

Inhalt / Contents

Über den Autor / About the author	8
1. Vorwort / Preface	8
2. Einleitung / Introduction	10
3. Die Essenz des Ninjutsu / The essence of ninjutsu	16
4. Kokoro no jutsu	20
5. Kotsu Kyosetsu	24
6. Shu-Ri-Ha	30
7. Inashi Gata	34
8. Bujinkan Budō Training	38
9. Bujinkan Budō Taijutsu	42
9.1 SABAKI GATA TAIHENJUTSU	46
9.1.1 Ashi Sabaki Gata	46
9.1.2 Tsuki Taihen	48
9.1.3 Shutō Taihen	49
9.1.4 Keri Taihen	50
9.1.5 Shihō Ten Chi Tobi	51
9.1.6 Tsubute Sabaki	52
9.1.7 Zan Tsuki Sabaki	53
a) Daijōdan Shōmen Giri	53
b) Hasso Kesa Giri	54
c) Hasso Gyaku Kesa Giri	55
d) Nuki Uchi Do Giri	56
e) Nuki Uchi Hiza Giri	57
f) Nuki Uchi Ashi Giri	58
g) Tsuki	59
9.2 DAKEN TAIJUTSU	60
9.2.1.1 Keri Harai (var. 1)	60
9.2.1.2 Keri Harai (var. 2)	61
9.2.2 Tsuki Keri	62
9.2.3.1 Keri Kaeshi (var. 1)	63
9.2.3.2 Keri Kaeshi (var. 2)	64
9.2.4 Tobi Keri	65
9.2.5 Tobi ni Keri	66
9.2.6 Kakushi Keri	67

9.2.7.1 Sokushi Keri Age (var. 1)	68
9.2.7.2 Sokushi Keri Age (var. 2)	69
9.2.8.1 Keri Otoshi (var. 1)	70
9.2.8.2 Keri Otoshi (var. 2)	71
9.3 JU TAIJUTSU	72
A) GYAGU GI WAZA	72
9.3.1 Oya Goroshi	72
9.3.1.1 Anwendungsbeispiel / Possible application	73
9.3.2 Ko Goroshi	74
9.3.2.1 Anwendungsbeispiel / Possible application	75
9.3.3 Gyaku Oni Kudaki	76
9.3.3.1 Possible application	77
9.3.4 Ura Musha Dori	78
9.3.5 Waki Gatame	79
B) NAGE WAZA	81
9.3.6 Gyaku Nage	81
9.3.7 Gyaku Seoi Nage	82
9.3.8 Taki Otoshi	83
9.3.9 Gyaku Taki Otoshi	84
9.3.10 Ō Soto Gake	84
C) HA JUTSU NO HŌ	86
TE HODOKI – Possible applications / Anwendungsbeispiele	87
9.3.11 Mae Katate Dori – Ude Ori Seoi Nage	87
9.3.12 Mae Ryōte Dori – Waki Gatame	88
9.3.13 Mae Ryōte Dori – Sayū Mawashi Dori Omote Shutō	89
9.3.14 Mae Ryōte Dori – Shuko Uchi/Muso Dori	90
9.3.15 Naname Katate Dori – Ō Gyaku	91
9.3.16 Kōhō Ryōte Dori – Ganseki Nage	92
TAI HODOKI – Possible applications / Anwendungsbeispiele	94
9.3.17 Mae Hagai Jime – Chikami Dori Nage	94
9.3.18 Kōhō Hagai Jime – Ura Gyaku	96
9.3.19 Mae Kannuki Jime – Chikami Dori no Yoko Nage	98
9.3.20 Kōhō Kannuki Jime – Itami Dori no Gyaku Seoi Nage	100

10. Bujinkan Budō Taijutsu Waza – Kihon Happō Henka Waza	101
10.1.1 Ichimonji no Kata Henka 1	103
10.1.2 Ichimonji no Kata Henka 2	104
10.2.1 Hicho no Kata Henka 1	105
10.2.2 Hicho no Kata Henka 2	106
10.3.1 Jumonji no Kata Henka 1	107
10.3.2 Jumonji no Kata Henka 2	108
10.4.1 Omote Gyaku Dori Henka	111
10.5.1 Ura Gyaku Dori Henka 1	112
10.5.2 Ura Gyaku Dori Henka 2	114
10.6.1 Oni Kudaki Henka	116
10.7.1 Musha Dori Henka 1	118
10.7.2 Musha Dori Henka 2	120
10.8.1 Ganseki Nage Henka 1	122
10.8.2 Ganseki Nage Henka 2	124
11. Nachwort / Epilogue	126