is hidden to body side

8. 右脇構え *Migi WAKI gamae*  
刀が脇から出ないように the tip of sword is hidden to body side

### 八種の納刀 *Hasshu no No-toh*, Eight methods of the sheathing

1. 血振りから(自然帯刀より) After *CHIBURI* (To natural *TAITO*)  
刃の中間より先で納刀すること Sheathe from half end of the sword

2. 横一文字(横一文字帯刀より) *Yoko-ichimonji*, (To horizontal *TAITO*)

3. 左逆納刀(左逆刀より) *Hidari Gyaku No-toh*, From left-*GYAKUTO*  
刃を腿の中間に、剣先を10cm出す  
Put *MINE* on the right lap, Tip of the sword 10 cm outside body

4. 右逆納刀(右逆刀より) *Migi Gyaku No-toh*, From right-*GYAKUTO*  
刃を腿の中間に、剣先を10cm出す  
Put *MINE* on the left lap, Tip of the sword 10 cm outside body

5. 左袈裟斬りより From *hidari KESAGIRI*  
右手を持ち替える Change right hand grip conversely, turning the sword

6. 右袈裟斬りより From *migi KESAGIRI*  
左手を持ち替える Change left hand grip conversely, turning the sword

7. 中段構えより From a posture of *CHUDAN*  
刃の中間より先で納刀すること Sheathe from half end of the sword

8. 刃を前に向けてより From turning the blade toward the front  
左指で挟む Grasp the *MINE* by left fingers

## 八方斬り *Happou Giri* (the hewing method toward eight directions)

### 1. 真直斬り *Shinchoku-giri, or suemono-giri*

止めは膝の高さ Stop the tip of sword at the level of knee height

### 2. 諸手突き *Morote Zuki*, Thrust with both hands

剣先は水月を突く Thrust into the pit of the stomach

### 3. 左袈裟斬り *Hidari Kesa-giri*, Cut downward diagonally from the left shoulder

### 4. 右袈裟斬り *Migi Kesa-giri*, Cut downward diagonally from the right shoulder

### 5. 左斜め上方斬り *Hidari Gyaku Kesa-giri*, Cut upward diagonally from left body side

### 6. 右斜め上方斬り *Migi Gyaku Kesa-giri*, Cut upward diagonally from right body side

### 7. 左真横斬り(左一文字) *Hidari Mayoko-giri*, Cut horizontally from right to left

### 8. 右真横斬り(右一文字) *Migi Mayoko-giri*, Cut horizontally from left to right

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## 戸山流 形 *Toyama Ryu Forms*

### 1本目 前の敵 *Mae no teki*, enemy in front

柄頭を相手の左目を狙う *Tsukagshira* aims enemy's left eye

剣先は水平より指2本高く Stop the tip of sword at the 2 fingers up horizontal level

### 2本目 右の敵 *Migi no teki*, enemy at right hand side

戻り方 左足より3歩横に、直角に2歩下がる Getting back: 3 steps back from left leg, then turn at right-angle backward for 2 steps back

### 3本目 左の敵 *Hidari no teki*, enemy at left hand side

突きは水月を狙う Thrust into the pit of the stomach

戻り方 左足より直角に3歩で戻る

Getting back: turn at right-angle from left leg for 3 steps

### 4本目 後の敵 *Ushiro no teki*, enemy in the back

片手斬りの後まくって上段から袈裟斬り

After *Katate-giri* (single hand cutting), turn up the sword from the back for *kesa-giri*

連続して演武するときは3歩下がる 3 steps back to prepare for next *Kata*

### 5本目 前面の敵 *Zenmen no teki*, enemy at the fore

片手上段 左手は腰に

Start from *migi katate jodan*, left hand is put on the left waist at *KURIGATA*

上段角度は45度 *Jodan angle is 45 degree*

一刀目は上段から 二刀目からは大上段(振りかぶり)から

*First cutting is from Jodan, second and third cuttings are from Dai-jodan or Furikaburi*

6本目 後前の敵 *Ushiro Mae no teki, enemies at the back and front*

受け流しの角度は45度 *Ukenagashi(fending off) angle is 45 degree*

このとき、左足を斜め後ろに引く

*After fending off, pull back left leg backward while upper body stay*

7本目 右左前の敵 *Migi, Hidari, Mae no teki, enemies at the right, left and front*

突きは相手の水月 *Thrust into the pit of the stomach*

8本目 据え物斬り *Suemono-giri*

大上段(振りかぶり)より斬り下す *Cutting from the posture of Dai-jodan or Furikaburi*

止めは水平より指2本下 *Stop the tip of the sword at 2 fingers down from horizontal level*

## 制定刀法 *Seitei To-hoh* (Prescribed Sword Technique)

1本目 *Ippon-me* (1st form) *Migi-suiheigiri, Hidari-kesagiri, Migi-gyakukesa*

2本目 *Nihon-me* (2nd form) *Gyaku-kesa kiriage, Migi-kesagiri, Hidari-Gyakukesa*

3本目 *Sanbon-me* (3rd form) *Mae no teki*(enemy in front)

4本目 *Yonhon-me* (4th form) *Hidari-jodan Kakame, Zenmen no teki*(enemy at the fore)

5本目 *Gohon-me* (5th form) *Migi-hasso kamae, Hidari-kesagiri, Migi-gyakykesagiri*

6本目 *Roppon-me*(6th form) *Hidari-hasso kamae, Migi-kesagiri, Hidari-gyakukesagiri*

7本目 *Nanahon-me* (7th form) *Morote-migikesagiri, Oh-chiburi*

8本目 *Hachihon-me* (8th form) *Suemono-giri*

註:3本目として旧4本目を追加(平成19年7月旧4本目を3本目として追加した)

n.b.: Former 4th form of *Seitei To-hoh* was added as new 3rd form as of July 2007.

## 中村流 1本目から8本目 *Nakamura Ryu* 1st form to 8th form

### 組太刀 *Kumitachi* (Pair forms)

入場 *Nyujo* (Procession)

打太刀 *Uchitachi* (Attacker)

仕太刀 *Shitachi* (Performer)

1本目 *Ippon-me* (1st form)

2本目 *Nihon-me* (2nd form)

3本目 *Sanbon-me* (3rd form)

4本目 *Yonhon-me* (4th form)

剣先を相手の左小手(左目)につける(平中段) *Chudan Kamae* is altered to *Hira chudan* aiming at the enemy's left eye with the tip of sword.

5本目 5th form, *Gohon-me*

剣先を相手の左小手につける(平中段) *Chudan Kamae* is altered to *Hira chudan* aiming at the enemy's forearm of left hand with the tip of sword.

6本目 6th form, *Roppon-me*

剣先を相手の左小手(左目)につける(平中段) *Chudan Kamae* is altered to *Hira chudan* aiming at the enemy's forearm of left hand or left eye with the tip of sword.

退場 Exit

基本を忠実に守り、指導してください

At the lesson, keep the fundamental forms without alteration

国際抜刀道連盟 *Kokusai Battodo Renmei* (International Batto-Do Federation)

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