

## 真剣斬りの極意 Secrets of *Shinken-giri*

Extracted from “*Katsujinken Battodo*” authored by Nakamura Taisaburo Sensei.

1. **間合い** Distance: Ahead of one third of Sword blade is *Monouchi* where is the place to cut the object.
2. **正しい刃筋と角度** *Hasuji & Kakudo*, the proper angle of blade and angle of *Kesagiri*:  
Blade angle and cutting angle shall be the same. The cutting angle shall be around 40 degree against the object. The blade must face to straight toward the object.
3. **刀線の円形の線** Circular line of sword swing: The swing line must be circular from *Daijodan* toward *Gedan* by stretching out both arms, keeping the proper swing angle.
4. **刀身の止め方、流し方** Stopping the sword and : 斬ったとき腰を引いてへっぴり腰にならないこと。柄頭を腰の中央のへそ(下腹)に当てて茶巾絞りで止める。あるいは刀を切った方向に円形線に廻して八相の構えか大上段の構えに転じて止めるかのいずれかである。  
You shall not bend over the waist when hewing. After hewing, you either stop the sword at the angle of 40 degree and *tsukagashira*, the tip of hilt, is put to below the navel. Or, swing away the sword toward the same direction of hewing and round it circularly to stop at the posture of either *Hasso* or *Dai-jodan*.
5. **足の歩幅** Step : 一步以上は無用である。  
Step length shall be no more than one foot step of yourself.
6. **柄にぎり** *Tsuka-nigiri*: 「日本刀 柄の握りは柔らかく、締めず・緩めず、茶巾絞り」左手7分、右手三分の力で握る。茶巾絞りとは、手ぬぐいを両手で絞った状態のことで、刀身を止めたときはこの形。  
*Tsukanigiri*: *Tsukanigiri* shall be “Not too tight, not too loose and *Chakin-shibori*”.  
Grip is 70% by left hand and 30% by right hand.  
*Chakin-shibori* means the hand grip form when stopping *Katana* after hewing becomes similar to the shape when you wring a small wet *Chakin* (a cloth used to wipe a tea bowl in the tea ceremony) . *Chakin-shibori* is to wring out water from a wet *Chakin* in your palm by your root of thumb and root of the little finger.
7. **目釘穴** *Mekugi ana* : Although, in most *Nippon-to*, there is only one *mekugi* hole, it is strongly suggested to have two *mekugi* for safety.
8. **袈裟斬りの大事**: 真剣斬りにとって最も効果的なのは袈裟斬りと突きである。そのため中村流抜刀道では袈裟斬りを中核にしている。袈裟斬りは30度から40度の角度で斬ることを主眼としている。  
The importance of *Kesagiri*: In real sword, *kesagiri* and *tsuki* are the most effective technique. Therefore, in *Nakamura Ryu*, *kesagiri* is the core and fundamental technique. Hewing angle of *kesagiri* must be 30 degree to 40 degree. At the stop position of the sword, *tsukagashira*, the tip of hilt, is put to below the navel.