

Seitei Iaido

Comité National de Daito Ryu Jujutsu

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ZNKR Seitei Iaido

The following links lead to (heavily) illustrated descriptions of the twelve ZNKR seitei Iai kata. The illustrations are from a demonstration by Miyata Tadayuki sensei, Iaido 8-dan Kyoshi, Kendo 7-dan Kyoshi, during the 8th European Iaido Championships - November 2001 in Brussels. The explanations are a transcription of Kishimoto sensei's words as translated at this event. Naturally a lot more can be said about these forms.



Miyata sensei

This illustrated kata description is for the purpose of information and a possible memory aid to people starting out in the ZNKR Iai kata. It is not intended to teach the forms described.

- [Opening rei, number 1 - 4](#)
- [Number 5 - 8](#)
- [Number 9-12, closing rei](#)

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ZNKR Seiteigata

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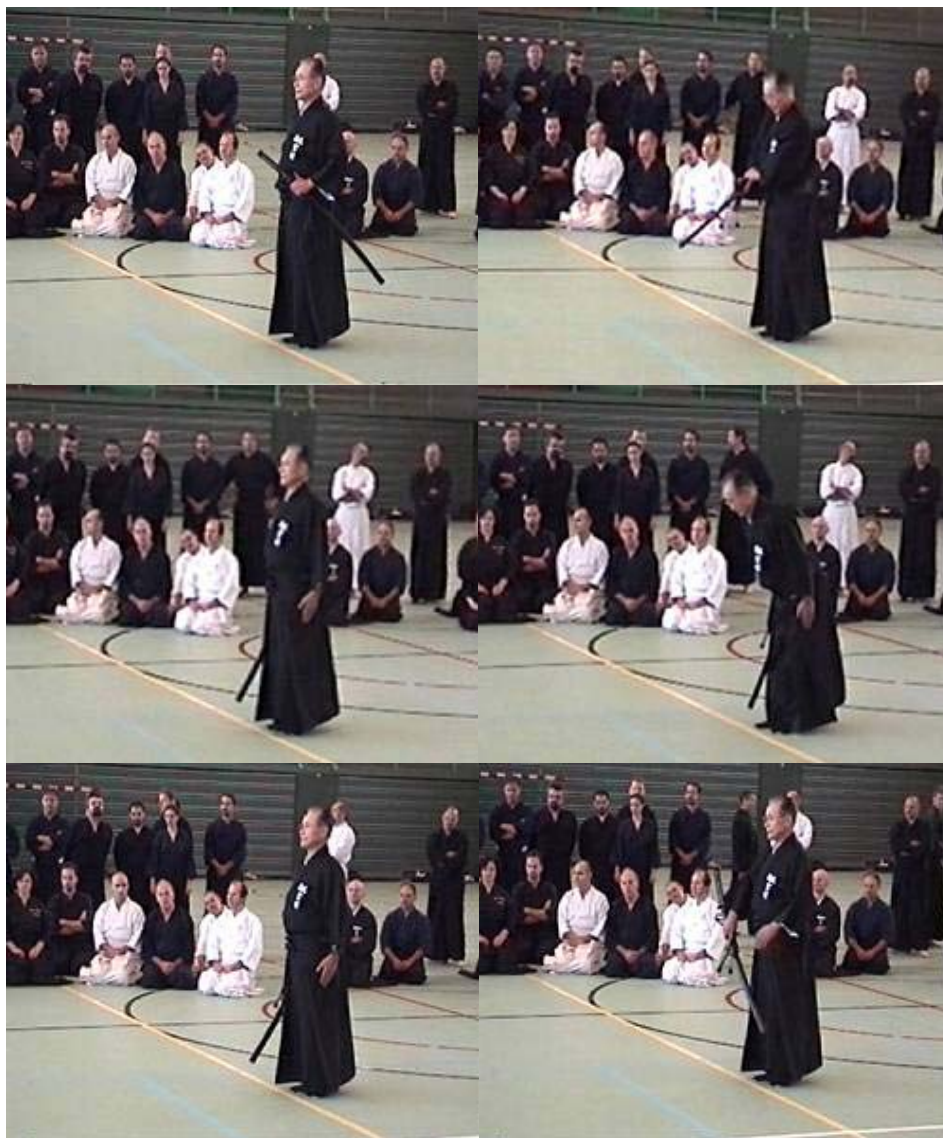
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Opening Rei - Numbers 1 - 4

Opening ceremony

Enter the embu area starting with the right foot. From keito, face the shomen. Transfer the sword to the right hand. Bow to the shomen. Return the sword to the left hand and face the front again.





Opening torei



From keito, go to seiza. Place the left knee on the floor first.



Place the katana on the ground with the edge facing out.

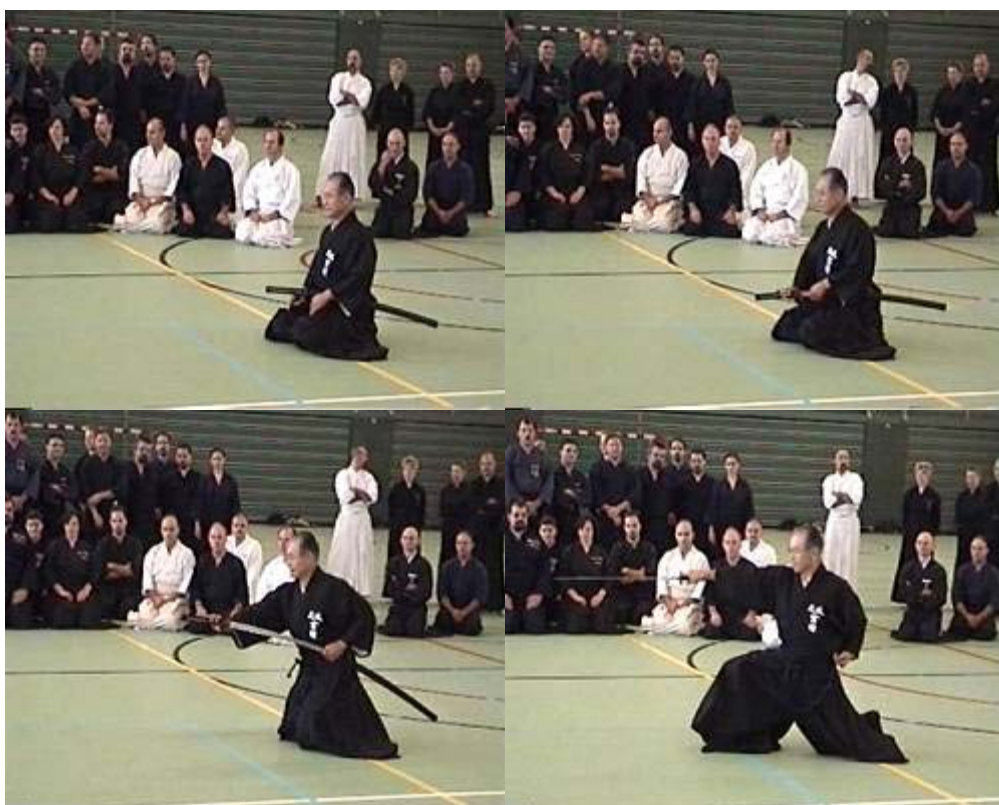


Salute the sword with a feeling of being one with the sword. The right hand is advanced last and withdrawn first.

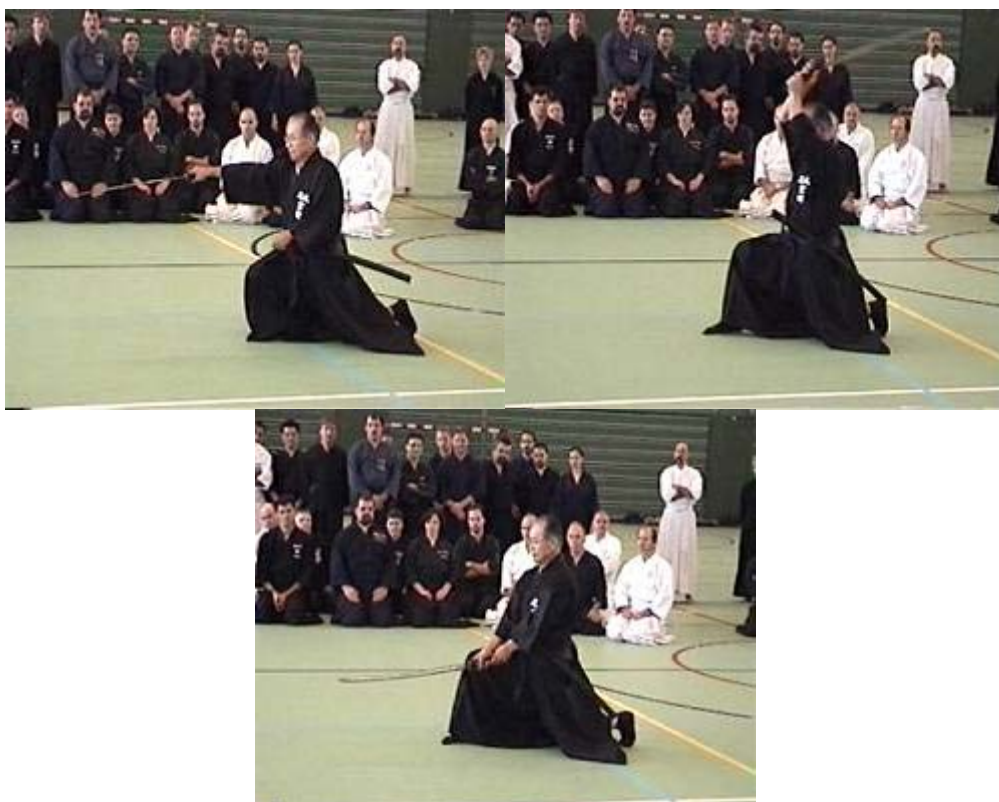


Insert the sword in the obi. Sageo is managed as in your koryu.

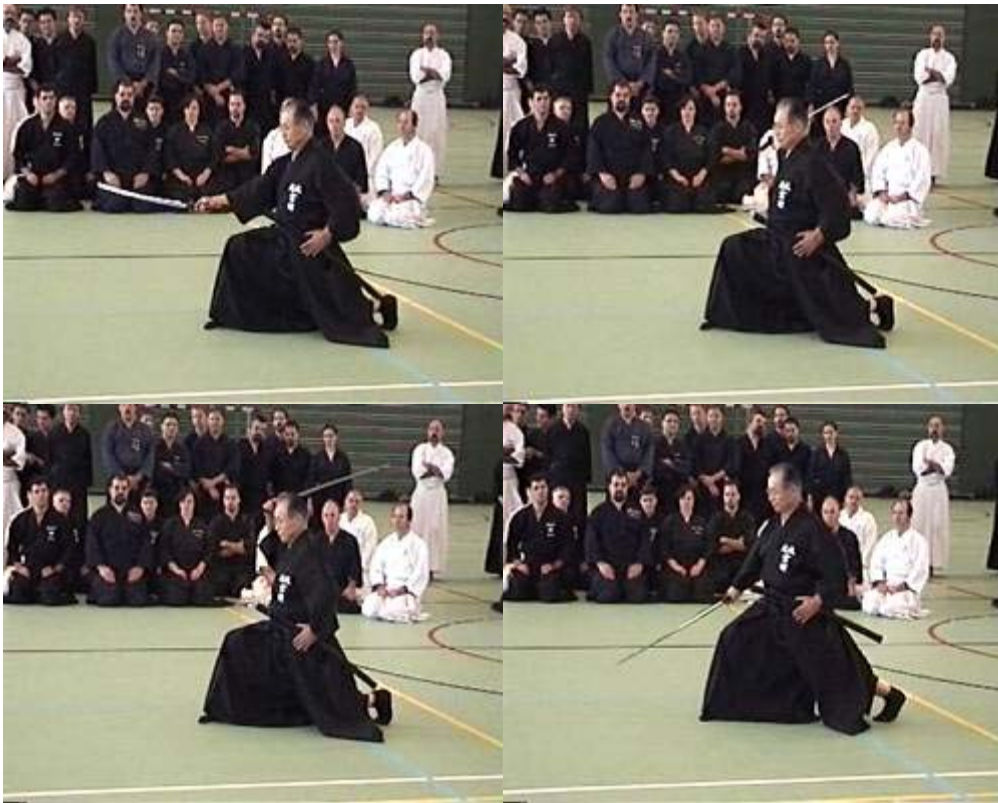
1 - Mae



One enemy in front in seiza. The first cut is to the eyes, the right foot is advanced for the first cut.



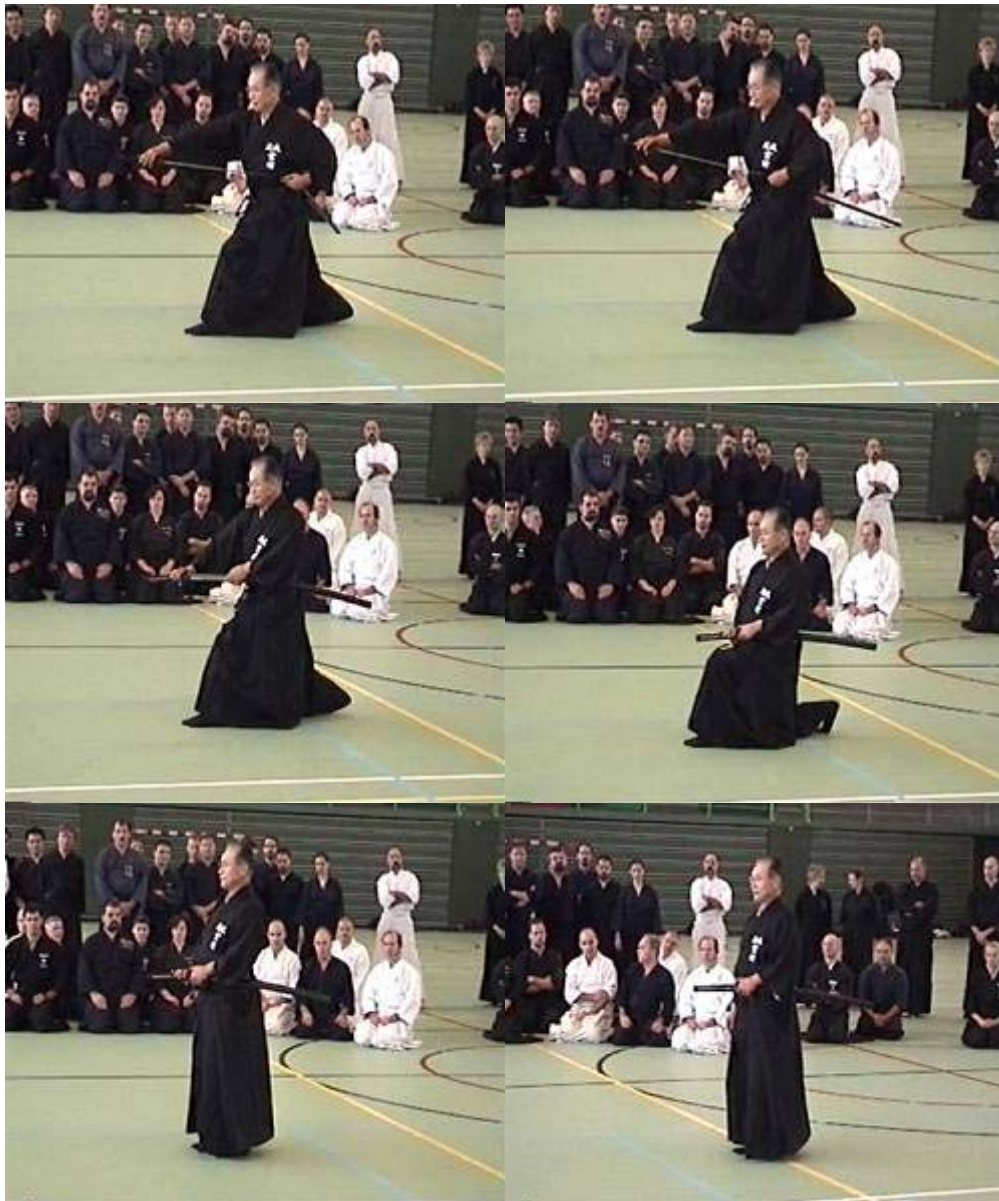
After the second cut the katana is a little below horizontal.



Perform o-chiburi, the left hand on the hip.



Perform ashi-sabaki.

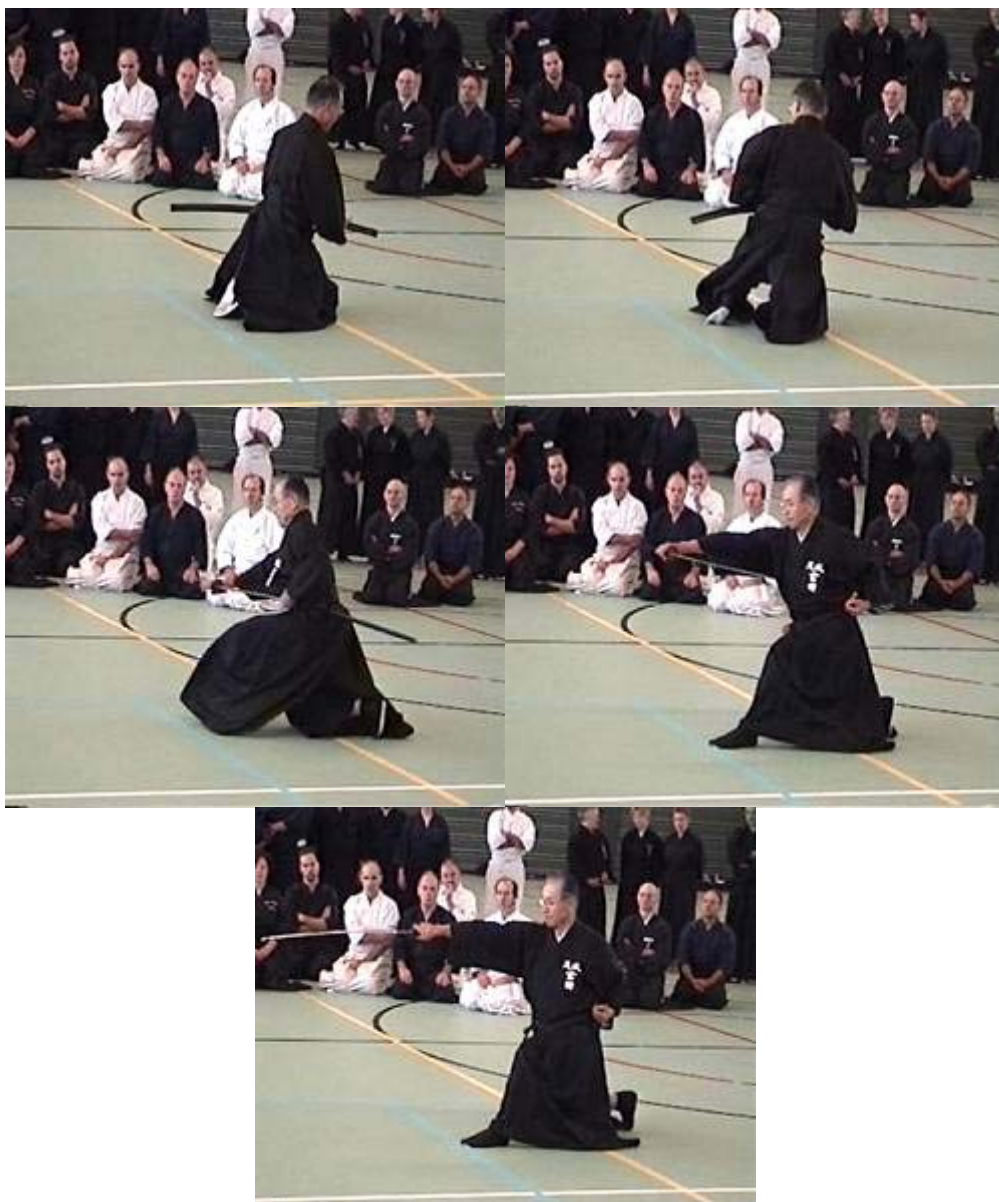


Perform noto. The knee touches the floor when the katana is in the saya. When standing, the left foot joins the right.

2 - Ushiro



One enemy in seiza behind you.



Rise and turn by lifting the left knee while drawing the sword and cutting horizontally. While rising, the feet must remain together.



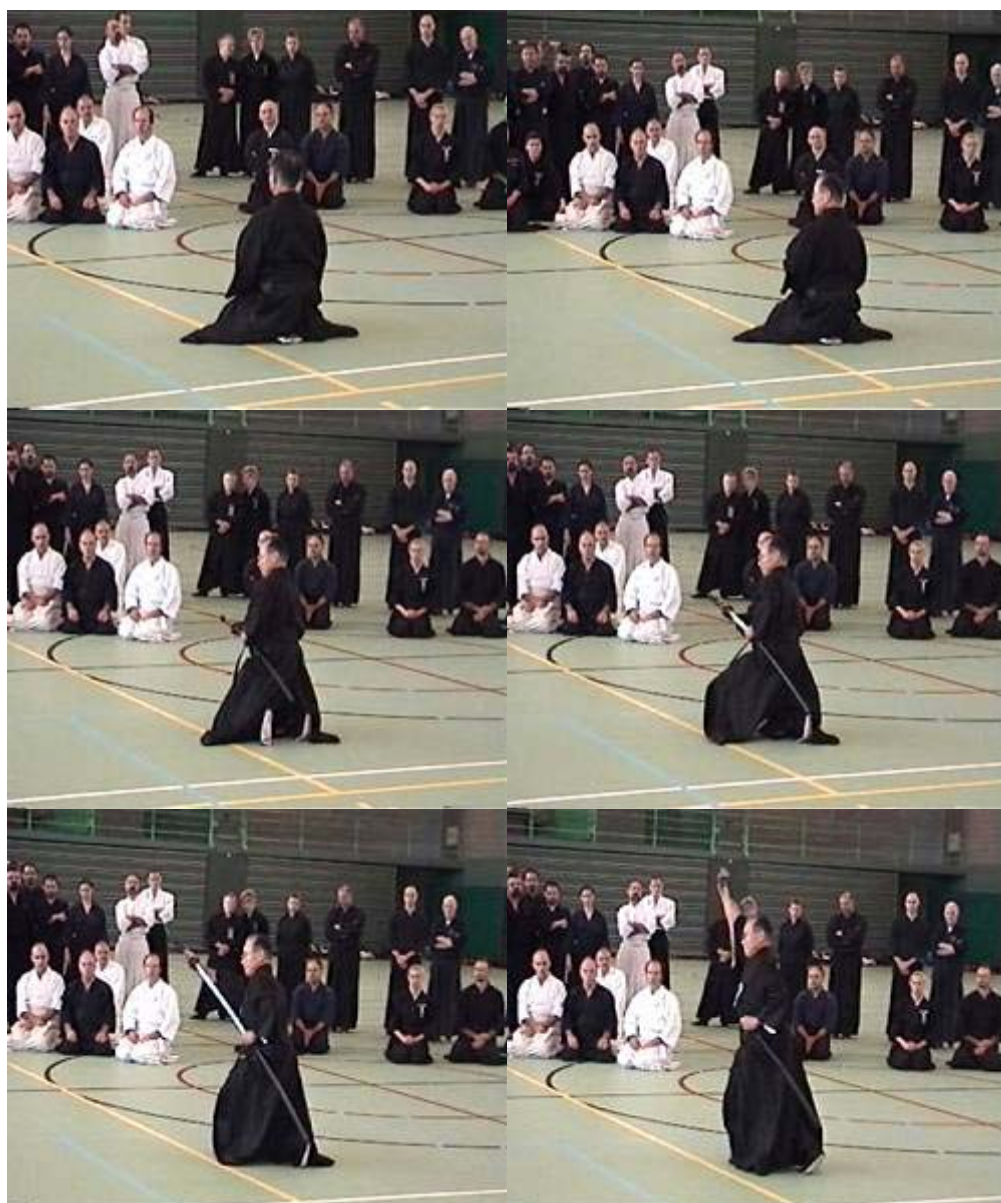
Advance and cut as in Mae except now the left foot leads.



Perform chiburi, ashi sabaki and noto as before but with reversed feet.



3 - Uke Nagashi





One enemy on the left in seiza. The enemy suddenly stands up and attacks. Move left foot towards right knee and stand, perform uke nagashi (sliding parry), and cut.



Perform chinugui and gyaku noto.

4 - Tsuka ate



In tate hiza, one enemy in front and one behind. Strike the suigetsu with your tsuka.



Thrust into the second suigetsu.



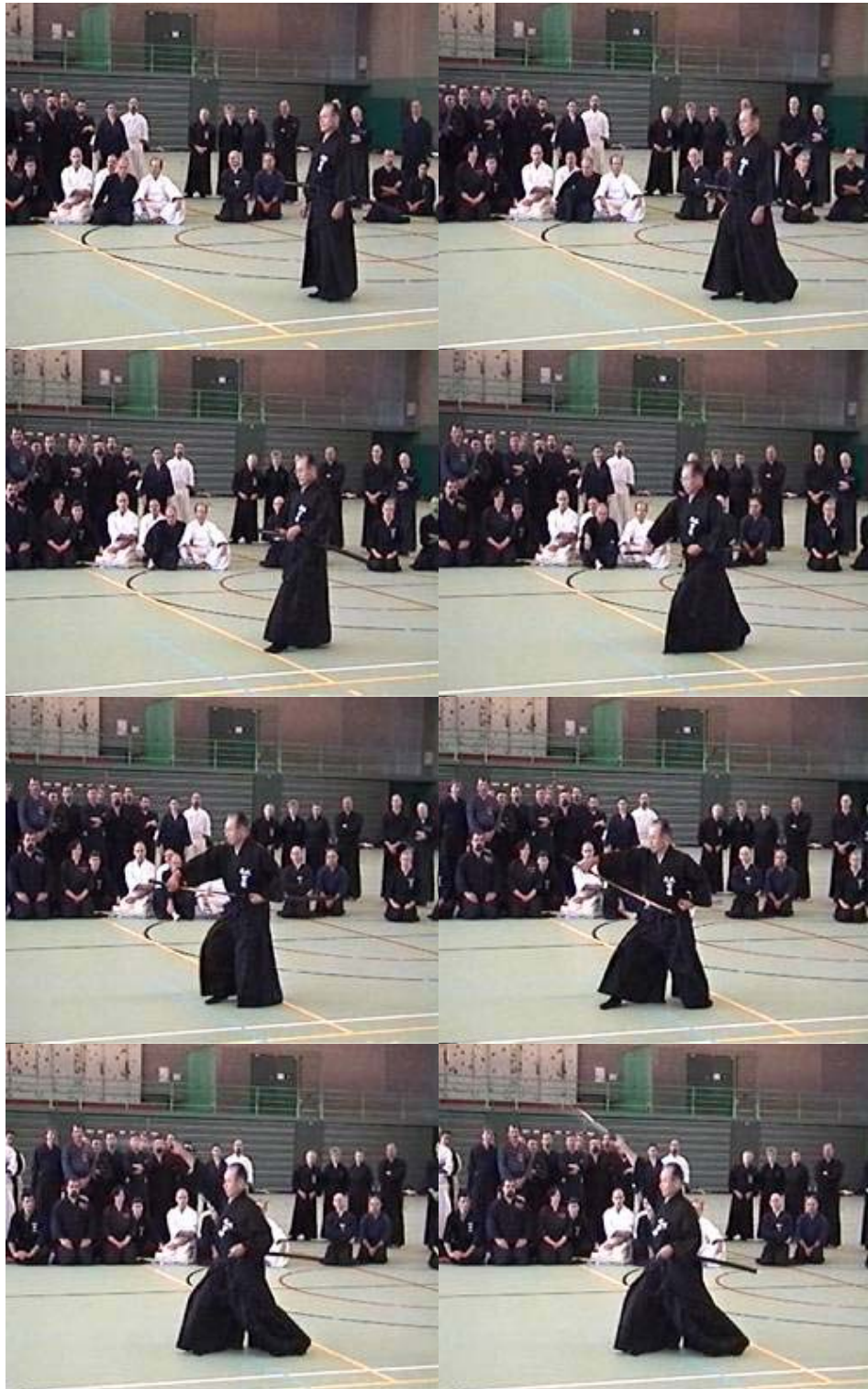
Face the front, and cut the first opponent.



Yoko chiburi.

Numbers 5 - 8

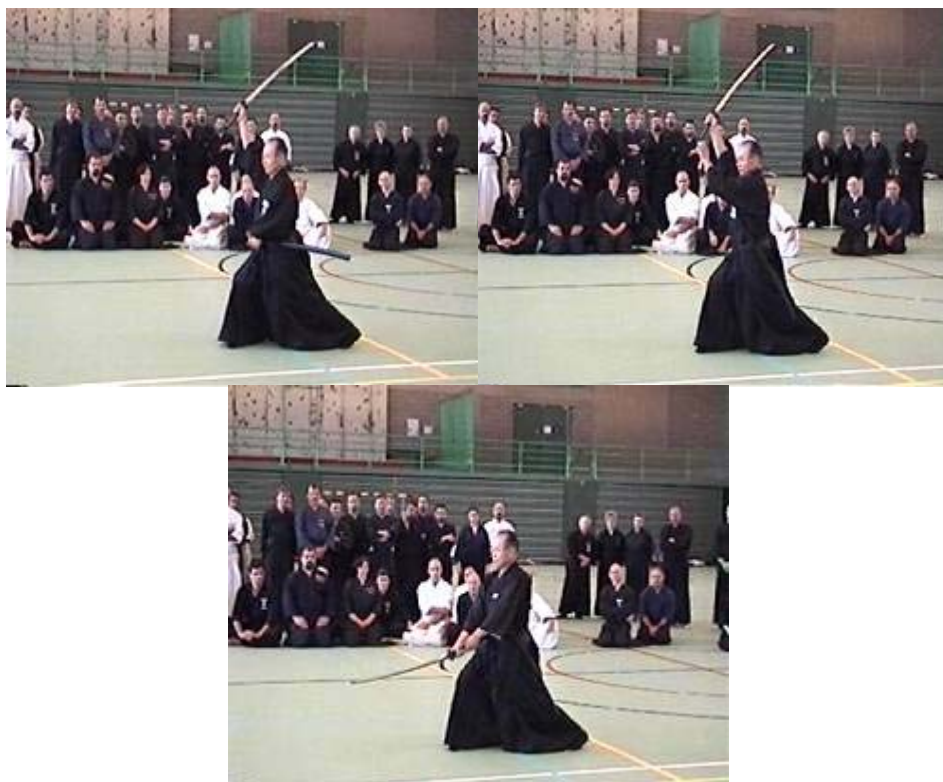
5 - Kesa giri



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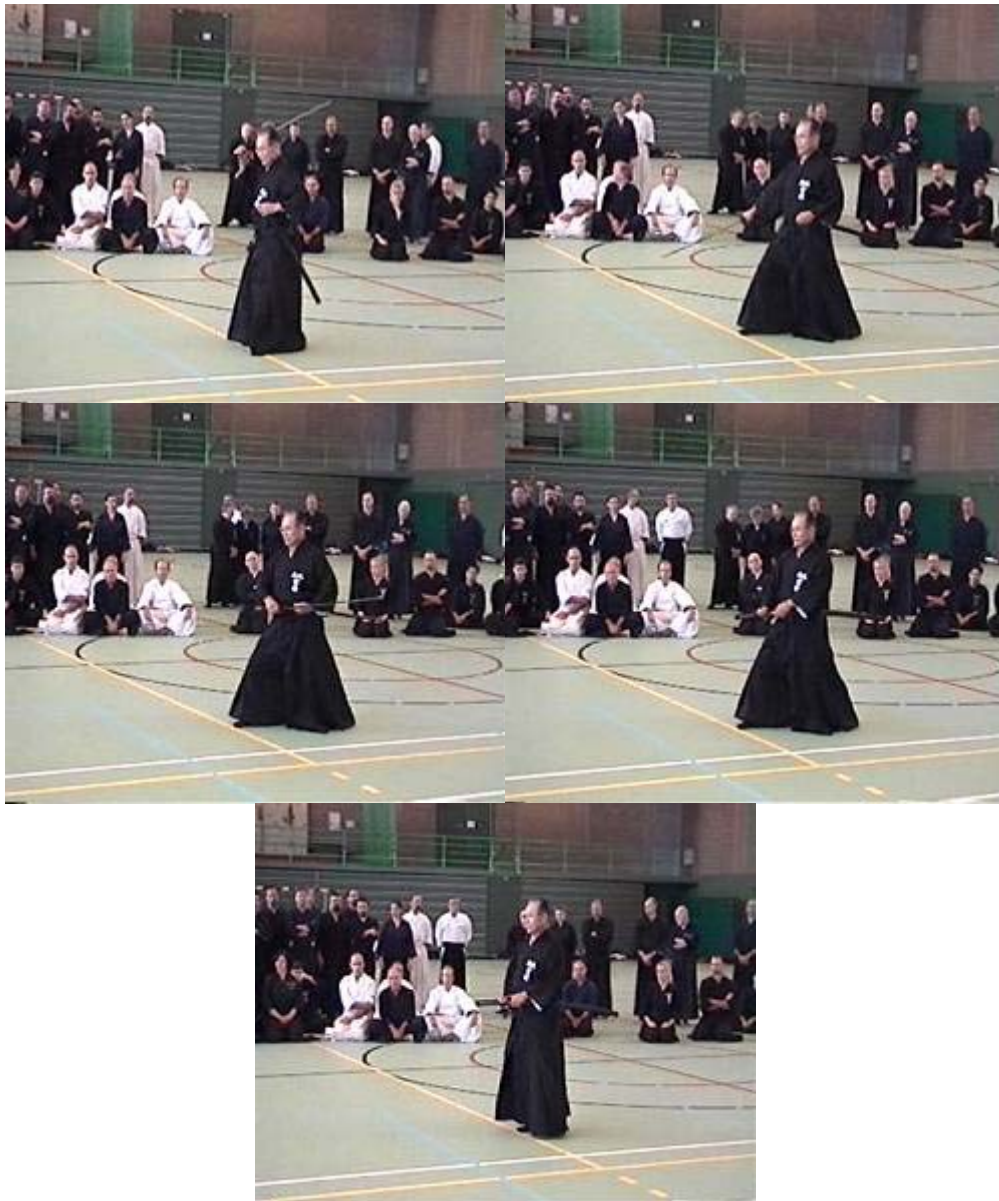
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One enemy approaches from the front. Cut in the left side and right shoulder. The sword not too much to the side.

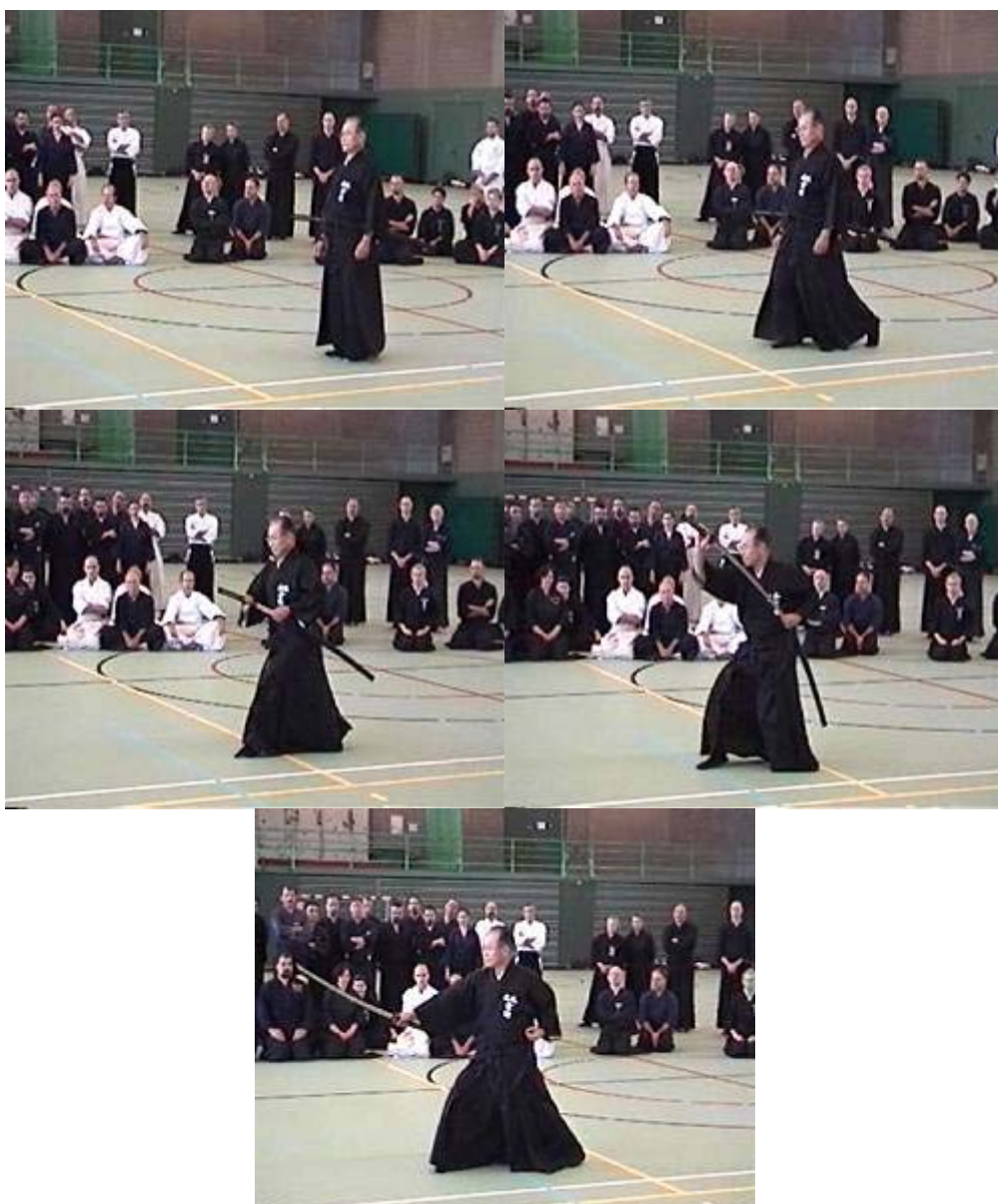


Withdraw the right foot to hasso no kamae.



Perform chiburi while stepping back with the left foot. Noto.

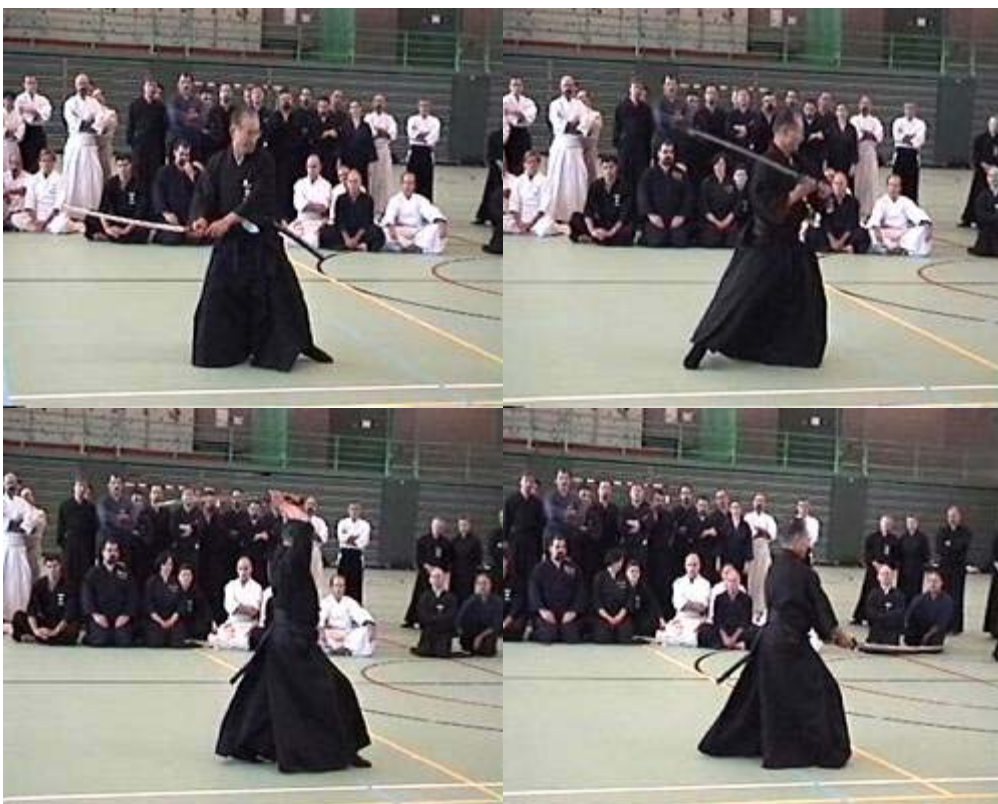
6 - Morote tsuki



Two opponents from the front, one from behind. Draw on the second step and on the third cut the first enemy across the face.



Perform a twohanded stab to the suigetsu.



Turn and cut the rear enemy.

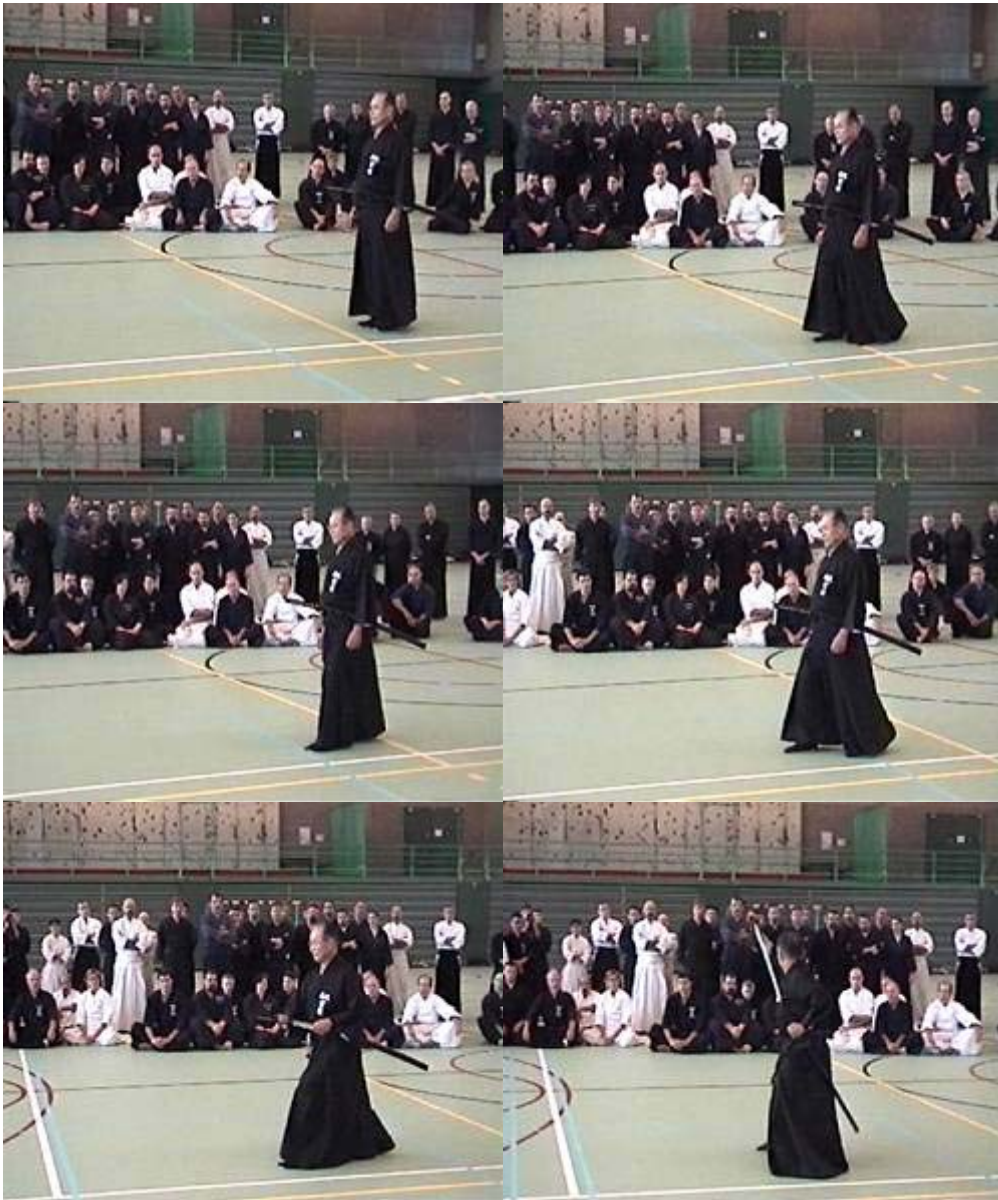


Turn to finish the second enemy from the front.



Yoko chiburi and noto.

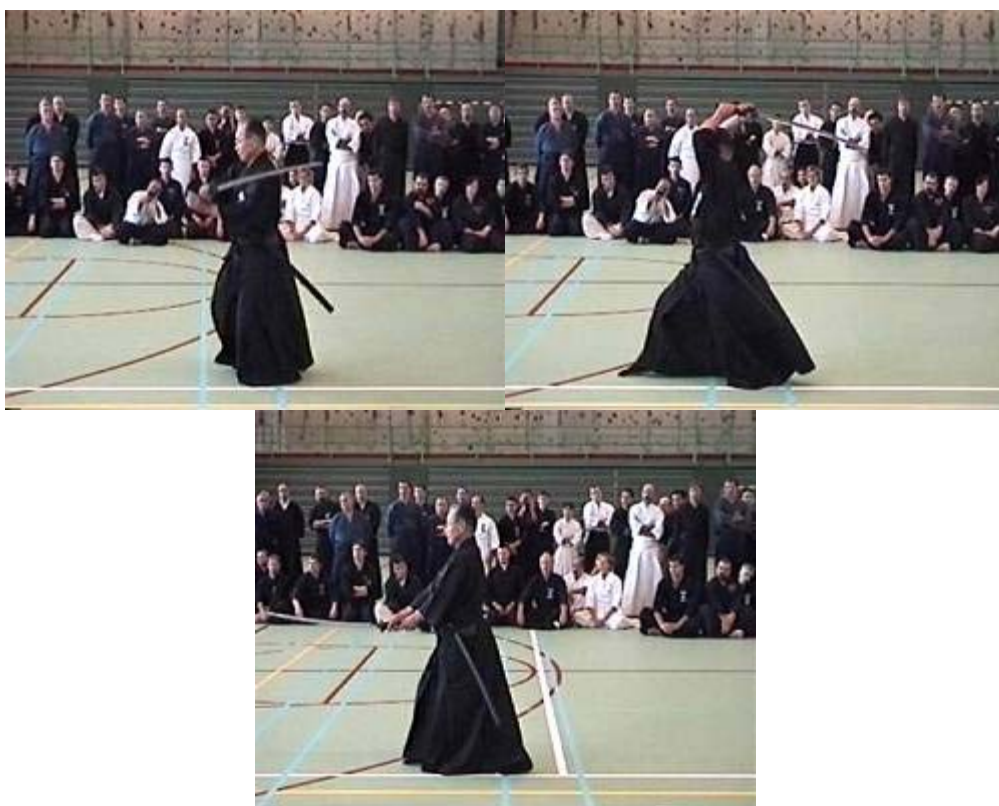
7 - Sanpo giri



Three enemies, one in front and one on each side. Intimidate the enemy in front, cut the right enemy's face.



Check the front enemy, then turn to the left one and cut him down.



Step to the front with the right foot and cut down the final opponent.

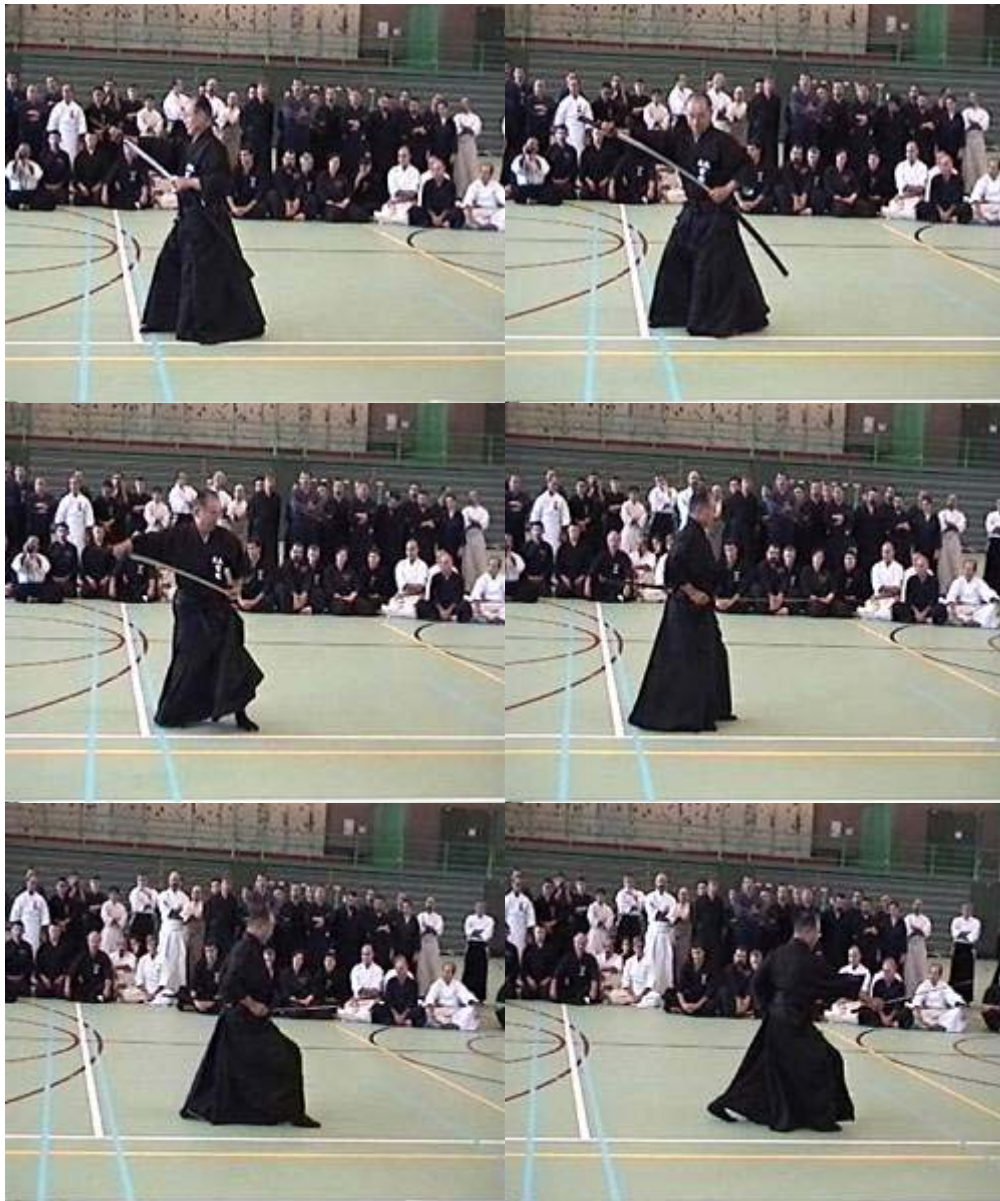


Step back with the right foot to jodan no kamae, step back with the left foot and perform chiburi. Noto.

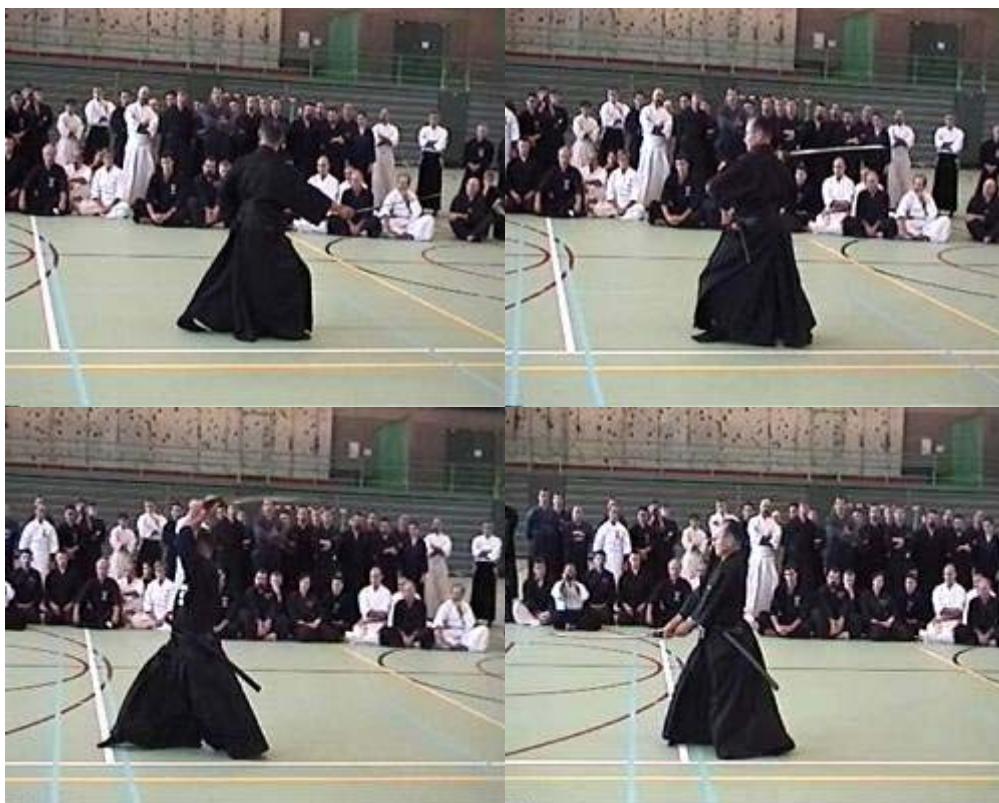
8 - Ganmen ate



One enemy in front and one behind. Strike the front enemy between the eyes with your tsuka.



Draw and turn, sword horizontal. Thrust onehanded to the suigetsu.



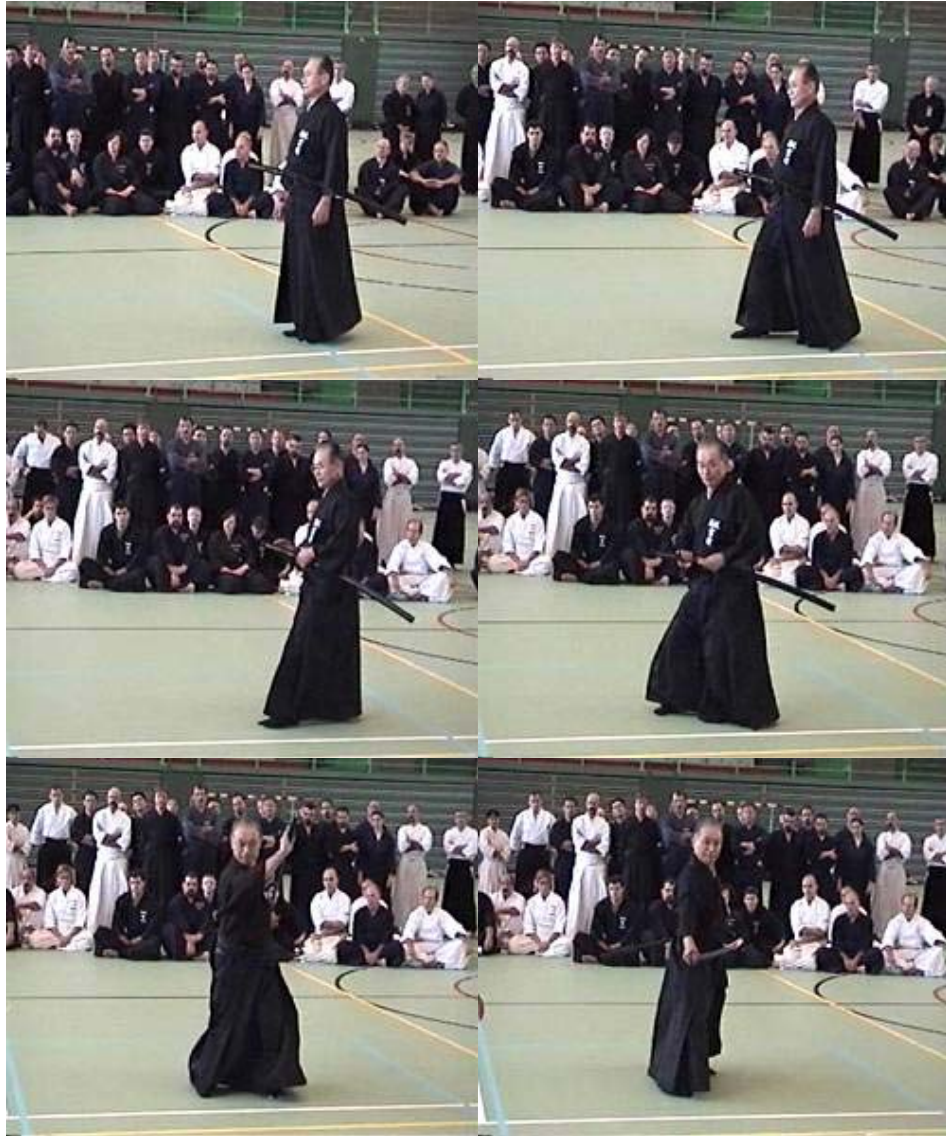
Turn and cut down the first enemy.



Yoko chiburi and noto.

Numbers 9 - 12

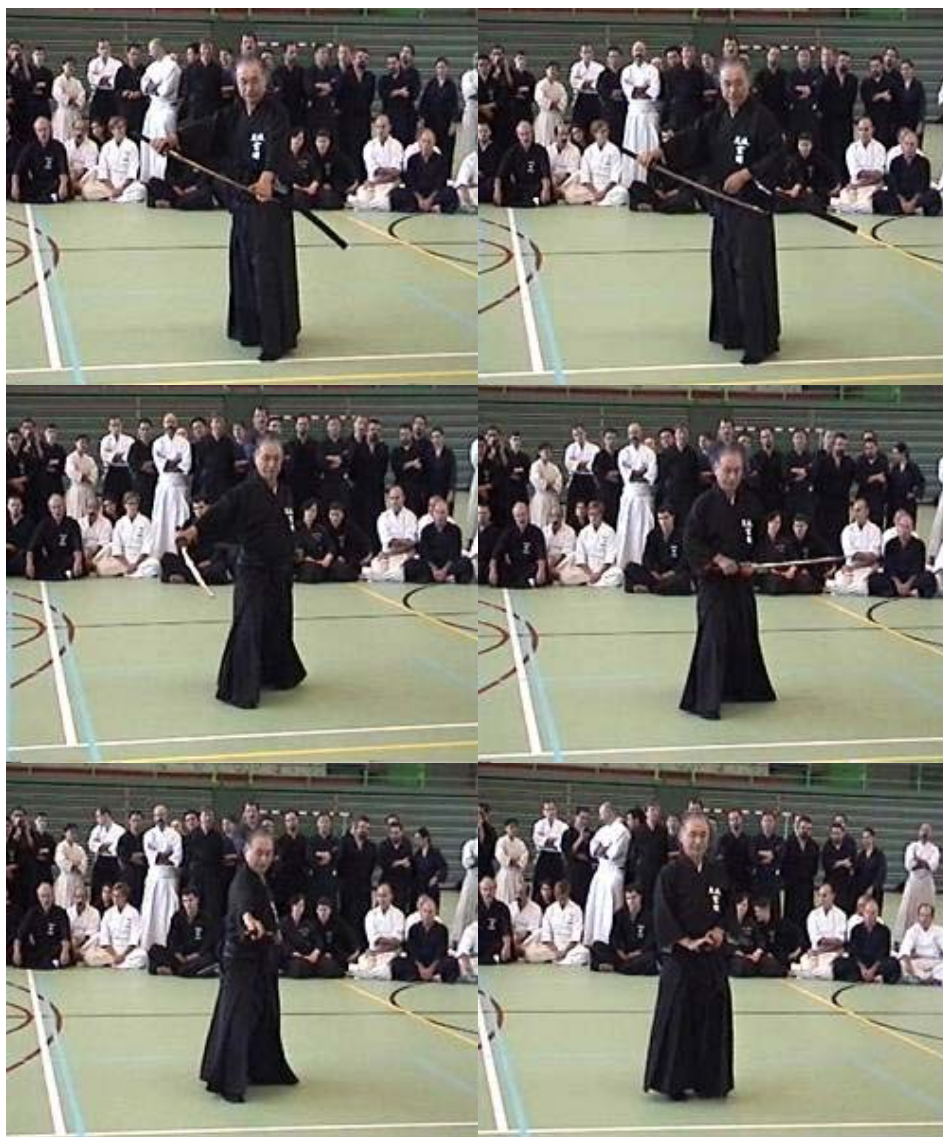
9 - Soete tsuki



One enemy on the left. Cut from the shoulder, finish with hand below the sword, height of the hips.



Tsuki horizontally.

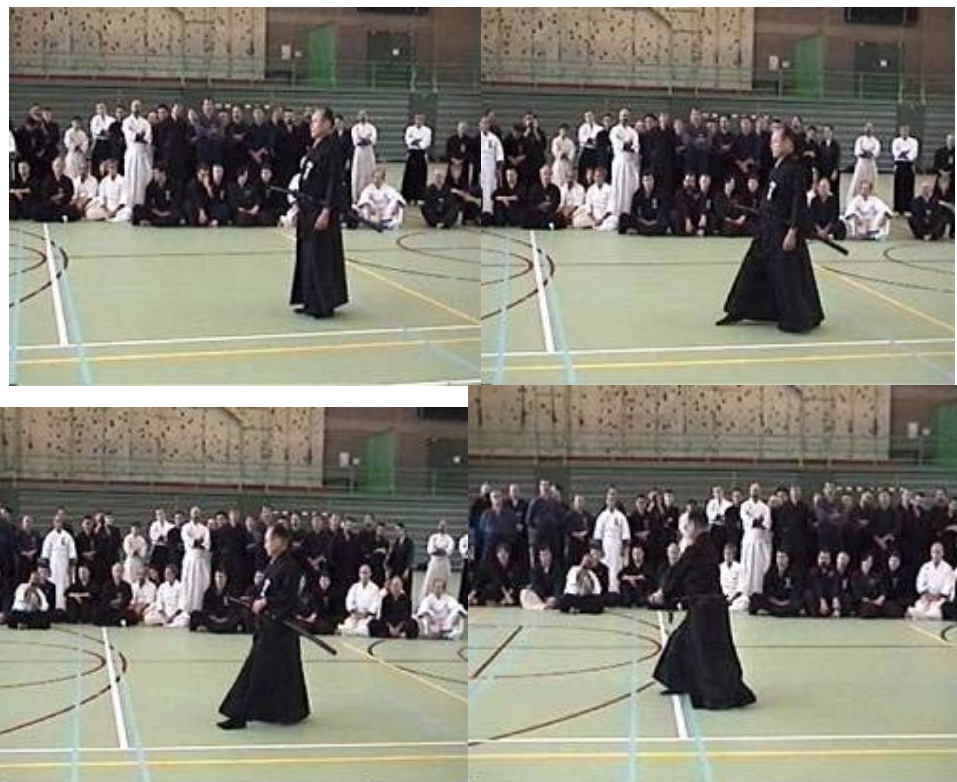


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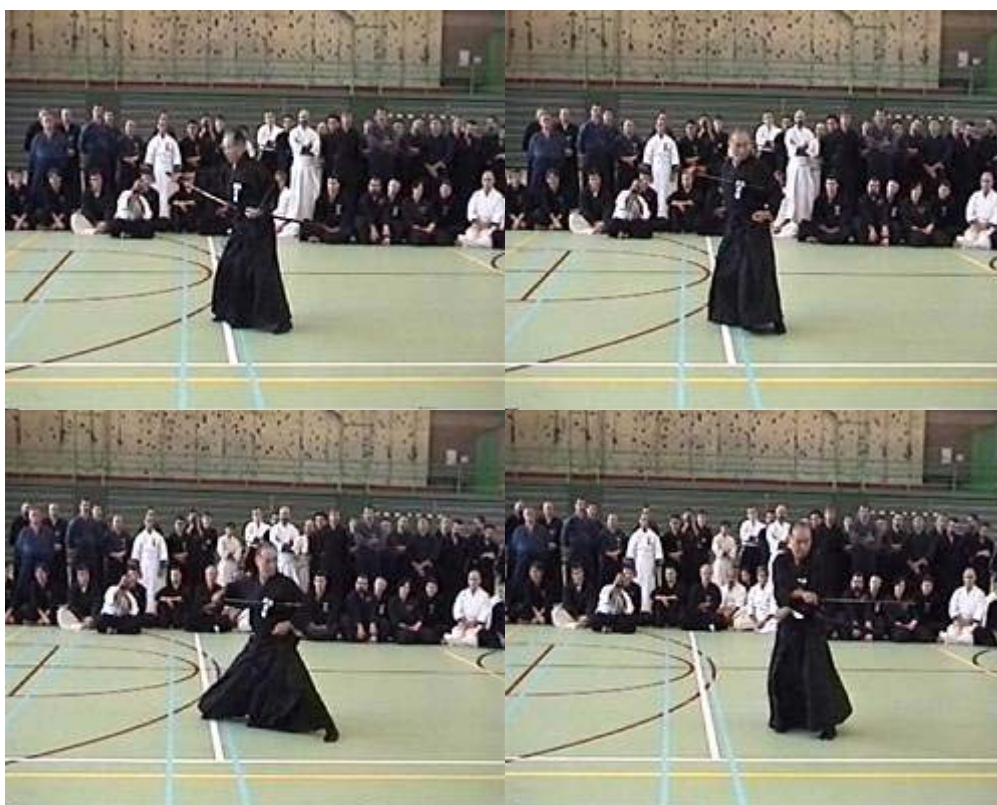
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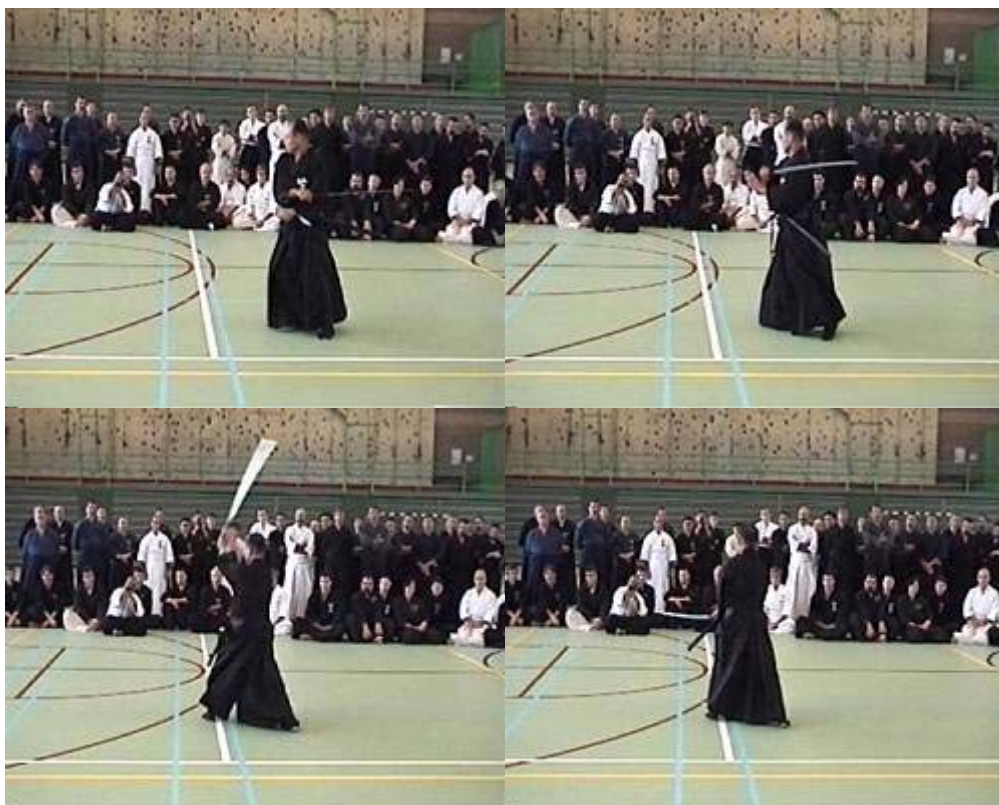
10 - Shiho giri



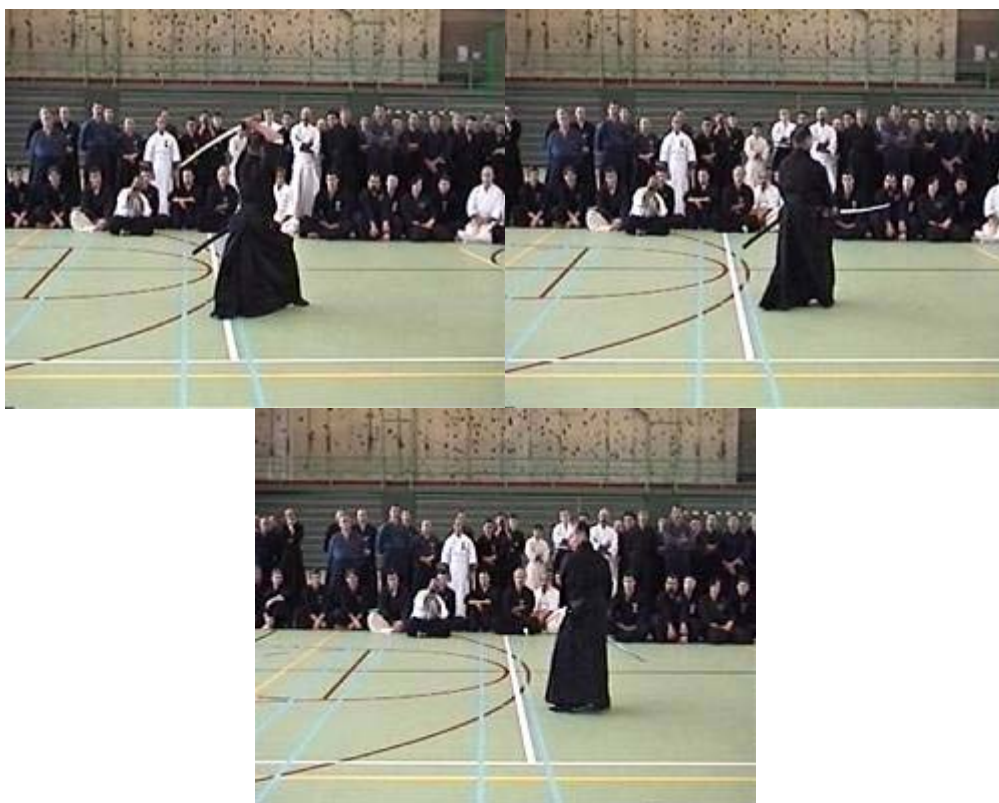
Four opponents, approaching from the four corners. On the third step strike the front right opponent on the wrist with your tsuka.



Draw to breast height, turn and tsuki to the suigetsu of the rear left enemy with a sliding step, keeping tension on the right foot.



Turn back to the front right enemy and cut him down while stepping forward with the left foot.

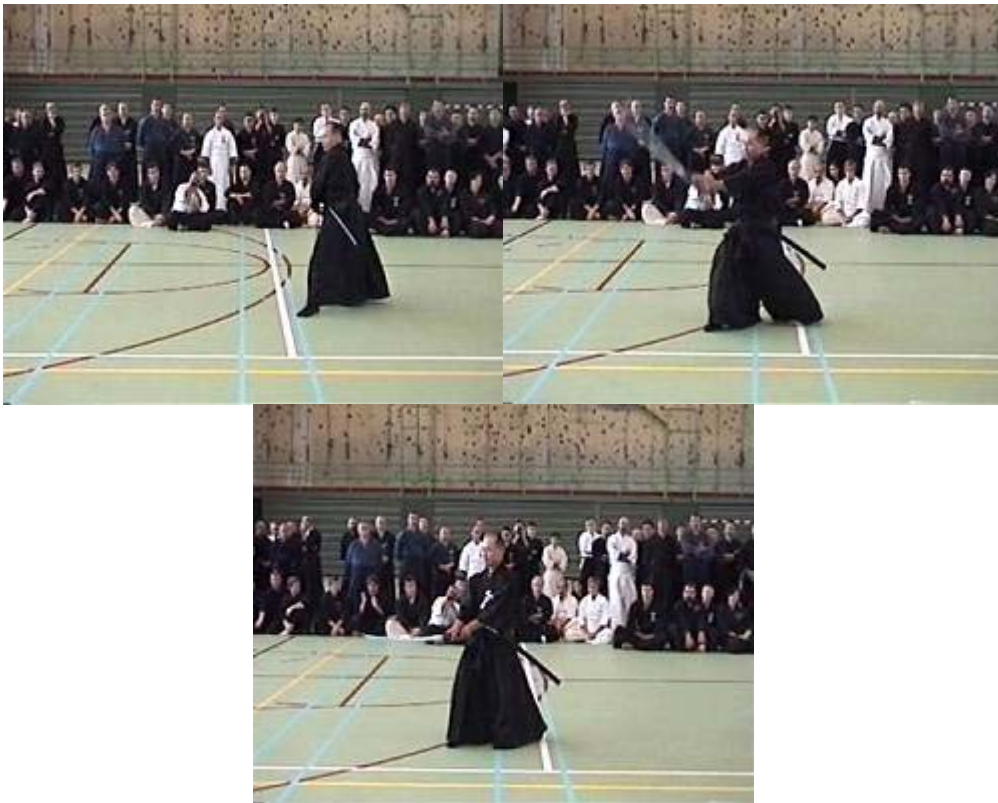


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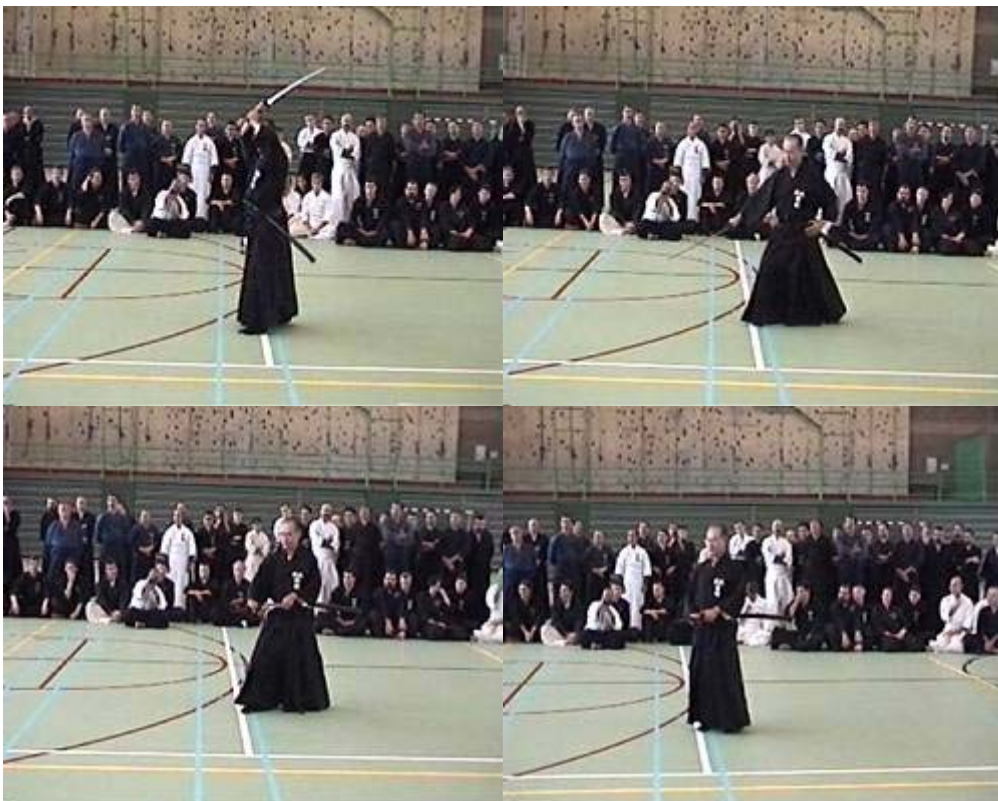
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Step towards the rear right enemy and cut him down. Turn towards the front left enemy passing through wakigamae.

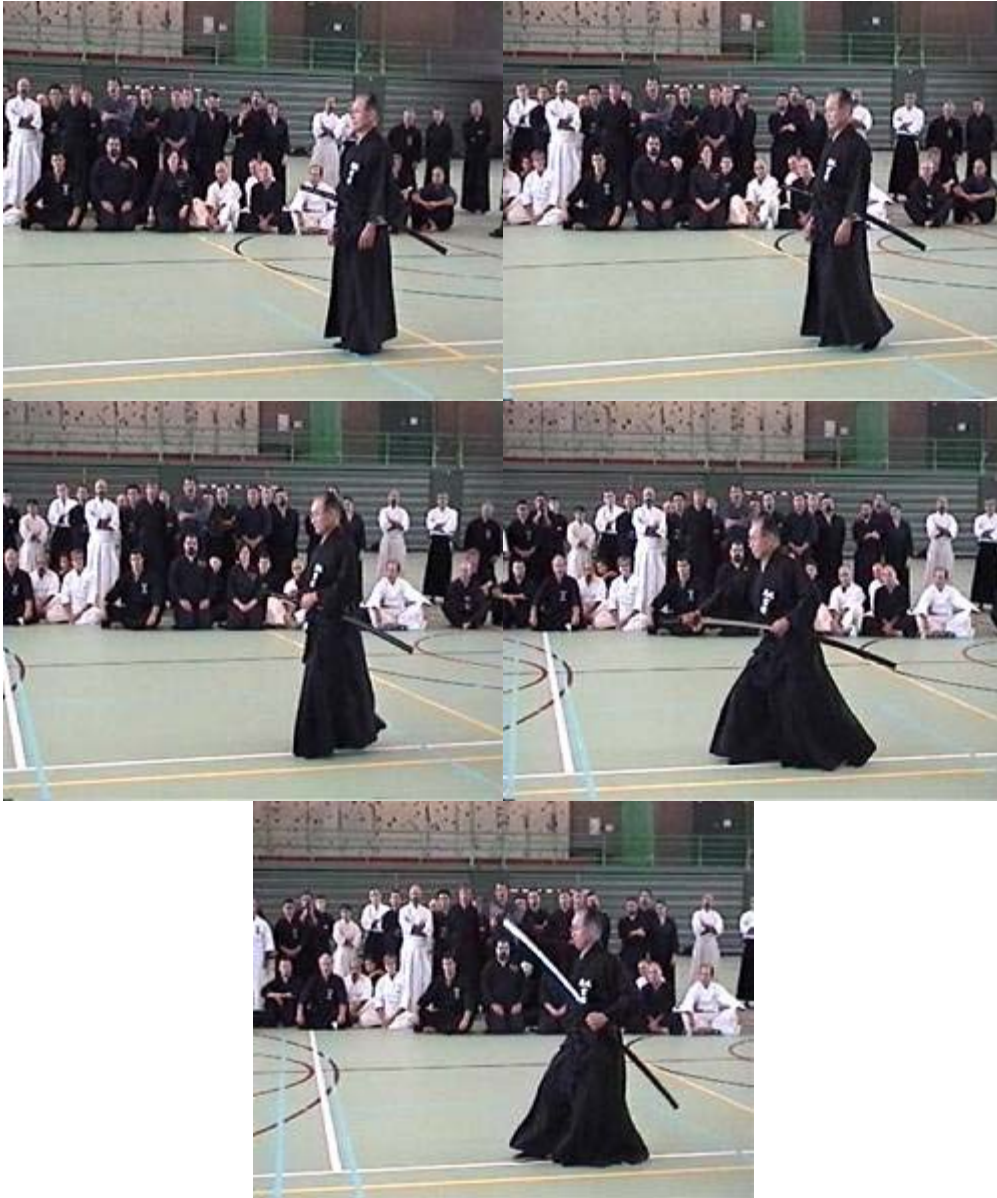


Take a big step forward with the right foot and finish the last enemy.

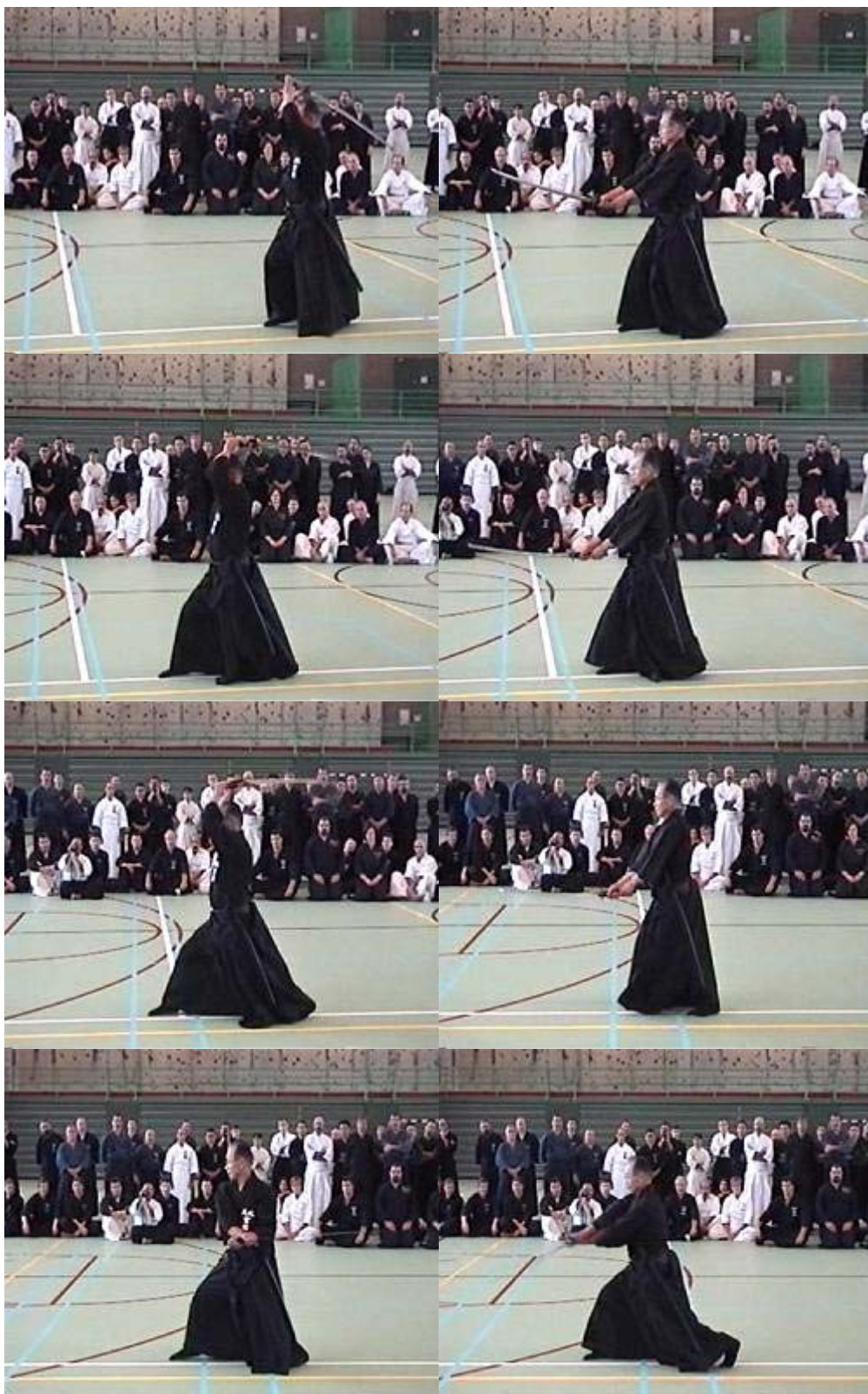


Step back with the right foot to jodan, make jodan as big as possible. Step back with the left foot and perform chiburi. Noto.

11 - So giri



One or more enemies approaching from the front. On the third step, draw forward, then withdraw the right foot while performing uke nagashi.



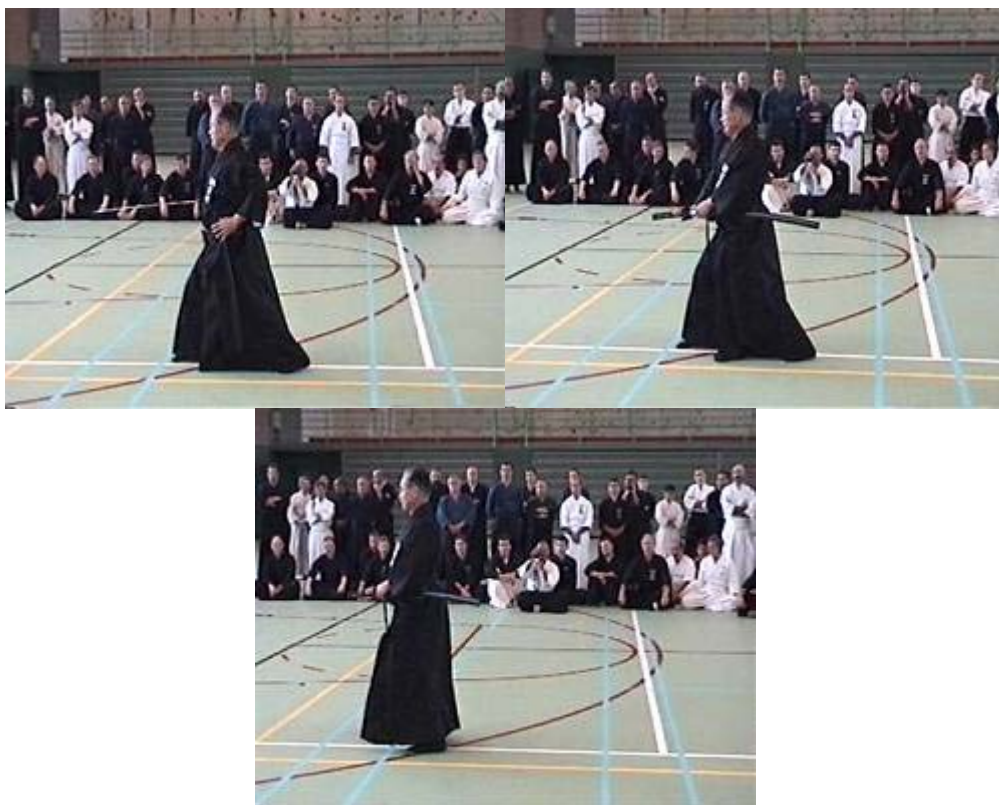
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Cut three times diagonally, first to the chin, then to suigetsu and then to horizontal, moving the sword up on the same path each time. The left hand is always in the center. Then cut once horizontally and once vertically. All cuts are with advancing the right foot.



Yoko chiburi and noto.

12 - Nuki uchi





One enemy attacks from the front. Grasp the sword, step backwards while drawing upwards, evading the cut, the right hand is in the center, unlike n° 11 this is no uke nagashi but like nuki men. Then step forward and cut horizontally. Step back with the right foot and perform yoko chiburi. Noto. Take one step forward to the starting position.

Closing rei



Sit down into seiza, right hand first on the hakama before pulling the sageo.





Push the sword forward with the left hand and take over with the right hand. Left hand on the koshi. Place the kojiri on the floor with the sword held vertically, put down the sword, parallel to the shoulders, edge inwards and tsuka to the left.



Bow to the sword as in the opening torei.



Pick up the sword with the right hand, controlling the tsuba with the index, and place in front of your center. Slide the left hand down the saya almost to the kojiri, take the sword to the left hip, and take over with the left hand.



Rise, pass the sword to the right side and bow to shomen. Return the sword to keito. Retreat left foot first, 4 small steps and turn around.