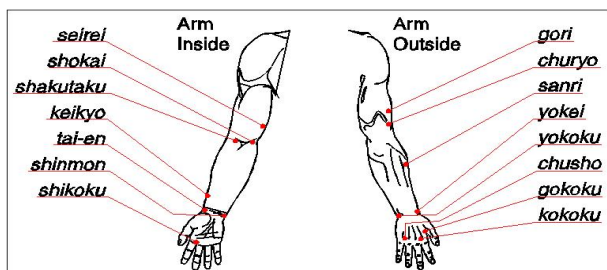


急所: head, face and neck (22) -

1. hyaku'e/百会 - (white, meet)
2. shin'e/顛会 - (skull/top of head, meet)
3. nichigetsu/日月 - (day, moon)
4. sankaku/三角 - (three, corner)
5. jinchu/人中 - (man, middle)
6. shosho/承漿 - (agree, a drink)
7. ryogan/両眼 - (both, eyeball)
8. kenryo/?? - [顛/look back, 膠/glue]
9. yongo/四合 - (four, join)
10. sango/三合 - (three, join)
11. mikazuki/三日月 - (three, sun, moon)
12. furin/風鈴 - (wind, bell)
13. ryoji/両耳 - (both, ear)
14. noko/腦戸 - (brain/memory, door)
15. amon/亜門 - (after, gate) / biological subdivision
16. keichu/頸中 - (neck, middle)
17. tenchu/天柱 - (heaven/sky, support/pillar)
18. keikotsu/頸骨 - (neck, bone/frame)
19. dokko/独胡 - (single, barbarian/foreign?)
20. bukotsu/仏骨 - (dead/buddha, bone/frame)
21. keimyaku/頸脉 - (neck, hope/pulse)
22. matsukaze/松風 - (pine tree, wind)



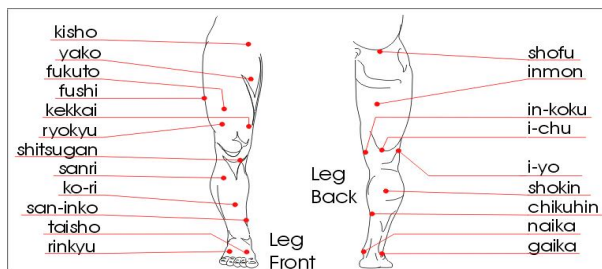
急所: arm and hand - inside (7/15)

1. seirei/青靈 - (blue/green, soul/spirit)
2. shokai/少海 - (few/little, ocean/sea)
3. shakutaku/尺沢 - (measure/rule, swamp)

4. keikyo/経渠 - (expire/sutra/warp, canal/ditch/lock)
5. taien/太淵 - (thick, abyss/pool)
6. shinmon/神門 - (mind/soul, door)
7. shikoku/指谷 - (finger/indicate, valley)

急所: arm and hand - outside (8/15)

1. gori/五里 - (five, parent's home/village)
2. churyo/肘りよ - (arm/elbow, 膠/glue?)
3. sanri/三里 - (three, parent's home/village)
4. yokei/陽谿 - (yang, valley)
5. yokoku/陽谷 - (yang, valley)
6. gokoku/合谷 - (join, valley)
7. chusho/中渚 - (middle, beach/shore)
8. kokoku/甲谷 - (first class/armor, valley)

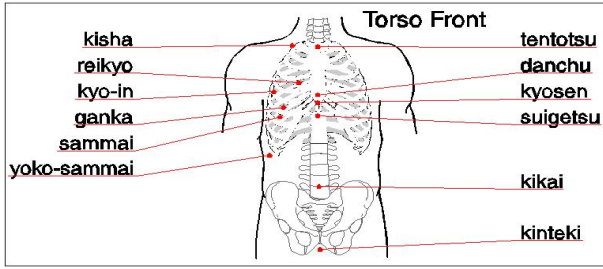


急所: leg and foot - front (12/21)

1. kisho/气衝 - (air/mind, collide/stab)
2. yako/夜光 - (evening/night, light/ray)
3. fukuto/伏と - (bend down/cover, ?)
4. fushi/風市 - (wind, city/market)
5. kekkai/血海 - (blood, sea)
6. ryokyu/梁丘 - (beam, hill)
7. shitsugan/膝眼 - (knee/lap, eye)
8. sanri/三里 - (three, parent's home/village)
9. kori/甲利 - (first class/armor, benefit/profit)
10. saninko/三陰交 - (three, secret/shadow, association)
11. taisho/太衝 - (thick/plumb, collide/stab)
12. rinkyu/臨泣 - (attend/meet, cry/moan)

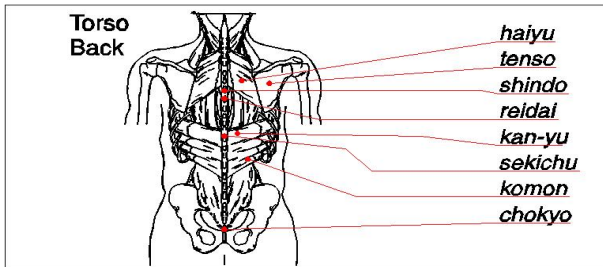
急所: leg and foot - rear (9/21)

1. shofu/承扶 - (agree, aid/assist)
2. inmon/殷門 - (flourishing, door)
3. ichu/委中 - (discard/leave to, middle)
4. iyo/委陽 - (discard/leave to, yang)
5. inkoku/陰谷 - (negative/secret/shadow, valley)
6. shokin/承筋 - (agree, muscle/plan)
7. chikuhin/築賓 - (build/construct, guest/VIP)
8. gaika/外踝 - (outside, ankle)
9. naika/内踝 - (inside, ankle)



急所: chest and stomach (12)

1. tentotsu/天突 - (heavens/imperial/sky, pierce/stab)
2. danchu/だん中 - (?, ,middle)
3. kyosen/胸尖 - (chest/heart,angry/sharp/displeased)
4. suigetsu/水月 - (water, moon)
5. kikai/気海 - (air, sea)
6. kinteki/金的 - (gold, target)
7. reikyo/霊墟 - (soul/spirit, ruins)
8. ganka/雁下 - (wild goose, below/inferior)
9. sanmai/三枚 - (three, sheet:ctr)
10. yoko sanmai/横三枚 - (side, three, sheet:ctr)
11. kyoin/脅陰 - (coerce/threaten, secret/shadow)
12. kisha/気舎 - (air/mind, house/mansion)



急所: back (8)?

1. shindo - 深度:depth, 伸度:elastic, 進度:progress
2. reidai - 例題:example exercise
3. sekichu - 脊柱:spinal column
4. chokyo - [cho] 著:book, [kyo] 居:residence, 虚:false
5. haiyu - 废油:waste oil, 俳優:actor
6. tensho - 添書:postscript, 添書:character
7. komon - 顧問:advisor, 古文:writing, 小紋:pattern
8. kanyu - 加入:joining

修練体系 - system(s) of training

1. 基本 (kihon) - foundational body movements
2. 法形 (hokei) - mastering the true significance
3. 乱捕り (randori) - learning how to apply hokei
4. 演武 (embu) - responding to opponent's attack

基本諸法 (forms & formless)

- 気合/kiai - (air/mind/spirit, fit/join/suit)
- 調息法/chosoku - (prepare/tune, breath/regulation)
- 目配り/mekubari - (experience/eye, distribute)
- 足位法/sokuiho - (sufficient/foot, rank/throne)
- 運歩法/umpoho - (advance/destiny, steps/walk)
- 体構え/taigamae - (body, posture/pretend/stance)
- 体捌き/taisabaki - (body, judgement/handle)
- 攻防用器/koboyoki - (attack, defend, use, tool)

主な 攻防用器

- 鳥手/tori de - (bird, hand)
- 裏拳/ura ken - (back/rear, fist)
- 正拳/sei ken - (correct/justice/righteous, fist)
- 手刀/shuto - (hand, knife/sword)
- 掌拳/sho ken - (administer/palm, fist)
- 正拳の内側/inside of sei ken - (oppose/regret/side)
- 熊手/kumade - (bear, hand)
- 平拳と内掌/hira ken - (even/flat/peace, fist)
- (外/内) 腕刀/(gai/nai) wanto - (arm, knife/sword)
- 前足底/zensokutei - (front, foot, base/bottom/sole)
- (外側) 足刀/sokuto - (outside, oppose/regret/side)
- 後踵/ushiro kakato - (back/behind/rear, heel)

当身/atemi: opponent: kyo/虚, attacker: jitsu/実

1. 急所の位置 - kyusho/points: striking accurately
2. 当身の間合 - ma'ai: appropriate distance
3. 当身の角度 - kakudo/angle: striking effectively
4. 当身の速度 - sokudo/speed: with great effect
5. 当身の虚実 - kyojitsu: proper moment

間合/ma'ai - distancing

- 基本間合/kihon ma'ai - basic - one step one fist
- 近間/chikama - offense/攻撃間合 - close ma'ai
- 遠間/toma - defensive/防衛間合 [守主攻従/後の先]

先/sen - initiative

- 先/sen - (対/tai no sen) - mutual sen
- 後の先/go no sen - (待/machi no sen) - waiting
- 先の先/sen no sen - (先々/sensen no sen) - before

気先の先/ki no sen

- 既発の先/kihatsu no sen - manifest
- 未発の先/mihatsu no sen - unactualized

師の格/kaku - teaching(s)

1. 守 (shu/obey) - copy
2. 破 (ha/render) - apply
3. 離 (ri/detach) - improve