

Andrea Re

## KAMAE

### BASIC POSTURES IN KATORI SHINTO RYU

*This publication is dedicated to the study of kamae, the fundamental postures of Tenshin Shoden Katori Shinto Ryu, one of the oldest schools of Japanese swordsmanship still active today.*

*Not intending to take anything away from other books describing the history and status of Katori Shinto Ryu in Japan, this volume is dedicated to filling an information gap, concerning its technical aspects.*

*The kata that are practised within the school are nothing more than kamae made dynamic by movements that connect them to each other. For this reason the in-depth study of kamae is of primary importance.*

**Andrea Re**, is 7th Dan - Menkyo Okuden of this school and one of the most active teachers of it. He studied with Goro Hatakeyama sensei, one of the most important figures of reference in the world of Katori Shinto Ryu.



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KAMAE - BASIC POSTURES IN KATORI SHINTO RYU

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## KAMAE

### BASIC POSTURES IN KATORI SHINTO RYU



# Katori Shinto Ryu Manual

**David Avalon Hall**



## **Katori Shinto Ryu Manual:**

**Kamae** Andrea Re, 2023-06-07 This publication is dedicated to the study of kamae the fundamental postures of Tenshin Shoden Katori Shinto Ryu one of the oldest schools of Japanese swordsmanship still active today Not intending to take anything away from other books describing the history and status of Katori Shinto Ryu in Japan this volume is dedicated to filling an information gap concerning its technical aspects The kata that are practised within the school are nothing more than kamae made dynamic by movements that connect them to each other For this reason the in depth study of kamae is of primary importance Andrea Re is 7th Dan Menkyo Okuden of this school and one of the most active teachers of it He studied with Goro Hatakeyama sensei one of the most important figures of reference in the world of Katori Shinto Ryu Contents Foreword Introduction How to use this manual Part 1 Holding the sword Part 2 Taito Wear your sword Part 3 Nuki Unsheathing the sword Part 4 Seigan Part 5 Migi Gedan Part 6 Hidari Gedan Part 7 Jodan Part 8 In no Kamae Part 9 Sha no Kamae Part 10 Shin no Kamae Part 11 Waki Dori Part 12 Gasumi Part 13 Teura Kasumi Part 14 Ko Gasumi Part 15 Teura Do Uke Part 16 Irimi Ko Gasumi Part 17 Suwari Gedan Part 18 Maki Uchi Men Conclusions Who is Andrea Re

Acknowledgements Dedication Glossary **Martial Arts Teachers on Teaching** Carol A. Wiley, 1995 Teaching is an art Effective martial arts teachers must not only be competent practitioners but must also develop the communication and interpersonal skills of any good teacher In this collection twenty six experienced martial arts teachers discuss the process of learning and teaching a martial art from the nuts and bolts of teaching technique to the philosophical underpinnings of training

**Suburi** Andrea Re, 2025-03-06 Following the success of Kamae Basic Postures in Katori Shinto Ryu Andrea Re renowned martial artist and advocate delivers yet another essential resource for practitioners of this traditional Japanese school This handbook explores Suburi the practice of linked movements that form the foundation of Katori Shinto Ryu s extensive curriculum By integrating fundamental postures with the most recurrent strikes found in the school s kata this book provides invaluable guidance for those dedicated to refining their individual practice Essential for mastering the core principles of the Art Suburi serves as a vital tool for correcting form internalising movement and deepening martial understanding Regardless of school or lineage this manual offers indispensable insights into the fundamental mechanics of Katori Shinto Ryu making it an invaluable asset for martial artists at any level Andrea Re holds the rank of 7th Dan Menkyo Okuden in Katori Shinto Ryu and is one of Italy s most active instructors in the discipline He trained under the esteemed Goro Hatakeyama Sensei a globally recognised authority on Katori Shinto Ryu **In Search of the Ninja** Antony Cummins, 2012-02-29 Lost in modern myth false history and general misinterpretation the Ninja have been misrepresented for many years More recently a desire for a more historical view of the ninja has become a popular theme in the history martial arts community and Antony Cummins is the primary driving force behind that movement In Search of the Ninja is based upon the Historical Ninjutsu Research Team s translations of the major ninja manuals and consists of genuinely new

material Little historical research has been done on the Ninja of Japan Here for the first time the connection of the famous Hattori family warriors with the Ninja is explained The Samurai versus Ninja myth is dispelled The realities of Ninja skills are analysed How did a Ninja work underwater when mining castle walls How can a bird be used to set fire to the enemy s camp The book explores newly discovered connections to ancient Chinese manuals lost skills and the hidden Zen philosophy that the Ninja followed In Search of the Ninja is the first and only historical look at the shinobi of ancient Japan *Journal of Asian Martial Arts* ,2007 True Path of the Ninja Antony Cummins,2011-07-12 True Path of the Ninja is the first authoritative translation in English of the Shoninki the famous 17th century ninjutsu manual Authors Antony Cummins and Yoshie Minami worked closely with Dr Nakashima Atsumi author of the most comprehensive modern Japanese version of the Shoninki thus making this English translation the closest to the original scrolls The information and insights found in this translation are invaluable for understanding the skills techniques and mentality of the historical shinobi Whether it involved tips for surviving in the wild advice on intelligence gathering techniques or methods for creating chaos in the enemy camp this ninja book unveils secrets long lost Along with its practical applications this book is an important guide to the mental discipline that ninjas must have to ensure success in accomplishing their mission True Path of the Ninja covers the following topics What a ninja is and what equipment he needs The skills of infiltration and information gathering How to disrupt and distract the enemy How to be mentally prepared to carry out ninja missions In addition to the translation of the Shoninki this book also includes the first written record of the oral tradition Defense Against a Ninja taught by Otake Risuke the revered sensei of the legendary Katori Shinto Ryu school of swordsmanship Sensei reveals for the first time these ancient and traditional teachings on how the samurai can protect himself from the cunning wiles of a ninja About this new edition This second edition contains a new introduction by the translator and has been thoroughly updated to reflect developments that shed new light on the original Japanese text **The Secret Traditions of the Shinobi** Antony Cummins,Yoshie Minami,2012-11-27 This illuminating study of martial arts techniques philosophies and lifestyles demystifies one of the most misunderstood figures in Japanese history the ninja A landmark collection of shinobi texts featuring 70 illustrations and 100 poems representing some of the oldest ninjutsu writings in the world The shinobi or ninja is one of the most widely recognized figures in the world of espionage and also one of the most misrepresented What do we really know about the historical shinobi his tactics and his role in medieval Japanese society In The Secret Traditions of the Shinobi these questions and many more are answered Translated into English for the very first time this widely sought after collection of historical documents brings to light the secret practices techniques philosophies and lifestyles of the shinobi Included are the Shinobi Hiden or Secret Ninja Tradition a documentation of techniques commonly attributed to one of the best known ninja masters Hattori Hanzo the Koka Ryu Ninjutsu Densho a small but important work from the Edo period that reveals the realm of ninja magic and spells the three shinobi scrolls of the Gunpo Jiyoshu a manual enthusiastically promoted by Tokugawa Ieyasu the

first Tokugawa shogun of Japan 100 poems written between the 12th and 15th centuries making them the oldest collection of written ninjutsu information in the world 70 historical black and white illustrations depicting ninja tools and weapons The Secret Traditions of the Shinobi will enthrall martial artists eager to learn the real skills of the shinobi as well as anyone interested in this exciting period of Japanese history and espionage *Modern Ninja Warfare* Antony Cummins, 2019-09-10 *Modern Ninja Warfare* takes a contemporary look at the stealthy methods of the Ninja Shinobi and how they can be employed to counter modern security threats This book provides an ideal overview of Ninjutsu techniques for security personnel military Special Forces military history buffs and anyone serious about learning how Ninja tactics can be applied to the modern world Ninja historian Antony Cummins himself a skilled martial artist takes a detailed and realistic look at the Ninja their methods and their role in the medieval Japanese military as well as how they compare to today's Special Forces and covert military groups The chapters include a detailed look at the defensive strategies engagement against specific threats intelligence gathering territorial concerns mental focus and the spiritual mind control techniques of these invisible warriors With over 100 striking illustrations that vividly portray the Ninjas secret world this book shines new light on their shadowy methods In the process the mythical image of the Ninja is washed away revealing the reality of these commando spies of medieval Japan **The Sword in Japanese Martial Traditions, Vol. 2** Michael DeMarco, If the Way of the warrior is the soul of Japan their magnificent swords were the tools utilized to form the nation and forge their spirit You'll find an abundance of information in this special anthology in support of this thesis Kimberley Taylor wrote four chapters the first being an interview with 7th dan Matsuo Haruna Haruna offers great advice for practitioners based on his first hand experience Taylor's two highly researched chapters give overviews of two major iaido schools Excellent photos and descriptions of katas accompany the text Taylor's finale is a short piece describing two of his favorite techniques while Deborah Klens Bigman's chapter deals with two of her favorite techniques Another top ranking swordsman Nicklaus Suino gets to the finicky details of sword drawing techniques as performed by masters From his two chapters we learn how to watch for telltale signs of expertise and come to a greater appreciation of the art of drawing the sword Jonathan Seckler's chapter translates and comments on an essay written by Chozanshi Shissai in 1729 He argues that Neo Confucianism rather than Zen became the foundation of swordsmanship and illustrates how the sword arts began to be appreciated for their use for self development Andrew Bryant's chapter focuses on poems passed down within the Muso Jikiden Eishin ryu School of Iaido These poems correspond to techniques contained within the system created in the 17th century The author presents each poem and offers provides textual descriptions of their corresponding applications with each sword technique illustrated Joseph Svinth's research presents the earliest kendo clubs to form in Canada The socio cultural settings add much flavor to this chapter Information is provided regarding notable instructors training and competitions Another way to better understand a martial tradition of one country is to compare it with another Matthew Galas compares and contrasts sword

arts in Germany with the Japanese traditions The focus is on general principles and combat philosophy Devotees to sword practice are well aware that scabbards get damaged Michael Babin's chapter shows how to build a serviceable scabbard according to the talents of anyone moderately handy with tools The twelve chapters described above should inspire further research and practice in the Japanese sword arts plus bring a greater appreciation for their unique place in world history and culture

*Medieval Warrior Cultures of Europe and Japan: Body, Mind, Sword* Michael DeMarco, 2015-11-17 There are similarities and differences between the European and Japanese medieval warrior traditions that reflect the social evolutions within those cultures Over the years publishing the Journal of Asian Martial Arts we published articles that presented the main themes found in this unique area of comparative studies The most important of these writings are assembled in this anthology for your convenience Chapters 1 and 2 are by Dr Willy Pieter a leading scholar with a thorough grasp of European and Japanese martial art traditions His first chapter examines the feudal system and how aspects of social organization helped form the warrior ethic resulting in a mix of scientific and intuitive elements In the second chapter Dr Pieter illustrates how the perception of the human body and mind are culturally different in the East and West Westerners have a long tradition of dualism which separates the body and mind while the Eastern approach has been wholistic The author discusses scientific and medical histories for insight particularly Chinese and European influences on Japan In the third chapter John Michael Greer presents the esoteric side of a European sword tradition as found in the writings of Dutch fencing master Gerard Thibault ca 1574-1627 He notes that Asian and Western combat systems have been understood in sharply different ways over the last century or so Asian combatives came to be associated with Eastern spiritual traditions and seemed to be very different than any Western combative system However this short chapter shows that there is actually much in common In the final chapter Matthew Galas compares and contrasts the sword arts in Germany with the classical Japanese martial traditions The period covered by this inquiry reaches from approximately 1350 until 1600 The focus is on general principles and combat philosophy The study reveals that German sword techniques were as effective as their counterparts in feudal Japan The content in this anthology is useful for anyone interested in either or both European and Japanese martial art traditions exemplified during their medieval periods Enjoy reading this special anthology dedicated to two leading warrior traditions

*Venerable Martial Places of China* Mark Sterke, 2006

*The Best Fight: A Memoir of a Martial Art Practitioner, Publisher, and Author* Michael DeMarco, 2023-10-10 A needle may draw a thread through printed pages to bind a book In this little memoir I feel like a needle that drew a common thread through a segment of martial art history This book details three interrelated activities 1 martial art studies 2 involvement as founder of Via Media Publishing producing a quarterly journal and books and 3 teaching martial arts Publishers writers researchers and serious martial art practitioners will benefit with the detailed overview of Via Media and its publications Via Media produced the Journal of Asian Martial Arts known for its high academic and aesthetic standards Its contents reflect the history of two decades and provides rich

information for practitioners and scholars making *The Best Fight* a valuable reference work In addition to reading the primary way to learn a martial art is through instruction In reading about my studies and teaching experience readers can relate to their own involvement in martial arts What is important here is the portrayal of my instructors their teaching methods and reasons for being involved in martial arts Their accounts should offer insights and inspiration for others who study and practice any martial art

**The Knightly Art of the Longsword** Hugh Knight, 2010-01-15 Johannes Liechtenauer the father of German martial arts created a system of combat that was second to none Later authors wrote books detailing his art some for earnest combat and others for a sportive version that have survived to the present day This book attempts to draw together the writings of various masters of Liechtenauer's school into a single comprehensive source detailing the art of fighting in earnest Not limited to a single author nor to just the basics of the art this book attempts to show the full range of Liechtenauer's art without mixing in any of the more sportive sources from later authors In addition to the techniques themselves *The Knightly Art of the Longsword* includes information on strategic concepts fundamentals equipment finding a school training and even how to teach the art NB This is the perfect bound edition

*Samurai and Ninja* Antony Cummins, 2016-08-09 The myths of the noble Samurai and the sinister Ninja are filled with romantic fantasy and fallacy Samurai and Ninja expert Antony Cummins shatters the myths and exposes the true nature of these very real and very lethal medieval Japanese warriors The Samurai and Ninja were in fact brutal killing machines trained in torture and soaked in machismo Many were skilled horsemen and sword fighting specialists while others were masters of deception and sabotage Some fought for loyalty others for personal gain What these warriors all shared in common was their unflinching personal bravery skill and brutality In *Samurai and Ninja* Cummins separates myth from reality and shows why the Japanese were the greatest warriors of all time He describes the Samurai and the Ninja as they really were in earlier times when battles raged across Japan not in later times when war became obsolete and Japanese warriors became philosophers scholars and courtiers He describes the social context of the day and the feudal world into which the warriors were trained to fight and die for their lords He exposes the essentially brutal nature of warfare in medieval Japan This book is illuminated by many rare Japanese manuscripts and texts which are translated into English for the very first time

**Black Belt**, 1986-02 The oldest and most respected martial arts title in the industry this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self defense in the world including techniques and strategies In addition *Black Belt* produces and markets over 75 martial arts oriented books and videos including many about the works of Bruce Lee the best known martial arts figure in the world

*Katori Shinto-ryu* Risuke Otake, 2009-02-01 **Kendo** Alexander C. Bennett, 2015-07-31 Kendo is the first in depth historical cultural and political account in English of the Japanese martial art of swordsmanship from its beginnings in military training and arcane medieval schools to its widespread practice as a global sport today Alexander Bennett shows how kendo evolved through a recurring process of inventing

tradition which served the changing ideologies and needs of Japanese warriors and governments over the course of history Kendo follows the development of Japanese swordsmanship from the aristocratic aesthetic pretensions of medieval warriors in the Muromachi period to the samurai elitism of the Edo regime and then to the nostalgic patriotism of the Meiji state Kendo was later influenced in the 1930s and 1940s by ultranationalist militarists and ultimately by the postwar government which sought a gentler form of nationalism to rekindle appreciation of traditional culture among Japan's youth and to garner international prestige as an instrument of soft power Today kendo is becoming increasingly popular internationally But even as new organizations and clubs form around the world cultural exclusiveness continues to play a role in kendo's ongoing evolution as the sport remains closely linked to Japan's sense of collective identity Marishiten David Avalon Hall,1990

*Shin tai ryu Tai jitsu* Martinus Wilhelmus Jan Maria Sterke,2009 Kendo Jinichi Tokeshi,2003-07-31 All students of kendo the formal art and practice of Japanese swordsmanship will welcome this manual by an advanced practitioner with a deep understanding of the martial art The work begins with a history of kendo in Japan followed by a study of basic equipment and its proper care and use and a detailed description of forms and rules essential aspects of any martial art Beginners will find this section particularly helpful because of the close attention paid to fundamental techniques of kendo including the rare two sword form nit ry largely unknown outside of Japan Each technique is accompanied by clear easy to follow illustrations The Nihon Kendo Kata and Shiai and Shinpan rules and regulations are useful references for those learning the Kata and participating in matches The author who is also a practicing physician is attentive throughout to injury prevention and safety concerns often overlooked in martial arts manuals The elements of kendo philosophy which can mystify even experienced practitioners are explained in simple terms to aid understanding The manual concludes with biographies of Japan's most celebrated swordsmen an extensive glossary of kendo terms and a history of kendo in Hawaii where it has been practiced for more than a century and where some of the world's top practitioners can be found



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