HANBOJUTSU (Three shaku staff)

REKISHI - History

Battle, recorded in the Nihon Shoki and Kojiki (which are two of typical chronicles of Japan) occurred in the 8th century A.D. Prince Yamato Takeruno Mikoto planned to defeat a brave warrior of Izumo, Izumo Takeru. Prince Yamato went to visit the warrior and sought to shake hands with him to show Izumo his good will and friendship. The Prince then invited Izumo to take a cold bath with him, saw that they might speak of battle strategies in they’re nakedness (Japanese have a saying "naked companionship" which means to hide nothing from each other.) while the Prince and the Izumo warrior were bathing, one of the princes retainers carried out the princes plan; he exchanged Izumo’s steel sword for a look alike akagashi (red oak) would sword (which I suppose looked like an iron sword). To put the action into a ninjutsu term, he used "mokoton no jutsu" (a technique practiced by the use of wood). The Prince and Izumo were absorbed in a heated discourse on combat strategies. One would tell the other about a foregone battle and how he won it by using this or that technique. Then the other would say in that circumstance another technique would have been a more efficient. In this fashion, the Prince led Izumo into a trial at physical confrontation.

They got up out of the water to fight. Izumo unaware of the Prince’s plan, swung at the Prince with the wooden sword. The steel sword of the Prince was broken in half by Izumo’s wooden sword and the Prince was soon sadly defeated. In this way a warrior, through cunning and guile, used a wooden sword to defeat another warrior who originally had a steel sword.

In 1339, another story involving another possible origin of the half staff was recorded in the battle journal (Senki) of Japan. In January of the third year of Engen(1336-39), Ashikaga Takauji and his army attacked Kyoto. Defending the city was Yuuki Chikamitsu and his troops. One of Yuuki’s retainers, Ookuni Taro Takehide battled with "Gooketsu" (an extremely strong and unusually large man) of the Ashikaga army. Ookuni was using a tachi (a fat sword) over three feet long. The "tachi" came down on Ookuni’s spear with the power of a giant axe and left only a three feet long stick. Ookuni held the stick in one hand spread his arms in the "Hira no Kamae" and then bid the "gooketsu" to attack. The Gooketsu, angered by the boldness of Ookuni, raised his "tachi" high in the air and brought the blade down with the power that would have split the warrior in two, armor and all. Ookuni remained calm; he used "Taihen jutsu" to avoid the blade and forced his staff into an open space in the Gooketsu’s armor to throw it off. In the return stroke of the staff after throwing the armor off, he struck the top of the Gooketsu’s head, cracking his skull. This story is one of the theories of the origin of the half staff.

In the Kukishinden Ryu the Hanbojutsu is broken down into 3 Kamae, then three sets of formal Kata, Shoden no kata, Chuden no kata, and Okuden no kata. The Shoden is defense against Kodachi/Wakizashi; the Chuden and Okuden kata's are defense against katana. You should learn to keep a firm grip on the Hanbo but a loose feeling of the staff. Let it move freely.
KUKISHINDEN RYU - SANSHIN NO KAMAÉ (Three hearts postures)

1. KATA YABURI NO KAMAÉ (Form breaking posture) 型破之構
Also known as Hira Ichimonji no Kamae, Kachimi no Kamae, Kata Yaburi no Kokoro Kamae.

2. MUNEN MUSO NO KAMAÉ (No intention, no thought posture) 無念無想之構
Also called Shinshin no Kamae, Shingi no Kamae, Mushin no kokoro Kamae, Mushin no Kamae Mugamae.

3. OTONASHI NO KAMAÉ (Soundless posture) 音無之構
Also called Shizen no Kamae, Danpi no Kamae, Kage no Ippon no Kamae, Otonashi no Kokoro Kamae, Otonashi no Kamae Mugamae.

KUDEN: Shinden Amatsu Tatara Ryū’s Hanbojutsu which is based on the Amatsu Tatara Kangi Den uses 3 Kamae. Kata Yaburi, Munen Muso, and Otonashi. These go by the collective name Sanshi Den, Sanshin no Kamae, and Sanso no kata. Takamatsu Toshitsugu called the three Kamae Sanshin no Kamae.
REI HO – Protocol

Shinzen Rei:
Hold the Hanbo on the right hand side of the body, pass to the left hand, and raise both hands. Holds the arms out stretched, at shoulder height, and bow.

Seiza Rei:
From the right hand pass the Hanbo to the left hand. Drop to the left knee, and place the Hanbo on the ground at the side of the body, drop to Seiza. Left and right hand on the ground, and bow.

Jinchu Rei:
Hanbo is in the right hand, drop to the left knee, and left hand on the floor in Fudo knee. Slightly bend the elbow. Hold the Hanbo along the length of the arm, and bow.

Ritsu Rei:
Stand in Munen Muso no Kamae. To Katate Yaburi no Kamae and bow.
**SHODEN NO KATA**

*Initial Transmission forms*

**KATATE UCHI (Single strike)**

片手折

Uke has shoto in his right hand and steps forward with his left leg and grabs Tori`s collar with his left hand. Uke then steps forward with his right leg and executes a Tsuki with shoto, Tori responds by stepping back with left leg and brings the right side of Hanbo up to Uke`s left elbow releasing the grab. (All in one movement).

**Henka:**

Uke has the shoto in the right hand. Uke steps forward with left foot, and grabs the collar with the left hand. Uke then steps forward with the right foot, with Chudan Tsuki with a shoto. Tori steps forward, and out to the right. The left foot comes across to the left, and steps behind the right. Tori bring the Hanbo up striking just above the elbow on Uke`s right arm.

**TSUKI OTOSHI (Strike and drop)**

突落

Uke has the shoto in his right hand and steps forward with his left leg and grabs Tori`s collar with his left hand. Uke then steps forward with his right leg and executes a Tsuki with a shoto, Tori responds by stepping back with a left leg and brings the right side of the Hanbo up to Uke`s left elbow releasing the grab (all in one movement). Then Tsuki the right end of the Hanbo at Uke`s chin (move the body forward when striking the chin).

**Henka:**

The start is same as in Katate Uchi. After the strike, Tori release the left hand, and turn the Hanbo over to the right. Catching again with the left hand, Tori strikes with the tip of the Hanbo into Ukes throat. Tori moves forward for the Tsuki.

**UCHI WAZA (Hitting technique)**

打技

As Uke steps in to Tsuki with Shoto, Tori steps back 45 degrees with his left and turns the Hanbo so that the left side strikes the wrist, the left hand releases the Hanbo, the right side moves horizontally around so that the right end is caught in the left hand, slight step forward and Tsuki to right Kasumi.

**Hanbo:**

Uke steps forward with Chudan Tsuki. Tori steps out to the left. The right end of the Hanbo strikes down on the top of the Ukes` hand. Uke releases the left hand, and turns it so that he can catch the right end of the Hanbo. Tori does a slight step forward, and Tsuki to Kasumi.
NAGARE DORI (Flowing drop)
流捕

As Uke steps in with the Shoto, Tori steps forward with his right foot releasing the Hanbo with his left hand. Hanbo strikes the inside of the elbow (the Hanbo is vertical with the hand at the top) the left hand grabs right hand controlling the Shoto, the right hand comes down moving the Hanbo and use Koshi Ori (breaking the hip). The left leg moves back anti-clockwise applying pressure to the arm and takes down.

Henka:
Uke steps forward with a Tsuki. Tori steps forward with the right foot, on Uk es inside. Tori release the left hand. With the Hanbo vertical (hand is at top) Tori strikes with the length of the Hanbo into the inside of the Ukes elbow. At the same time Toris left hand grabs Ukes hand with the Shoto. Tori rotates the Hanbo (keep contact with the elbow), until it is again vertical with the hand at the top, and Hanbo under arm, and partial across the back. Tori steps back with the left leg, pulling on Ukes arm with his left hand, and applying pressure with the Hanbo. Finish with Uke on the floor.

KASUMI GAKE (Haze trap)
霞掛

As Uke steps in to Tsuki with Shoto, Tori steps to the left to the outside of the attack and releases the Hanbo with right hand, the left hand holds the Hanbo vertical with the hand on the top, the right hand grabs the wrist controlling the Shoto, then step forward with the left foot and slam the Hanbo into Uke`s Butsumetsu and is left across the front of Uke`s chest taking Tsuke Iri (inserting the stick between the arm and body) moving the right leg to the rear clockwise, taking the arm down to the ground.

Henka:
Uke does a Tsuki with a Shoto. Tori steps out to the left, and releases the right hand on the Hanbo. The right hand takes a hold of Ukes wrist with a Shoto. Tori strikes up to Ukes Kasumi from under the outside of his arm with the top of the Hanbo (left hand at the top, Hanbo is vertical). Tori lift his right hand, and steps across the front of Uke with the left foot (under the arm). The right foot follows. Tori pull on the right hand, throwing Uke.

IKI CHIGAE (Walking past)
行違

As Uke steps in to Tsuki with Shoto, Tori moves to the left and releases the Hanbo with the right hand and takes hold of Ukes wrist controlling the Shoto. The Hanbo is brought up under the armpit, the arm is raised and Tori pass under with the Hanbo still vertical at the face. The left leg is placed across Ukes right leg and the hand is pulled down throwing Uke. Move to the left to avoid Uke falling on you. The Hanbo is rotated and the right end is brought down on Ukes face.
Henka:
Uke does a Tsuki with Shoto. Tori steps to the left, and releases the Hanbo with the right hand, and takes hold of Uke’s wrist with the right hand. The Hanbo is brought up under the armpit, and strikes Uke in the face (only if possible). Tori lift up the right hand, and passes under the arm, throwing Uke.

KAO KUDAKI (Face crush)
顔砕

Uke steps in to Tsuki with Shoto, Tori steps to the left and releases the Hanbo with the left hand. The left end of the Hanbo comes up and over to the right the left hand catches hold of the other end of the Hanbo, as the Hanbo rotates, it comes down striking the top of the Shoto or the Kote. The right hand slides to the right end of the Hanbo, the left hand releases the Hanbo then steps forward with the left leg and the Hanbo rotated and brought down vertically on the top of the head.

Henka:
Uke steps forward with the right foot, and does Chudan Tsuki with Shoto. Tori steps back to the left 45 degrees, and release the left hand on the Hanbo. The Hanbo is rotated to the right, with the left hand catching the other side, as it strikes the top of the Shoto, or the top of the wrist. Tori pull the Hanbo through the right hand with the left hand, and with a left step forward, and strikes with a Katate Tento Uchi to Men.

ATE KAESHI (Striking counter)

Uke holds the Shoto in Jodan no Kamae and attacks with Jodan Kiri. Tori drops the left knee to the rear releasing the Hanbo with the left hand, then turns the Hanbo and catches the other end with the left hand and Tsuki with the Hanbo to the ribs reach out when striking.

Henka:
Uke holds Shoto in Daijodan, and performs Jodan Kiri. Uke drops to the left knee, and releases the Hanbo with the left hand. The Hanbo is rotated over so the left hand can catch it again. The tip of the Hanbo is struck into Uke’s throat, knocking him back.

SAKA OTOSHI (Reverse drop)

Uke steps in to Tsuki with Shoto. Tori block the Tsuki upwards and move 45 degrees back to the right. Yoko Aruki to the left and Sankaku Jime. Drop on to left knee dropping Uke backwards across the knee.

Henka:
Uke steps forward with a Jodan Kiri. Tori lifts the Hanbo up, blocking the Shoto either on the blade or at the forearm (be careful with this as the Shoto may be released, and drop down on you). Tori then do Yoko Aruki to the left, steps around the back of Uke placing the Hanbo across the front of Uke’s chest. Tori pull on the Hanbo, applying pressure to the chest. Tori then drop to the right knee, taking Uke down.
CHUDEN NO KATA
Middle Transmission forms

Tori is in Munen Muso no Kamae
Uke attacks with a Daito

KOTE GAESHI (Hands against)

As Uke cuts with the Katana, Tori steps out to the right and does a figure of eight strike downward with the Hanbo striking the Kote.

Henka:
As Uke cuts down with Jodan Kiri, Tori steps out to the right, and does a figure o eight downwards on the top of the Hanbo striking the Kote.

SAKA OTOSHI (Reverse drop)

As Uke cuts from Daijodan no Kamae, Tori holding the Hanbo in the right hand steps back with the right foot so that he is side on to Uke and strikes with the top tip of the Hanbo (Hanbo is virtually horizontal across the body). Step forward with the left foot and deliver a second strike to Uke`s Kasumi (all in one motion).

Henka:
Uke cuts with Jodan Kiri, Tori have the Hanbo in the right hand, steps back to the right, so that he is side to Uke (on the outside). He then strikes up with the Hanbo under the arms. Tori then steps forward with the left foot, and strikes with the tip of the Hanbo, into Kasumi.

HARAI WAZA (Sweeping technique)

The start is same as Kote Gaeshi. After the strike to the Kote. Tori steps to the left, and strikes with another figure of 8 to Kasumi.

SOTO WAZA

Uke cuts with the Jodan Kiri. Tori steps out to the right and strikes down with a figure of 8. Tori then steps in and does a Tsuki to Kage.
OKUDEN NO KATA
Inner Transmission forms

Tori is in Otonashi no Kamae
Uke cuts with the Daito

HANE OTOSHI (jump and drop)

Uke cuts with Jodan Kiri. Tori steps out to the left and does a Kiri Kaeshi to the Kote.

MATA GAKE

Uke cuts with Jodan Kiri. Tori steps out to the left, and strikes upward to the Kote. Tori then steps in with the right foot, and strikes with Katate Uchi to Rin.

KOTE HARAI (Disposing of the hands)

Uke cuts with Jodan Kiri. Tori steps out to the left, and a Kiri Kaeshi. Tori then steps out to the left. With the right side Tori strikes the Kasumi, with Kasumi Uchi.