

市川素水先生

# 極意書

(Secret Book of karate)

市川 素水 剛柔流空手道  
十段範士

Sosui Ichikawa

Goju Ryu karate-do

10<sup>th</sup> Dan Hanshi



恩師之手形

平成四年一月十六日

# 空手の極意書; Secret book of karate and 伝記: Biography of Sosui Ichikawa sensei (素水 市川)

He had published a 極意書 (Gokuisho) or Secret book of karate by hand as below ;

## A. The secret book of karate

The secret book of karate 34 pages in Japanese and 45 pages in English.

## B. Back ground of translation of this book

(1) One of his British disciples of Ichikawa sensei named Mr. Christopher Clifford 7<sup>th</sup> dan of Sosuikan has asked me, Hisao Ono. 7<sup>th</sup> dan of Sosuikan to translate this book into English in the month of May, 2021 through the month of August in 2022.

(2) Mrs. Junko Westaway who had married with the British man has been initially requested to translate it into English by Mr. Richard Stevens who is one of the disciples of Mr. Christopher Clifford.

Mr. Stevens has asked Junko as she has a great command of both Japanese and English.

I have been consigned to proofread her drafts of translation in view of the technical expressions of karate relating the martial arts and I have got involved in from the chapter of the vital points of human beings from the beginning of its translation, because of the difficulty to find the adequate kanji or Chinese characters which were written by Ichikawa sensei by hands before in 2005.

## C. Biography of Sosui Ichikawa sensei

Ichikawa sensei has been introduced by Mr. Clifford as below with my reviewing to compile all chapters where the names of karate-kas and some expressions in Kanji

or Chinese characters were described in translating from Japanese into English.

## (1) Sosui Ichikawa sensei

Sosui Ichikawa (素水 市川 : August 29, 1924—March 7, 2005) was Japanese martial artist born in Ueno, Tokyo, Japan who was the 4<sup>th</sup> Soke or head of the Zen Nihon Goju-Ryu karate-do Renmei or league (全日本剛柔流空手道連盟) and founder of the Sosuikan(素水館). He would teach Goju-Ryu karate while still doing his research and development. Ichikawa's studies were often focused on the Bubishi (武備志) and would ultimately come to write his text, the Koshu-do (交手道). Sosui Ichikawa was accepted as Hanshi (範士) Judan (十段 or 10<sup>th</sup> dan) in 1983 by the Okinawa Karate-Do Renmei or league.

## (2) Biography

(1) Ichikawa liked karate and art. At one point, he chose to pursue and devote himself entirely to it, making his decision towards the learning of karate. With his Commitment and dedication to karate-do, Ichikawa continued looking for a suitable instructor to train with, and eventually heard of a dojo in Kawasaki that train by Kanki Izumikawa (寛喜 泉川) from Okinawa; thus, Ichikawa decided to go to Kawasaki to see this instructor for himself. He requested to enter the organization immediately after he arrived, but before an answer was given, one of the senior students challenged Ichikawa to a fight. Ichikawa was able to defeat him in their sparring match. With that he was admitted as Kanki Izumikawa's student. Izumikawa was a top student of Seko Higa (世幸 比嘉) who trained directly with Naha-te master Kanryo Higashionna(寛量 東恩納) and then founder of Goju-Ryu Karate-do Chojun Miyagi (長順 宮城).

(2) Ichikawa devoted more than a decade studying under Kanki Izumikawa. In 1951, Ichikawa was authorized to open his dojo, which he called Sosuikan (素水館) after his first name. Ichikawa grew the numbers of students within a brief time when he first began teaching; therefore, classes had to be temporarily taught in a nearby park. Sosui would travel back and forth from Tokyo to Kawasaki to continue his training with Izumikawa. Ichikawa studied obsessively and dedicated himself to mastering karate. He did not stop until he had fully understood a technique. Sosui was very tall for a Japanese man (6'feet tall); he used his big frame to overpower his rivals and was known as the Senbukan's (泉武館) fiercest fighter. Kanki Izumikawa finally promoted him to 6<sup>th</sup> dan and gave him the Bubishi (武備志) with Izumikawa's hand print to recognize him as the formal successor.

(3) Sosui Ichikawa would teach the Goju-Ryu learned from Izumikawa at the Sosuikan (素水館) dojo while still doing his own research and development. Ichikawa's Goju-Ryu evolved into his style over time. The studies were focused on the Bubishi (武備志) which is regarded as one of the most important texts in Goju-Ryu and karate. Sosui Ichikawa also emphasized the importance of Kumite in comprehending the essence of Goju-Ryu. Ichikawa would ultimately come to write his text, the Koshu-do (交手道), which was only handed to the most senior students, and it represented the culmination of his lifetime of study. The Koshudo is considered to be extension of the Bubishi. The Bubishi with Ichikawa's handprint was issued to those who had mastered the whole system and were recognized as style's successors, usually around 6<sup>th</sup> dan. The study of the Bubishi was regarded as extremely important so much so that in really, sometimes the successors refer to themselves as the Bubishi lineage.

(4) The Okinawa Karate-Do Renmei or league accepted Sosui Ichikawa as Hanshi (範士), Judan (十段) or 10<sup>th</sup> dan in 1983 with Yuchoku Higa (佑直 比嘉) issuing the certificate. Yuchoku Higa was one of Ichikawa's few confidantes. Later Ichikawa founded the all-Japan Goju-Ryu Karate-Do Renmei or league. Ichikawa's teachings stressed the notion that a smaller, weaker individual should be able to defeat a bigger, more powerful one. Ichikawa was also a strict perfectionist. He believed that even the slightest error in technique could be the difference between life and death. Ichikawa sensei also studied and practiced other styles, including Daito-Ryu Jujutsu (大東流柔術) and Judo (柔道), and held dan ranks in both. Due to expertise in martial arts, other masters from other styles such as Ninjitsu instructors Masaaki Hatsumi (良昭 初美), Okinawan Goju Instructor Meitoku Yagi (明德 八木) and Shoto-kan (松濤館) instructor Hirokazu Kanazawa(弘和金澤) would go to Sosuikan to discuss concepts. As a result of his research, he expanded beyond Seko Higa (世幸 比嘉) lineage of Goju-Ryu and created many of unique techniques and concepts.

(5) Despite his lack of international recognition, Ichikawa was regarded by other masters as a great practitioner of Goju-Ryu in Japan, his senior students are among the few instructors who continue to practice the traditional ways of Goju-Ryu karate on the mainland Japan, and only Mr Christopher Clifford in the UK. Since the Ichikawa school never wanted fame, their members are small. Ichikawa was himself also picky about who he taught.

Sosui Ichikawa died in 2005. His resting place is at Takashima-daira Cemetery in Misono.

Hisao Ono on August 31, 2022

# 1. 交手道拾拳 (Koshu-do Jukken)

## (1) 10 fist styles of "Koshu-do fists"

### 1. Translation of the above sentence

- 一、元拳 (Gen-ken / Kashi-ken) - 1. Fore fists
- 二、掌拳 (Sho-ken) - 2. Palm fists
- 三、拔手拳 (Nukite-ken / Tsuru-ken) - 3. Finger fists
- 四、指拳 (Shi-ken) - 4. Finger fists
- 五、鉤手 (Kagi-te) - 5. Hook hands
- 六、刺手 (Shashi-te) - 6. Stab hands
- 七、鞭手 (Muchi-te) - 7. Whip hands
- 八、手刀 (Shuto) - 8. Katana hands = Knife-hands strike
- 九、元裏拳 (Genri-ken) - 9. Back fists
- 、交手 (Kashi-te) - 10. Fight hand to hand

## (2) 肘拳 (Hiji-ken) - Elbow Punch

### Translation of the above sentence

- 一、前 (Mae / Zen) - 1. Forward
- 二、後 (Ushiro / Go) - 2. Backward
- 三、廻 (Mawashi / Kai) - 3. Turn
- 四、上 (Ue / Jo) - 4. Upward
- 五、下 (Shita / Ge) - 5. Downward
- 六、6. (Blank)
- 七、7. (Blank)
- 八、8. (Blank)
- 九、9. (Blank)
- 十、10. (Blank)



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(3) 蹴(Keri) Kick(小指で蹴～精神は指で)

Translation of the above sentence

Kick with the little fingers - the spirit is in the fingers.

- 一、前 (Mae / Zen) - 1. Forward
- 二、後 (Ushiro / Go) - 2. Backward
- 三、横(Yoko) - 3. Side
- 四、廻 (Mawashi / Kai) - 4. Turn
- 五、上 (Ue / Jo) - 5. Upward
- 六、6. (Blank)
- 七、7. (Blank)
- 八、8. (Blank)
- 九、9. (Blank)
- 十、10. (Blank)

(4) 基本手 (Kihonte) - Basic Hands

Translation of the above sentence

陽陰 (Yo-in - Positive & Negative)、天地人 (Ten-chi-jin) Universe, Earth, Human, ourself)、大小 (Dai-sho - Big & Small)、単双 (Tan-so - Singular & Multiple) あり(Ari - exist) .d

(表裏、上下、入れ方、大きい、小さい、単数、複数)

Translation of the above sentence

(There are Positive & Negative, Heaven & Earth, Big & Small, and Singular & Multiple)

(表裏 (Omote-Ura - Positive & Negative)、上下 (Ue-Shita - Universe & Earth)、入れ方 (Irekata - How to put)、大きい小さい (Ookii-Chiisai - Big & Small)、単数 (Tansu - Singular)、複数 (Fukusu - Multiple)

- |                               |                               |
|-------------------------------|-------------------------------|
| 一、円 (En) - 1. Circle          | 六、交合叉 (Kogosa) - 6. Crossover |
| 二、線 (Sen) - 2. Line           | 七、十字 (Juji) - 7. Cross        |
| 三、半円 (Han-en) - 3. Semicircle | 八、(Blank)                     |
| 四、鉤 (Kagi) - 4. Hook          | 九、(Blank)                     |
| 五、角 (Kaku / Kado) - 5. Corner | 十、(Blank)                     |

(5) 体 (Karada, Tai or Tei) - **Body**

Translation of the above sentence

- 一、波 (Nami) - 1. Wave
- 二、独楽 (Koma) - 2. Spinning Top
- 三、風 (Kaze) - 3. Wind
- 四、線 (Sen) - 4. Line
- 五、(Blank)
- 六、(Blank)
- 七、(Blank)
- 八、(Blank)
- 九、(Blank)
- 十、(Blank)

(6) 型 (Kata) - **Form**

攻(打)、防(極)、攻防、技をなして、型とす。

Translation of the above sentence

When “Attacks” (Strikes), “Guards” (secrets), “Offenses and Defences”, and “Techniques” are properly combined, they form “KATA”.

(7) 間合 (Ma-ai) - **Time**

Translation of the above sentence

- 宇宙 (Uchu) - Space  
空 (Sora / Ku) - Sky  
文自然 (Bunshizen) - Nature  
神 (Kami) - God  
佛 (Hotoke / Butsu) - Buddha



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(8)術 (Jutsu) - **Technique**

Translation of the above sentence

教 (Oshie / Kyo) - **Teach**

神詞 (Norito) - **Prayer**

教文 (Kyobun) - **Textbook**

実行 (Jikko) - **Practice / Performance**

(9)精神 (Seishin) - **Spirit**

Translation of the above sentence

誠心 (Seishin) - **Sincerity**

魂性 (Kon-sei) (根性 (Konjo)) - **Soul (Guts)**

学行 (Gakugyo) - **Studies**

修業 (Shugyo) - **Training (修行 (Shugyo)) - Practice**

運は自として掴め - **As for luck, take it as your own.**

魔は何時でも来る - **The devil always comes.**

勝たねば勝てぬ、受けねば受けられず **If you don't win, you won't win. If you don't get attacked, you can't get attacked.**

突、蹴は受手也 - **Thrust and kick are block.**

受手は攻撃也 - **Defence is an attack.**

間の受は体逆、手足の逆は施行して体受に至る - **Passiveness in between is the opposite.**

**The reverse of the limbs is enforced and leads to body reception.**

真受 (Shinju - **True defence**) = 相手の攻撃の自由を奪う - **Take away the freedom of the opponent's attack.**

誠受 (Seiju - **Faithful defence**) = 真受 (Shinju - **True defence**)

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(10) 受手 (Ukete) - Defences

Translation of the above sentence

- 一、受手 1. (Ukete - Defend attacks by hands) (前後 (Zengo - Forward & Backward)、横 (Yoko - Sides)、上 (Ue - Upward)、下 (Shita - Downward))
  - 二、受構 2. (Ukegamae - Defence attacks by a pose) (目 (Me - Eyes)、肩 (Kata - Shoulders)、手 (Te - Hands)、足 (Ashi - Legs)、体 (Karada - Body))
  - 三、受触 3. (Ukesawari - Touched) (五感 (Gokan - Five Senses) = 感受 (Kanju - Feelings))
  - 四、受崩 4. (Ukekuzure - Collapse by defending) (逆受 (Gyakuuke - defending adversely))
  - 五、捕縛 5. (Hobaku - Capturing)
- 三と四の受けを同時に入るを蛸手称す。

Translation of the above sentence

Performing the actions of 3 (Touched) and 4 (Collapse by defending) at the same time is called "TAKOTE (Octopus Hands).

手に用いるを手蛸、足にて用いるを足蛸也

Translation of the above sentence

If you use your hands, it is called "TEDAKO". If you use your legs, it is called "ASHIDAKO".

体の蛸あり

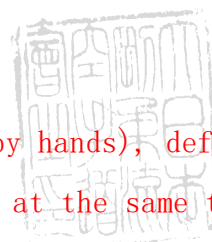
Translation of the above sentence

You can do "TAKOTE" with your body.

(11) 真受 (Ma-uke - True defence)

Translation of the above sentence

- 一、二、三を同時に行う- Perform defence 1. (Defend attacks by hands), defence, 2. (Defend attacks by a pose) and defence 3. (Touched) at the same time
- 突届ぬ間にも蹴届く- The kick arrives while the punch does not reach
- 突蹴至る間、突連か - Continuously thrust while punching and kicking
- 突、蹴、受を待ず - Punch and kick do not wait for any blocks



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< 武心、武身、武手、武守、武器に依って武体変ず > -

Translation of the above sentence

Do not change yourself depending on the mind, body, martial arts, defense, and weapons

打ちより早く受る時、また遅く受る時、受成ず、同調の理取るべし -

Translation of the above sentence

Blocking earlier than an attack or defending later than an attack is not proper defending. Understand that you are in sync.

一で倒して、二、殺活(鬼手、仏心) - Defeat firstly and Secondly decide Whether to kill or save your opponent (Demon hand and Buddha heart)

勝撃 = 押されて法狙う、引手法狙 - How to win = Be pushed and aim for the way, Aim a method by pulling back.

打膝 = 前、時々後、有要注意 - Knee strike = Be careful of the front and sometimes the back

打術 = 受打を良とす - Strike Technique = Good to be attacked

- 外受は閉じ - The outer defences close
- 内受は開き - The inner defences open
- 上段は下段 - The upper row is the lower row
- 下段は上段 - The lower row is the upper row

勝法 = 攻一受二 - How to Win = The first attack - Block 2 times

攻二受二 + 蛸 - The second attacks - Block 2 times + TAKOTE

攻三受 + 蛸 + 引 - The third attacks - Block + TAKOTE + Pulling back

了一攻 - The final attack - Open an attack against your opponent

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(12) 交手道基本、投打拾法を作る一

Translation of the above sentence

The Basic of Koshu-do creates the method of Throwing, and Hitting.

轉身 = 三十六法逃げるが勝 - Turnover = Thirty-six methods, run away but win

(射定距離外の逃げ) - Escape to the point where it is not attacked

押 = 三分の利 - Pushing = There are 30% of reasons to do so

不利も三分の利あり - There are 30% of reasons even at a disadvantage

三分を何時も置け(肩に置け) - Put 30% of reasons at any time (on your shoulder)

押され = 射定距離外の逃げ - Pushed = Escape to the point where it is not attacked

悟(覚) = あきらめ(諦) - Enlightenment = Acceptance (Give up)

- 生命 (Seimei) = 生 (Sei)、性 (Sei)、死 (Shi) - Life = Live, Nature, Death
- 心変 (Shinpen) = 四季 (Shiki)、晴 (Hare)、曇 (Kumori)、雨 (Ame)、朝 (Asa)、昼 (Hiru)、夜 (Yoru)、年月 (Nengetsu)、健 (Ken)、不健 (Fuken) - Mind change = Four Seasons, Fine, Cloudy, Rain, Morning, Midday, Night, Months & Years, Healthy, Unhealthy
- 心変術 (Shinpen-jutsu) = 心変 (Shinpen) - Mind Change Technique = Mind change
- 催眠術 (Saimin-jutsu) = hypnotism
  - 一、心変 (Shinpen) - 1. Hypnosis = Mind change
  - 二、暗示 (Anji) - 2. Suggestion
  - 三、強直 (Kyochoku) - 3. Immobility bondage
  - 四、幻触 (Genshoku) - 4. Tactile hallucination
  - 五、幻想 (Genso) - 5. Illusion
  - 六、幻行 (Genkou) - 6. Phantom
- 不動金縛術 (Fudo-Shibari-jutsu) = 強直 (Kyochoku) -
- Immovable Gold Binding Technique += Ankylosis



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## 2.市川の兵法 (Ichikawa's Tactics)

### (1)市川の兵法 Ichikawa's Tactics

・自を知り、相手を知り、相手、自を知らざる時、百戦危からず。

#### Translation of the above sentence

When you know yourself, know your opponent, and do not know your opponent or yourself, a hundred battles are not dangerous.

・心其処に在ざれば、食へども味分らず、見れども映らず、聴どもその意解ず。

#### Translation of the above sentence

When your heart isn't there, you can't taste it when you eat it, you can't see it when you see it, and you don't understand what it means when you hear it.

・良心の負を取るは卑怯なり(悪心、心せよ)

#### Translation of the above sentence

Taking the negative of conscience is cowardly.

(Watch out for evil feelings.)

(序)行道堅し

#### Translation of the above sentence

(Early Stage) Steady way.

(取)作術＝賢鈍、智悟、行摺

#### Translation of the above sentence

(Last Stage) Maneuver = Wise but dull, realizing wisdom, Going and Grab.

・毒を知り、毒を知る

#### Translation of the above sentence

Knowing poison by knowing it.

・寝る事により、起るを知る

#### Translation of the above sentence

By sleeping to know, what will happen



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## (2) 交手道、技 拾法 (Koshu-Do, Waza Juppo) - 10 Styles of Koshu-Do Technique

一法 = 肩関節前方脱臼、廻し上段猿肘

### Translation of the above sentence

1. Method : Anterior dislocation of the shoulder joint, by attacking the upper part or jodan of opponent with rotating the elbow or empi

二法 = 肩関節後方脱臼、左中段底突

### Translation of the above sentence

2. Method : Posterior dislocation of the shoulder joint, by punching the bottom of  
the left middle part or chudan of opponent.

三法 = 肘関節肩折、左後猿肘(えんび)

### Translation of the above sentence

3. Method : Break of elbow joint of shoulder, by attacking the posterior part of  
opponent with the elbow or empi

四法 = 膝蓋(しつがい)骨折、上げ猿肘(えんび)裏拳

### Translation of the above sentence

4. Method : Patella fracture, by attacking the knee of opponent with raising  
the elbow or empi and the rear fist or uraken.

五法 = 顎骨折、上段掌底(しょうて)突

### Translation of the above sentence

5. Method : Jaw fracture, by attacking the jaw of opponent with the palm or shote.

六法 = 顔面打撲、中段蹴

### Translation of the above sentence

6. Method : Face bruise, by attacking the face of opponent with the middle kick or chudan kick.

七法 = 肘關節胸折、左上段廻し突

Translation of the above sentence

7. Method : Chest fracture, by attacking the chest of opponent with rotating the elbow toward left upward or jodan.

八法 = 後頭骨打撲、手刀咽口催打

Translation of the above sentence

8. Method : Occipital bone bruise, by striking opponent' throat with a hand-knife or Shuto.

九法 = 未蹴、外廻側頭骨打撲、下段蹴

Translation of the above sentence

9. Method : Without kicking , bruise by striking opponent' s outer temporal bone with low kick or gedan kick.

十法 = 未蹴、上足掛鼻骨折、下段払

Translation of the above sentence

10. Method : Without kicking, hang up leg to break opponent' s nose, then defend

by swinging hand against opponent' s low attack or gedan barai.

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### (3) 同調 打受蹴 拾法 10 styles of Synchronized Strike & Kicking

一法 = 左円受(線)、裏拳(鉤手)下段鞭横蹴

#### Translation of the above sentence

1. Method : Left rotating reception or uke (Line) with Rear fist or Uraken (Hook hand), Low or gedan whipping side kick against opponent.

二法 = 外受鉤手、内廻蹴(中段)

#### Translation of the above sentence

2. Method : Outer hook hand, then inner rotating kick to Middle part of opponent or Chudan.

三法 = 二段蛸手、突上げ、下段蹴

#### Translation of the above sentence

3. Method : Two-stage hand Taco or hand Octopus, Punch upforward, Low or gedan kick against opponent.

四法 = 手蛸足蛸後回り、鉞打尾骨蹴

#### Translation of the above sentence

4. Method : Hand Tako or hand Octopus, Leg Tako or Leg Occutopus by turning to the rear side of opponent and kick coccyx on both sides

五法 = 左鉤内受右掌底(拳)、下段鞭蹴

#### Translation of the above sentence

5. Method : Left hook inner receiving or Uchi-uke with right palm or Shote (Fist), then attacking with whipping kick to low part of opponent or gedan.

六法 = 外受突(交手拳)、中段蹴

#### Translation of the above sentence

6. Method : Outer receiving punch (Koshu punch or Cross hand fist), then middle kick or Chudan kick against opponent.

七法 = 外独楽 (こま)、受廻し交手突(上段)、横鞭蹴(下段)

Translation of the above sentence

7. Method : Outer punch like spinning top, and Rotating Koshu punch or Cross hand punch (Upper part or body or Jodan), then low whipping kick (low part of opponent or gedan)

八法 = 外鉤独楽(こま)受、手刀喉打後踵(下段)蹴上げ

Translation of the above sentence

8. Method : Receive opponent's attack with the outer hook with spinning top reception or Uke and attack opponent with a hand knife, then kicking up (low part of body or gedan with the heel after attacking the throat of opponent with a hand knife or shuto.

九法 = 中段蹴、上段三角突

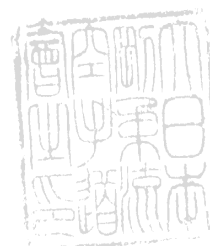
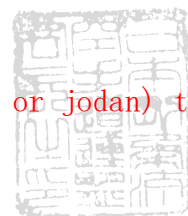
Translation of the above sentence

8. Method : After kicking the opponent's middle part of body or chudan and attack the opponent's upper part of body or jodan with the triangle punch.

十法 = 外受蹴(上段)、鉤鞭手

Translation of the above sentence

10. Method : Outer kick (opponent's Upper part of body or jodan) then receiving attack with hook whipping hand



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### 3. 人体の急所 (Vital Spots of the Human Body)

(1) 前面上段 (Zenmen Jodan) (1)Front Upper Body

天道 (テンドウ - Tendo) or 聖天(Seiten )Heavenly Way

1. 太陽 (Taiyo)、2. 日角 (Nikkaku)、3. 天光 (Tenko)、4. 聖門 (Seimon)

#### Translation of the above sentences

The Sun or God who dominates the universe.....①

1.Sun、2.Nikkaku or Forehead、3.Sun Shine、4.Teaching of saint.

左右頭頂骨と後頭骨との接合点。

死因は、大脳の激震で脳神経を刺激し感覚運動神経のマヒによる。

#### Translation of the above sentences

The junction between the left and right parietal bones and the occipital bone.

The cause of death is paralysis of the sensorimotor nerves, which stimulates the cranial nerves with a violent cerebral tremor.

天倒 (テントウ - Tento)

1. ひよめき (Hiyomeki), **Fontanel** 2. おどりこ (Odoriko) **Its part of unconnected**

幼児の時、脈を打っていたところで、天頭と前頭の間のお頭骨。

死因は、上段と同じ。

#### Translation of the above sentences

Falling .....②

1.Hiyomeki or fontanel skull, 2.Odoriko or its part of unconnected.

The place where you were pulsing when you were an infant, the skull between the crown and the frontal lobe.The cause of death is the same as above

恩師之手形  
平成四年一月十六日

霞 (カスミ- Kasumi) Blurred

1.横門 (Omon)、Striated Muscle 2.こめがみ (Komegami) Temple

Translation of the above sentences

Blurred..... ③

1.Omon or Striated Muscle, 2.Temple

前頭骨と蝶骨と側頭骨との接合点。

死因は、前項と同じだが、弱い打撃でも相当の激痛がある。

Translation of the above sentences

The junction of the frontal bone, Sphenoid bone and temporal bone.

The cause of death is the same as above, however, even a weak blow cause considerable pain.

晴曇 (セイウン – Seiun) Orbit of eyes

(眼窩 (Ganka) Orbit

両眼の上下、眼窩の部分。倒因は、大脳刺激で神経錯複。

Translation of the above sentences

Seiun or Orbit of eyes..... ④

Ganka or Orbit

Above and below both eyes, part of the orbit.

The cause of the collapse was cerebral stimulation and nerve complexion.



恩師之手形  
平成四年一月十六日

## 眼星 (ガンセイ- Gansei) Pupil of eyes

眼球、瞳、視神経破裂及び刺激により一時的失明、及び、失明。  
ここは顔面中最も神経の集中している部分である為、少しの刺激の為でも激痛を伴う。個々での過誤は、失明を伴う故に慎重にすべきである。

### Translation of the above sentences

Gansei, or Pupil of eyes.....⑤

Temporary blindness and blindness due to rupture and irritation of the eyeball, pupil, optic nerve. Since this is the most nerve-intensive part of the face, even a slight stimulus causes severe pain. Individual errors should be taken with caution as they are accompanied by blindness.

## 烏兎 (Uto) Clow & Rabit

1. 日月 (Jitsu-getsu), Sun and Moon 2. 眉間 (Miken) the middle of the forehead

前頭骨と鼻骨との接合点。

死因は、大脳刺激震による脳神経刺激の為、感覚神経マヒによる。

### Translation of the above sentences

Uto or Clow & Rabit.....⑥

1.Sun and Moon, 2.the middle of the forehead

The junction between the frontal bone and the nasal bone.

The cause of death is sensory nerve paralysis due to cranial nerve stimulation by cerebral stimulation quake.

## 人中 (Jinchu) Philtrum

1. 溝適 (Koteki)、Groove suit 2. 鼻下 (Bika) Under nose

左右、上頭骨接合点。

死因は、脳神経刺激により感覚運動機能マヒ。

### Translation of the above sentences

Jinchu or philtrum.....⑦

1.Groove suit、 2.Under nose

The junction of the left and right upper skulls.

The cause of death was sensorimotor paralysis due to cranial nerve stimulation.

**下唇 (Kakon) Under lip**

1. 下唇 (Gemin)、Lower classes 2. 頭溝 (Zuko) Temporal sulcus

下頭骨の前面中央部分下唇のすぐ下。

死因は前項に同じ。

**Translation of the above sentences**

Kakon or Under lip.....⑧

1.The lower classes, 2.Temporal sulcus

The central part of the front of the lower skull, just below the lower lip.

The cause of death is the same as above.

**三日月 (Mikazuki) Crescent**

(ボクシングで云うチン及ジョー – 下顎骨の下端(即ち顎の先端)と同じく下顎骨の左右端両耳下にある骨の部分。死因は前に同じ。

**Translation of the above sentences**

Mikazuki or Crescent-shaped moon,.....⑨

(This part is called “Chin” and ”Jaw” in boxing)

The part of the bone below both ears at the left and right ends of the mandible as well as the lower end of the mandible (i.e. the tip of the jaw).

The cause of death is the same as above.

以上、顔面の急所はいずれも脳神経と錯授してその機能を失い昏倒するが、動脈刺激をも伴う。

**Translation of the above sentence**

As mentioned above, all the vital points of the face are confused with the cranial nerves and lose their function and faint, but they are also accompanied by arterial stimulation.

恩師之手形  
平成四年一月十六日

(2)前面中段一 (Zenmen Chudan 一)(2)-1. Front middle body

松風 Matsukaze Pine and Moon (風月) Fugetus, Wind and Moon

頸の側面潤頸筋と胸鎖乳頭筋との交叉する部分、つまり頸動脈の事。

総頸動脈、頸横神経刺激の為、血行激変、知覚運動神経機能などによるのが倒因。

Translation of the above sentence

It is the intersection of the lateral carotid muscle of the neck and the pectoralis carotid muscle, or carotid artery.

It is caused by stimulation of the common carotid artery and the transverse carotid nerve, resulting in a drastic change in blood circulation and sensorimotor nerve function.

The cause of the disease is the common carotid artery.....<sup>⑩</sup>

村雨, Murasame) Village Rain (Flap) (襟) (eri) Neck

頸の前側面、鎖骨の真上胸鎖乳頭筋が始まる外側の部分、死因は鎖骨下動脈舌下の神経の刺激で血行を激変し運動機能まひによる。

Translation of the above sentence

The anterior aspect of the neck, just above the dextrocaudal bone, where the thoracic papillary muscles begin, is the lateral part of the neck.

The cause of death was due to motor paralysis caused by stimulation of the nerves under the hypoglossal nerve of the sublingual artery of the hypoglossal artery, which drastically altered blood circulation.....<sup>⑪</sup>

秘中 (Hicihu) (肢中、喉笛、喉仏) Shichu, Nodobue, Nodobodoke)

Translation of the above sentence

In secret (Limb middle, Glottis, Adam's apple)

鎖 (fun) の正面、舌骨、胸骨上端である。死因は気管を圧迫する事と呼吸閉塞をする為である。

Translation of the above sentences

Frontal aspect, hyoid bone and upper end of sternum.

Cause of death: compression of the trachea and respiratory

Due to obstruction.....<sup>⑫</sup>

**壇中(danchu) at the platform or alter (胸中) (kyochuu) in the chest**

胸骨の把柄(haetsu) **tenon**胸骨体の軟骨連合部の直下、つまり胸膜の前面上端である。死因は心臓気管支、大動脈、肺動脈を刺激して、呼吸器の故障を起こして、同時に血行を激変する。

**Translation of the above sentences**

Grasping the sternum , Just below the cartilaginous union of the grasping mortise body of the sternum, i.e.the upper anterior surface of the pleura.. The cause of death is stimulation of the cardiac bronchioles, aorta, and pulmonary arteries.

It causes respiratory failure and at the same time drastically alters blood circulation.

.....⑬

**胸尖(Kyosen) Sternum(晩骨)(Bankotsu) Late-breaking**

胸尖の下端部、剣状突起の所、倒因は肝臓、胃、心臓の激変に依りて血行神経錯換して運動作用を失なう為。

**Translation of the above sentences**

The cause of the collapse is due to a disturbance of the liver, stomach, or heart, which results in a derangement of the blood circulation and loss of motor activity.....⑭

**明星(Myojō) Venus(濁中:Jokuchu) Muddiness(氣海:Kikai) Mare(丹田:Tanden) Point below the navel**

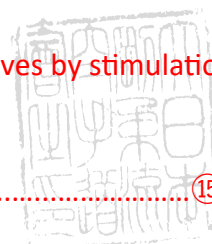
臍下約一本の部分云う。

死因は小腸及び膀胱の刺激による腹部大動脈及び神経を刺激して血行激変を伴い運動機能を失う為である。

**Translation of the above sentence**

It refers to the area about one line or inch below the navel.

The cause of death is due to irritation of the abdominal aorta and nerves by stimulation of the small intestine and bladder, resulting in loss of motor function due to a drastic change in blood circulation.....⑮



恩師之手形  
平成四年一月十六日

**脇陰(Wakikage) Flank (扇骨: Senkotsu) Skeleton of a fan**

脇の下に位置する第四肋骨と第五肋骨の間である。

死因は、肺を激衝し、動脈神経を刺激する左の肺の機能を失い呼吸血行  
繰止する為。

Translation of the above sentence

It is between the fourth and fifth ribs, located in the armpit.

The cause of death was the loss of function of the left lung, which struck the lung  
and stimulated the arterial nerves, causing respiratory and blood circulation to  
cease breathing and blood circulation.....⑬

**雁下(Ganka) Under breasts (雁中: Ganchu) On a wild goose  
Chase**

両乳の下に位置する第五肋骨と第六肋骨の間にあたる場所。

死因は脇図と同じ。

Translation of the above sentence

The area between the fifth and sixth ribs located below both breasts.

The cause of death is the same as the side chart.....⑭

**電光(Denko) Electric light. (月影: Tsukikage) Moonlight (脇腹:  
Wakibara) Flank)**

前側面の第七、八肋骨との間にあたる場所。死因は左右によって異なる。

右は肝臓衝撃により肺を刺激しその機能を失う為である。

左は胃及び脾臓の前衝による肺及び心臓を刺激し、その機能を失う事による。

Translation of the above sentence

Anterior aspect between the seventh and eighth ribs.

The cause of death varies from left to right. The right side is due to liver shock,  
which irritates the lungs and causes them to lose their function. The left side is  
due to the stomach and spleen being impacted in the frontal plane, irritating  
the lungs and heart and causing them to lose their functions.....⑮

## (2) 前面中段二 (Zenmen Chudan 二) (2)-2. Front middle body

### 稲妻 (Inazuma) **Flash of lightning** 月影 (Tukikage) **Moonlight**

上腹部の前側面、第十一、十二浮肋部離下端にあたる。

死因は左右によって異なる。大体電光と同じ。右の腹胸部、各急所は何れも

内臓激衝によって脊髄神経、交感神経の刺激が脳神経に及ぼし、知覚運動

の作用を失い呼吸を絶止する為である。ちなみに、頭部の急所では知覚運動の作用は失なっても、呼吸は絶止しない事が多い。

### 手部

#### Translation of the above sentence

Anterior aspect of the upper abdomen, at the lower end of the eleventh and twelfth buccal dissection. The cause of death varies from left to right. The cause of death is generally the same as the electric light. The right ventral thoracic region, each acute site, the visceral imbalance stimulated the spinal nerves and sympathetic nerves, which in turn stimulated the cranial nerves, causing loss of sensorimotor activity and respiratory arrest and cease to breathe. Incidentally, in many cases, the acute site on the head causes loss of sensorimotor activity but does not cause cessation of respiration .....<sup>⑱</sup>

Parts of hands

### 内尺沢 (Uchi Shaku-taku) **inside measure** (脈行) (Myaku-kou) **Pulsating**

手背側の前面橈腕屈筋と搏撓筋の間。

倒因は撓骨の動脈、神経の刺激により、胸頭部に亘って堪え難い異様な

苦痛を感じ運動作用を失う為である。

#### Translation of the above sentence

Between the anterior flexor digitorum flexors and foblique muscle at the handsugan.

The cause of the collapse is irritation of the flexor arteries and nerves, causing excruciating and bizarre pain over the thoracic region and loss of motor control、pain over the thoracic region due to irritation of the flexor arteries and nerves, and loss of motor control. ....<sup>⑳</sup>

### 手甲 (Tekkou) **Back of the hand** (合谷: Gokoku) **Back of the hand**

手の甲の中央拇指 (第一掌骨) 人差し指 (第二掌骨) との間である。倒因は胸頭部に苦痛を覚え運動作用を失う為である。尚、掌骨間は何れを打っても大体同じような効果がある。

#### Translation of the above sentence

It is located on the back of the hand between the middle thumb (first palmar bone) and index finger (second palmar bone). The reason for this is that the patient feels pain in the thoracic region and loses the use of movement. Any strike between the palmar bones has about the same.....<sup>(21)</sup>



(3)前面下段 (Zenmen Geddan) **Front Lower body**

**夜光(Yako) Noctilucence** (中部:Chubu) **Center**, (前股:Maemata) (**Anterior crotch.**

大腿上部の前内側面、恥骨筋の部分。

倒因は股動脈、股神経、閉幹神経を刺激するため、腰腹部に亘って苦痛を感じ、運動作用を失うからである。

Translation of the above sentence

Anterior medial aspect of the upper thigh, the pubococcygeal muscle.

The cause of the collapse is irritation of the groin artery, groin nerve, and pudendal nerve, which causes pain over the lumbar and abdominal regions and loss of motion and loss of motor control..... (22)

**伏兎(Fukuto) Rabit laying down**

(潜竜:Senryu) **Diving dragon**. 長光:Choko) **Long light.**

大腿下部の前外側面、外股の中央。

倒因は大腿部の筋痙攣を起し下腹部亘って苦痛を感じ下股の運動作用を失う為である。

Translation of the above sentence

Anterolateral aspect of the lower thigh, middle of the outer thigh.

The cause of the collapse is muscle spasm of the thigh, pain over the lower abdomen, and loss of motion of the lower thigh.....(23)

**内踝(Uchi-Kurubushi) Inner side of Ankle**, (踝脚: kurubusi Ashi) **Ankle of legs**, (円黒筋: Enkurokin) **Cirrostratus.**

普通に内患節部と云えば脛骨の下端を言うが当身の内踝は医学上のそれと異なり、正しく言えば肘骨内側面内患節の直ぐ下である。

倒因は彼脛骨動脈及び脛骨神経を刺激して、腰部に苦痛を覚え運動作用を失なう為である。

Translation of the above sentence

The ankle is usually referred to as the lower end of the tibia, but the ankle in our body differs from that in medicine. However, our ankles differ from the medical terminology, and are correctly defined as just below the medial malleolus on the medial aspect of the malleolus. The cause of the injury is irritation of his tibial artery and tibial nerve, which causes pain in the lumbar region and loss of motion. The cause of the injury is irritation of the tibial artery and tibial nerve.....(24)

**甲利 (Kori) (内踝の下 : Uchikurubushi-no Shita) Under - Inner side of Ankle)**

(高利足 : Korisoku) **Galli foot**、(地虚 : Jikyo) **The earth and void**、

(足の甲 : Ashi-no-ko) **Instep**

足背の中央上のやや内側によった所、短拇伸筋腱と大趾伸筋腱との間、すなわち、骨関節のところである。

倒因は内足趾神経及び前脛骨動脈深腓骨を刺激する為、足腰部にかけての苦痛によるもの。

#### Translation of the above sentence

It is located slightly medial to the mid-dorsal surface of the foot, between the extensor hallucis longus and extensor digitorum longus tendons, i.e., at the bony joint. The cause of the pain is due to irritation of the medial tarsal nerve and the deep fibula of the anterior tibial artery, which causes pain in the legs and feet. The cause of the collapse is due to pain in the legs and feet..

..... (25)

**草隠 (Kusagakure) Abies veitchii. (臨泣 : R inkyu)**

**Acupuncture-point of liver.**

足背の中上より梢外側に向かった処、第四・五跖骨接合部にあたる。

#### Translation of the above sentence

The area is located at the fourth and fifth malleolus junction, from the mid-upper part of the dorsum of the foot toward the lateral side of the tarsus..... (26)

**向脛 (Mukozune) Calf of leg), (向骨 : Ko-kotsu) Bones of**

**the forehead** 脛骨の中央の事で(むこうずね)。

倒因は腓骨神経を刺激する為に激痛に堪られず。

#### Translation of the above sentence

It refers to the middle of the tibia.

The cause of the collapse is irritation of the peroneal nerve, which causes

severe and excruciating pain..... (27)

**金的 (Kinteki) The bull's eye**

死因は睾丸神経会陰、動脈(会陰精系)神経刺激するためである。  
睾丸釣り上がり運動感覚の機能を失い呼吸を絶止する為である。

**Translation of the above sentence**

The cause of death was due to nerve irritation of the testicular nerves, perineum, and arteries (perineal spermatic system).

The testicles are fished them out and lose their motor-sensory function, causing them to cease breathing.....(28)

**(4)後面上段 (Komen Jodan) Back Upper Front body**

**独古 (Dokko) Single-pronged vajra (耳果: Jika) Earwigs、(徳古 Tokko)**

**Old and immortal)**

耳の後部の直下のややくぼんだところ、即ち、二腹筋の部分。  
倒因は脳神経を刺激して感覚運動作用を失なうため。

**Translation of the above sentence**

A slightly depressed area just below the posterior portion of the ear, i.e., the bicuspid region.

Inversion stimulates cranial nerves and causes loss of sensory motor activity...(29)

**脛中 (Keichu) Shinbone (動元: Do-moto) Moving source**

**(ぼんのくぼ: Bon-no-Kubo) Hollow at nape of the neck**

首の後部の直下のややくぼんだところ、即ち、第三頸椎と第四頸椎の部分。  
死因は大脳激震し、脳脊髄神経を刺激する為、知覚運動機能を失う為である。

**Translation of the above sentence**

A slightly depressed area just below the back of the neck, i.e., the area between the third and fourth cervical vertebrae.

The cause of death is the loss of sensory and motor functions due to the stimulation of the cerebellum and cerebrospinal nerves.....(30)

素水先生  
平成四年一月十六日

(5)後面中段 (Komen Chdan) **Back Upper Middle body**

**早打 (Haya uchi) Fastball (丹下: Tange) Dan down**

第三肋骨と第四肋骨との間、肩甲骨の内側と接する部分。

死因は肺臓の激震、脊髄神経の刺激による呼吸血行の障害と共に運動作用を失うのと呼吸を絶止するため。

Translation of the above sentence

Between the third and fourth ribs, where they meet the inside of the scapula.

The cause of death is a pulmonary shock and spinal nerve irritation, which results in impaired respiration and circulation.

and loss of motor control and cessation of respiration.....(31)

**活殺 (Kassatsu) Life or death, (活所: Kasho) Place to live**

脊椎の第五筋と第六筋との間所。

死因は脊髄神経を刺激し、下行大動脈、心臓、肺臓を激震するため、運動感覚機能を失うので呼吸を絶止するためである。

Translation of the above sentence

Between the fifth and sixth muscles of the spine.

The cause of death is due to stimulation of the spinal nerves, which causes a severe shock to the descending aorta, heart, and lungs, resulting in loss of motor-sensory function and cessation of breathing.

The patient loses motor and sensory functions and stops breathing...(32)



恩師之手形  
平成四年一月十六日

# 市川素水先生

## 後電光 (Ushiro denko) **Lighting in the rear**

脊中第九筋の左右及び第十一節の左右を云う。第九筋の左右を俗に癩活電光と称してここを拇指で強く押すと癩を治す効果があると云われているが、当て身

としては、第十一節の左右(第十一肋骨と第十二浮肋骨との間)の方が効果がある。死因は腎臓の激衝によるその神経動脈を刺激し、血行の激しさと共に運動作用を失うため。

### Translation of the above sentence

The left and right sides of the ninth muscle and the left and right sides of the eleventh segment in the spine. The left and right sides of the ninth muscle are commonly referred to as the "spasmolytic electric light."

It is said that pressing the right and left sides of the ninth muscle strongly with the thumb cures the pain of a temper tantrum. However, the left and right sides of the 11th segment (between the 11th and 12th floating ribs) are more effective. The cause of death is due to the stimulation of the kidneys, which irritates the neural arteries

and causes loss of movement as well as severe blood circulation.....(33)

## 尾胝 (Bitei) **Callus one's ankels** (下経: gekei) **Lower leg**

### (亀の尾; Kame-No-O) **Tortoise tails**

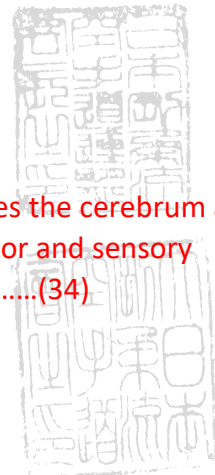
脊中(柱)の最下部の尾胝骨の部分。

死因は、全脊髓神経を激震し、大脳に刺激を及ぼし運動感覚の両作用を失う為である。

### Translation of the above sentence

The lowest part of the spinal cord (column), the caudad.

The cause of death is a severe shock to all spinal nerves, which irritates the cerebrum and causes loss of both motor and sensory functions and loss of both motor and sensory functions.....(34)



恩師之手形  
平成四年一月十六日

# 市川素水先生

## 腕馴(Udenarashi) **Getting accustomed to**

### (膊折 Hakuori) **Tucking up the hem of one's garments**

上膊の後の中央部上頭膊筋との間。

倒因は尺骨神経、正中神経上膊動静脈を刺激するために胸部、胸に且って一種異様な苦痛を覚え運動作用を失なうため。

#### Translation of the above sentence

The superior colliculus is the posterior median superior cephalothoracic muscle.

The cause is irritation of the ulnar nerve, median nerve, and supratrochlear artery, which causes a strange pain in the chest and loss of movement.

The cause of the collapse is irritation of the ulnar nerve, the superior median nerve, and the ulnar artery and vein.....(35)

## 肘詰(Hiji-Tsume) **Elbow deep in the knee.**

肘の外側肘関節全部。天覚端の外側である。倒因は、尺骨神経を刺激する為、胸部、頭部に異様な苦痛を覚え運動作用を失う。

#### Translation of the above sentence

All of the lateral elbow joints of the elbow . The lateral elbow joint is the lateral side of the tenosynovial end (or tumor) The cause of the collapse is irritation of the ulnar nerve, which causes unusual pain in the chest and head and loss of motor control.....(36)

## 外 天(Gaiten)(外尺沢:Soto shakutaku) **Out side measure**

### (小捕:Shoho) **Small capture**

手首際の背面中央部総指伸筋と天腕伸筋その間。

倒因は正中神経を刺激するため。

#### Translation of the above sentence

Between the middle of the dorsal surface of the wrist, between the median of the median of the common finger and the median of the brachialis muscle.

The reason for its inversion is to stimulate the median nerve...(37)

## (6)後面下段(Komen Dedan) **Back Lower body**

# 市川素水先生

## 後稻妻 (Ato inazuma) Streak of lightning

大腿後側の上部中央部。

倒因は傘神経を刺激するため胸腹運動作用を失なう為。

### Translation of the above sentence

Upper middle part of the posterior thigh. Inversion is due to stimulation of the umbilical nerve, which causes loss of thoracoabdominal movement.....(38)

## 草薙 (Kusanagi) Grass-mowing、刈当 (Kari-Ate) Clipping (of a hachet)

下腿後面の中央部 腓腹筋の下。

以上を依って、人体急所の項末とす。

### Translation of the above sentence

The middle of the posterior aspect of the lower leg, below the gastrocnemius muscle.

The above is therefore the end of the acute point of the human body.....(39)

## 水月 (Sui-getsu) 鳩尾 (Mizo-ochi) The pit of the stomach

鳩尾, お腹の中心に当たる場所、または、お腹、およそ、胃に当たるか、その

近くであり、強い感情、特に、恐怖、心配やストレスに対して物理的に感じる。(この説明は、小野が、市川先生の極意書に体の位置の説明のみで、身体の説明がなかったので、インターネットで、調べ、追加記入した。

The pit of the stomach. An area in the core of the one's abdomen, approximately in or near ones' stomach, in which one feels a physical response to strong emotion, specially fear, or anxiety. Stress.

Ichikawa sensei explained only its place in the dialog of body, so I. Ono added the explanation additionally by using the internet thereof.....(40)

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## 4.道場訓 (Dojo-kun) Precepts

一、道場は神聖なり。礼に始まり、礼に終る。

### Translation of the above sentence

1.The dojo is Sacred. KARATE begins with bowing and ends with bowing.

一、型の上達は各自鍛錬如何により。正しい型、好く分解し好く把握して、練習すべし。

### Translation of the above sentence

2.Achieving progress with KATA requires diligent practice, skilful analysis, and correct understanding of all of the KATAs.

一、組手の練習は、習得せる型を良く理解し、其の業の本旨を辨へ兩人にして実際に近き様、研究し練習すべし。

### Translation of the above sentence

3.When practicing KUMITE in the dojo it is necessary for each student to grasp the exact meaning of the KATAs that have been taught. In this way the meaning can be applied to KUMITE.

一、先賢より伝承せる型、そのまま伝授し、修正してはいけない。

但し、修得せる型より考案し、一つの型を編生することは良とす。

### Translation of the above sentence

4.It is imperative that we follow the KATAs, which our ancestors have created, teach them without change.

Except after mastery of all KATAs it is allowed to invent or create a personal KATA out of KATAs which have already been learned and understood.

一空手の極意真髓は、轉身、変手、力の入れ抜き、呼吸の吞吐、氣、たこ技の修得にあり。

### Translation of the above sentence

5.The secret essence of karate consists of below items of 6 through 10.



## 6. 轉身 (Tenshin)

[Translation of the above sentence](#)

6. Tenshin - Measurement of correct standing position.

## 7. 変手 (.Hente) -

[Translation of the above sentence](#)

7. Change in technique that is applied after, as a replacement for, or as a continuation of the original technique.

## 8. 呼吸法 (Kokyu-ho) -

[Translation of the above sentence](#)

8. Study of controlling inhalation and exhalation.

## 9. 気 (Ki)

[Translation of the above sentence](#)

9. Learn to control energy through proper training.

## 10. 蛸 (Tako)

[Translation of the above sentence](#)

10. Octopus to learn to control your attacker's force with your touch.

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# 5.呼吸法 (Kokyu-ho)「五種十型」 (Goshu-jikkata) Breathing Technique (5 kinds 10 patterns)

一. 呑 (Chodon) 長呑 (Chodon) –

Translation of the above sentence

1. Long inhalation、 Long inhalation

二. 長呑 (Chodon) 短呑 (Tandon) –

Translation of the above sentence

2. Long inhalation、 Short inhalation.

三. 短呑 (Tandon) 長吐 (Choto) –

Translation of the above sentence

3. Short inhalation + Long exhalation.

四. 短呑 (Tandon) 短呑 (Tandon)

Translation of the above sentence

4. Short inhalation + Short inhalation.

五. 連鎖型 (5.-Rensa-gata) –

Translation of the above sentence

5. The Continuous Type of Breathing Technique.

一. 長呑 (Chodon) 長呑 (Chodon) 長呑 (Chodon) 短呑 (Tandon)

Translation of the above sentence

(1) Long inhalation、 Long inhalation、 Long inhalation、 Short inhalation.

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口長吞 (Chodon) 長吞 (Chodon) 短吞(Tandon) 長吐(Choto)

[Translation of the above sentence](#)

(2) Long inhalation, Long inhalation, Short inhalation, Long exhalation.

八.長吞 (Chodon)長吞 (Chodon)短吞 (Tandon) 短吞 (Tandon)

[Translation of the above sentence](#)

(3) Long inhalation, Long inhalation , Short inhalation, Short inhalation.

二、長吞 (Chodon) 短吞 (Tandon) 短吞 (Tandon) 長吐 (Choto)

[Translation of the above sentence](#)

(4) Long inhalation, Short inhalation, Short inhalation, Long exhalation.

ホ,長吞 (Chodon)短吞 (Tandon)短吞 (Tandon) 短吞 (Tandon)

[Translation of the above sentence](#)

(5) Long inhalation, Short inhalation, Short inhalation, Short inhalation

ハ,短吞 (Tandon)長吐 (Choto)短吞(Tandon) 短吞 (Tandon)

[Translation of the above sentence](#)

(6) Short inhalation, Long exhalation, Short inhalation, Short inhalation

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## 6. 予備運動 (Yobi-undo)

### Preliminary Exercises / Warm Up

一、踵上げ (Kakato-age) 爪先上げ (Tsumasaki-age)

Translation of the above sentence

1. Heels up, Toes up

二、爪先内外上げ (Tsumasaki-uchisoto-age) 股かため (Mata-katame)

Translation of the above sentence

2. Raise the inside and outside of the toes and clench the crotch

三、足首廻し (Ashikubi-mawashi)

Translation of the above sentence

3. Ankles rotation,

四、膝押え (Hiza-osae), 横次上 (Yokotsugi-age)

Translation of the above sentence

4. Knees restraining, raising knees' side.

五、膝廻し (Hiza-mawashi) –

Translation of the above sentence

5. Knees rotation

六、體落とし (Tai-otoshi) –

Translation of the above sentence

6. Falling the body down forward.

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七, 体の前後倒し (Tai-no-zengo-taoshi)

[Translation of the above sentence](#)

7. Tilt the body back and forth

八, 体の側屈 (Tai-no-sokku-tsu)

[Translation of the above sentence](#)

8. Lateral bending of the body

九. 腕の横振り (Ude-no-yokofuri)

[Translation of the above sentence](#)

9. Swing arms horizontally

十. 体の前屈平拳突 (Tai-no-zenkutsu-heiken- tsuki)

[Translation of the above sentence](#)

10. Strait punch by bending body.

十一. 体前屈手廻付 (Tai-zenkutsu-temawashi- tuki)

[Translation of the above sentence](#)

11. Bend body forward by punch by rotating hands

十二. 腕絞り下段受け (Ude-shibori-Gedan-uke)

[Translation of the above sentence](#)

12. Defence against the lower attack by squeezing arms

十三, 手水平廻し (Te-suihei-mawashi) -

[Translation of the above sentence](#)

13. Rotating hands horizontally.

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十四, 打掛 (Uchikake)

[Translation of the above sentence](#)

14. Hook legs from inside.

十五, 腕前後回し (Ude-zengo-mawashi)

[Translation of the above sentence](#)

15. Arms rotation back and forth

十六, 体前屈腕却し (Tai-zenkutsu-ude-oroshi)

[Translation of the above sentence](#)

16. Bend body by pushing down arms.

十七, 体前屈腕横延し (Tai-zenkutsu-ude-yoko-nobashi)

[Translation of the above sentence](#)

17. Bend body by stretching arms from side to side.

十八, 平交叉振り (Heiko-sha-furi)

[Translation of the above sentence](#)

18. Swing arms by crossing.

十九, 首左右廻し (Kubi-sa-yu-mawashi)

[Translation of the above sentence](#)

19. Neck left and right rotation

二十, 首左右倒し (Kubi-sayu-taoshi)

[Translation of the above sentence](#)

20. Tilt the neck left and right

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二十一、首後ろ斜倒し (Kubi-ushiro-naname-daoshi)

[Translation of the above sentence](#)

21. Tilt the neck diagonally backward

二十二、首廻し (Kubi-mawashi)

[Translation of the above sentence](#)

22. Neck rotation

二十三、前蹴り (Mae-geri)

[Translation of the above sentence](#)

23. Front kick

二十四、内蹴り (Uchi-geri)

[Translation of the above sentence](#)

24. Inner kick

二十五、踵蹴り (Kakato-geri)

[Translation of the above sentence](#)

25. Heel kick

二十六、横蹴り (Yoko-geri)

[Translation of the above sentence](#)

26. Side kick

二十七、横蹴り上げ (Yoko-geri-age)

[Translation of the above sentence](#)

27. Side kick up

二十八、真横蹴り (Mayoko-geri)

[Translation of the above sentence](#)

28. Right side kick

二十九、後蹴り (Ushiro-geri)

[Translation of the above sentence](#)

29. Rear kick

三十、上段蹴り (Jodan-geri)

[Translation of the above sentence](#)

30. Upper kick

三十一、前支え (Mae-sasae)

[Translation of the above sentence](#)

31. Front support

三十二、寝足上延し (Ne-soku-ue-nobashi)

[Translation of the above sentence](#)

32. Lie down and stretch legs.

三十三、体の座屈節 (Tai-no-za-kutsetsu)

[Translation of the above sentence](#)

33. -Buckled section of body

三十四、寝蹴上げ (Ne-Keriage)

[Translation of the above sentence](#)

34. Lie down and kick up.



三十五、膝付体後倒 (Hiza-tsuki-tai-ushiro- daoshi)

[Translation of the above sentence](#)

35..Sit on Knees and bend our body back forward.

三十六、深呼吸 (Shinkokyu)

[Translation of the above sentence](#)

36. Take a deep breath

三十七、腹式呼吸 (Fukushiki-kokyu)

[Translation of the above sentence](#)

37. Abdominal breathing

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# 7. 予備運動 追記 (Yobi-undo Tsuiki)

## Postscript of the Preliminary Exercises / Warm Up

「運動の種類を示す」

### Translation of the above sentence

Indicate the types of the preliminary Exercises

1. 足先伸し (Ashisaki-nobashi)

### Translation of the above sentence

1.Stretch the toes

2. 股尻伸し (Matajiri-nobashi)

### Translation of the above sentence

2.Stretch hip flexor

3. 足先廻し (Ashisaki-mawashi)

### Translation of the above sentence

3.Toes rotation

4. 膝伸し (Hiza-nobashi)

### Translation of the above sentence

4.Stretch the knees

5. 足槌廻し (Ashitsuchi-Mawashi)

### Translation of the above sentence

5.Feet-hammering

6. 八字体落し (Hachi-ji tai-otoshi)

### Translation of the above sentence

6.Eight-character dropout



7. 八字手前付き (Hachii-ji temae-tsuki)

[Translation of the above sentence](#)

7. Octagonal front

8. 仰向申し (Aomuki-nobashi)

[Translation of the above sentence](#)

8. Stretch out on the back

9. 平安横申し (Heian-yoko-nobashi)

[Translation of the above sentence](#)

9. Pin-an kata's stretching horizontally

10. 平安後横申し (Heian-ushiroyoko-nobashi)

[Translation of the above sentence](#)

10. Pin-an kata's stretching back side

11. 体廻し (Tai-mawashi)

[Translation of the above sentence](#)

11. Body rotation

12. 平拳前下申し

[Translation of the above sentence](#)

12. Flat fists forward extension

13. 平拳横申し

[Translation of the above sentence](#)

13. Flat-fist lateral stretching

14. 背方下申し

[Translation of the above sentence](#)

14. Extension of the lower back

15. 両拳八字体落とし (Ryoken-hachi-ji-Tai-otoshi)

[Translation of the above sentence](#)

15.Eight character drop with both fists

16. 手前後廻し (Te-zengo-mawashi)

[Translation of the above sentence](#)

16.Hands rotation back and forth

17. 首廻し (Kubi-mawashi)

[Translation of the above sentence](#)

17.Neck rotation

18. 後蹴り (Ushiro-geri)

[Translation of the above sentence](#)

18. Back kick

19. 前蹴り (Mae-geri)

[Translation of the above sentence](#)

19.Front kick

20. 上段蹴り (Joudan-geri)

[Translation of the above sentence](#)

20.Upper kick

21. 前支へ - (Mae-sasae)

[Translation of the above sentence](#)

21.Forward

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22.寝方足伸し

[Translation of the above sentence](#)

22.Stretching one's legs out to sleep

23.寝足頭付

[Translation of the above sentence](#)

23.Having a head for sleep and legs for sleep

24.寝上蹴り

[Translation of the above sentence](#)

kneeing in the nape of the neck

25.深呼吸 (Shinkokyu)

[Translation of the above sentence](#)

Deep Breathing

以上の順序に従い運動を継続すべし

[Translation of the above sentence](#)

The Preliminary Exercises should be continued according to the above order.

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