

UCHIDA RYU TANJOJUTSU

1	KOTE UCHI (hidari)	Strike the left wrist
2	KOTE UCHI (migi)	Strike the right wrist
3	SUTEMI	Catch and hold
4	KURITSUKE	Catch and turn over
5	USHIRO ZUE	Rear stick
6	SUIGETSU (hidari)	Solar plexus (left)*
7	SUIGETSU (migi)	Solar plexus (right)*
8	SHAMEN (hidari)	Sloping up (left)
9	SHAMEN (migi)	Sloping up (right)
10	KOBUSHI KUDAKI	Wrist strike
11	SUNE KUDAKI	Shin strike
12	IRIMI	Enter and strike

*NB. "Suigetsu" literally translates as "moon on the water", but in the west this area of the body just below the centre of the ribcage is associated with the sun, hence "solar plexus".

SHINTO RYU KENJUTSU

1	AI SURI (hidari)	Mutual slice (left)
2	AI SURI (migi)	Mutual slice (right)
3	JU	Eagle claw
4	CHIBARAI	Sweeping across the chest
5	SARIN	Left wheel
6	UKENAGASHI	Waterfall
7	NITO AI	Two-sword meeting
8	SURI KOMI	Sliding invasion
9	INCHU	In the throat
10	UKE KAESHI	Deflect away
11	SANUKE DOME	Three blocks
12	TSUKI DASHI	Thrust in