

Shinyō No Maki 神陽の巻

(Ko Hi Ryoku 顧飛力)

Shinyō No Maki is considered to be the “Instructor’s List”. Professor Okazaki made the stipulation that these arts were for the defense of the school and were not to be taught to the public. The subtitle is “Ko Hi Ryoku” 顧飛力 (These characters may also be read as “Ko Tobu Chikara”.) Individually, these characters mean the following: Ko, 顧 – look back, examine oneself, Hi, 飛 – fly, leap, Ryoku, 力 – strength, power. Together, this phrase exhorts the student to reflect on what has been previously learned and then leap forward into power with Shinyō No Maki.

1.	Gyaku Hiza Guruma	Reverse knee wheel and leg lock
2.	Tsuki Hazushi Kotemaki	Club defense
3.	Tsukkomi Dome and Deashi	Boxer defense
4.	Sune Shime	Kick shin, throw and leg lock
5.	Saru Shime	Monkey art
6.	Tobi Tsuki Tenada	Head butt, throw and armbar
7.	Obi Otoshi	Belt drop
8.	Sennin Kage	Gang Defense
9.	Mune Dori	Chest seizure
10.	Tsurigane Otoshi	Hanging bell drop
11.	Inazuma	Lightning
12.	Denko	Killing art
13.	Kasumi Dori	Veiled technique
14.	Shi Shi Otoshi	Lion drop
15.	Tawara Gaeshi	Rice bale throw
16.	Tombo Gaeshi	Flying kicks
17.	Keri Komi	Kick Defense
18.	Ryū Ko	Dragon and Tiger
19.	Haya Nawa	Rope tying
20.	Katate Tai Atari	Striking the body
21.	Tsuki Mi	Headlock escape
22.	Atemi	Striking techniques
23.	Zō Kurawase	Head butt and throw
24.	Tora Nirami	Tiger stare
25.	Kiai Dori	Kiai practice
26.	Senryū Tomoe	Nerve centers
27.	Yuki Chigai	Severe punishment
28.	Munen Musō	Method of resting

逆膝車、突外小手巻、突込止と出足、脛絞、猿絞、飛突手刀、帯落、千人蔭、胸捕、釣鐘落、稲妻、電光、霞取、獅子落、俵返、蜻蛉返、蹴込、龍虎、早縄、片手体当、突身、当身一、二、三、四、五、象頭喰合、虎睨、氣合取、千龍巴、行違、無念無想。

The detailed descriptions of these techniques are left to be supplied by your instructor.

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Back to [Home Page](#)

