



HATAKEYAMA SENSEI
MENKYO KAIDEN



TENSHIN SHODEN KATORI SHINTO RYU

NAGINATAJUTSU



NAGINATAJUTSU

ITSUTSU NO NAGINATA (1)

UCHI KOMI	UKE DACHI
Segan, iki ni ashi, newari	Segan, mae ni ashi
Tate nami no naginata, segan	
Hidari gedan no kamae	Jodan uke
Osaete	Kote giri
Kubi giri	Kogasumi sur place
Ura do uchi	Naginata osae, maki uchi men
Tate nami no naginata	In no kamae
Omote do uchi	Do uke
Men uchi	Men uke
Mata age	Te ura uke
Ashi neguri (gedan)	Ura do
Tai mawashi	Jodan
Omote do giri	Kote uchi
Osaete, kubi giri	Kogasumi sur place
Ura do uchi	Naginata osae
Ichizuki, e bu barai	Maki uchi men, ken otoshi
Tate name no naginata	Jodan
Omote do uchi, kote age	Kote uchi
Omote do uchi	Kote uchi
Osaete, kubi giri	Kogasumi sur place
Ura do uchi	Naginata osae
Ichizuki, e bu barai	Maki uchi men, ken otoshi
Tate name no naginata	In no kamae
Kote age	Kubi giri
Kesa giri age	Migi gedan
Seigan no kamae	Seigan no kamae

NAGINATAJUTSU

NANATSU NO NAGINATA (2)

UCHI KOMI	UKE DACHI
Hidari jodan no kamae	Jodan uke
Ichizuki	Men uchi
Kesa giri	Naginata osae
Ichizuki, e bu barai	Ken otoshi
Tate nami no naginata	In no kamae
Omote do uchi	Do uke
Men uchi	Men uke
Mata age	Te ura uke
Ashi neguri (gedan)	Ura do
Tai mawashi	Jodan
Omote do uchi	Kote uchi
Osaete, kubi giri	Kogasumi sur place
Ura do uchi	Naginata osae
Ichizuki, e bu barai	Maki uchi men, ken otoshi
Kesa giri	Naginata osae
Ashi giri	Naginata osae
Jodan ukeru	Hanete, maki uchi men
Mata age	Te ura uke
Ashi neguri (gedan)	Ura do
Tai mawashi	Jodan
Omote do uchi	Kote uchi
Osaete	
Kesa giri	Migi gedan
Seigan no kamae	Seigan no kamae

NAGINATAJUTSU

KASUMI NO NAGINATA (3)

UCHI KOMI	UKE DACHI
Sasaki no kamae	Seigan
Chita dachi (gedan latéral)	Jodan uke
Omote do uchi	Men uchi
Osaete, kubi giri	Kogasumi sur place
Ura do uchi	Naginata osae
Tate nami no naginata	In no kamae
Omote do uchi	Do uke
Men uchi	Men uke
Omote do uchi	Do uke
Osaete, kubi giri	Kogasumi sur place
Ura do uchi	Naginata osae
Ichizuki, e bu barai	Maki uchi men, ken otoshi
Tate nami no naginata	In no kamae
Omote do uchi	Do uke
Men uchi	Men uke
Kote age	Enlever la main
Kata giri, ura do uchi	Naginata osae
Ichizuki, e bu barai	Maki uchi men, ken otoshi
Kesa giri	Hidari gedan
Ashi giri	Migi gedan
Ichizuki, e bu barai	Maki uchi men, ken otoshi
Kesa giri	Hidari gedan
Ashi giri	Migi gedan
Jodan ukeru	Hanete, maki uchi men
Mata age	Te ura uke
Ashi neguri (gedan)	Ura do
Tai mawashi	Jodan
Omote do giri	Kote uchi
Osaete, kubi giri	Kogasumi sur place
Ura do uchi	Naginata osae
Ichizuki, e bu barai	Maki uchi men, ken otoshi
Tate name no naginata	Jodan
Jodan ukeru	Men uchi
Omote do uchi	Do uke
Men uchi	Men uke
Furi oroshi	Irimi kogasumi
Jodan ukeru	Men uchi
Mata age	Te ura uke
Ashi neguri (gedan)	Ura do
Tai mawashi	Jodan
Omote do uchi	Kote uchi
Osaete	
Kesa giri	Migi gedan
Seigan no kamae	Seigan no kamae

NAGINATAJUTSU

HAKKA NO NAGINATA (4)

UCHI KOMI	UKE DACHI
Seigan no kamae, gedan	Seigan no kamae, gedan
Hiki ni ashi, segan	Hiki ni ashi, segan
Mae ni ashi, tachi wari, do uchi	Mae ni ashi, do uke
Ne wari	Kote giri
Uchi seiki	Tori uke gedan
Men uchi	Tori uke
Kote giri	Kote uke
Do uchi	Do uke
Kote age	Naginata osae
Gedan	Kote giri
Kote age	Maki uchi men, kote azushi
Kata giri	Naginata osae
Te ura gasumi, ura do uchi	Te ura gasumi, ura do uke
Sha no kamae (jumonji)	Sha no kamae
Omote do uchi	Omote do uke
Men uchi	Men uke
Omote do uchi	Omote do uke
Kubi giri	Kogasumi uchi
Ura do uchi	Naginata osae
Aizuki	Aizuki
Kubi giri	Kogasumi sur place
Ura do giri	Naginata osae
Ichizuki, e bu barai	Maki uchi men, ken otoshi
Kesa giri	Hidari gedan
Ashi giri	Migi gedan
Aizuki shidori	Aizuki shidori
Gedan	Kote giri
Uchi kasumi	Naginata osae
Ura yoko men	Te ura uke, ura yoko men
Ichizuki, e bu barai	Gedan
Tate nami no naginata	In no kamae
Ura tate nami no naginata	Kote giri
Osaete, kubi giri	Kogasumi sur place
Ura do uchi	Naginata osae
Tate nami no naginata	Jodan
Jodan ukeru	Men uchi
Do uchi	Do uke
Karasu tobi, kesa giri	Migi gedan
Seigan	Seigan