



Kata-Curriculum der Musō Jikiden Eishin Ryū¹

Teil 1 – Shoden

<u>Seiza (Shoden)</u> 1. Mae 2. Migi 3. Hidari 4. Ushiro 5. Yaegaki 6. Ukenagashi 7. Kaishaku 8. Tsukekomi 9. Tsukikage 10. Oikaze 11. Nukiuchi	<u>Battō Hō (Shoden)</u> 1. Juntō sono Ichi 2. Juntō sono Ni 3. Tsuigekitō 4. Shatō 5. Shihōtō sono Ichi 6. Shihōtō sono Ni 7. Zantotsutō <u>Battō Hō (Okuden)</u> 1. Zenteki Gyakutō 2. Tatekitō 3. Kōteki Gyakutō 4. Kōteki Nukiuchi	<u>Tōhō (ZNIR)</u> 1. Maegiri (Eishin Ryū) 2. Zengogiri (Mugai Ryū) 3. Kiriage (Shindō Munen Ryū) 4. Shihōgiri (Suiō Ryū) 5. Kissakigaeshi (Hōki Ryū)
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Diese *Kata* werden bis zur Dan-Stufe gelehrt und als *Shoden* (Grundstufe) bezeichnet. Die vier unteren *Battō Hō Kata* bilden den Übergang zur *Okuden/Okui* (Meisterstufe). Die grau unterlegten Übungen sind nicht originärer Bestandteil der Eishin Ryū, sondern die Standard-Kata des Zen Nihon Iaidō Renmei.

Teil 2 – Chūden und Okuden/Okui

<u>Tatehiza (Chūden)</u> 1. Yokogumo 2. Tora no Issoku (Toraissoku) 3. Inazuma 4. Ukigumo 5. (Yama) Oroshi 6. Iwanami 7. Urokogaeshi 8. Namigaeshi 9. Takiotoshi 10. Makkō	<u>Tachiwaza (Okuden)</u> 1. Yukizure 2. Tsuredachi 3. Sōmakuri 4. Sōdome 5. Shinobu 6. Yukichigai 7. Sode Surigaeshi 8. Mon'iri 9. Kabezoe 10. Ukenagashi 11. Itomagoi sono Ichi 12. Itomagoi sono Ni 13. Itomagoi sono San	<u>Iwaza (Okuden)</u> 1. Kasumi 2. Sunegakoi 3. Tozume 4. Towaki 5. Shihōgiri 6. Tanashita 7. Ryōzume 8. Torabashiri <u>Bangai (Okuden)</u> 1. Hayanami 2. Raiden 3. Jinrai 4. Shihōgiri (Akuma Barai) <u>Hayanuki (Okuden)</u>
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Diese *Kata* werden ab der Dan-Stufe gelehrt und als *Chūden* (mittlere Stufe) bzw. *Okuden/Okui* (Meisterstufe) bezeichnet.

Teil 3 – Partnerübungen (Kumitachi)

<u>Tachiuchi no Kurai</u> 1. Deai 2. Kobushitori 3. Zetsumyōken 4. Dokumyōken 5. Tsubadome 6. Ukenagashi 7. Mappō	<u>Tsume Ai no Kurai</u> 1. Hassō 2. Kobushitori 3. Namigaeshi 4. Yaegaki 5. Urokogaeshi 6. Kurai Yurumi 7. Tsubamegaeshi 8. Ganseki Otoshi 9. Suigetsutō 10. Kasumi Ken	<u>Weitere alte Übungen</u> Daishō Zume Daishō Tachi Zume Daikendōri
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¹ Vgl. Peter Güthing, *Musō Jikiden Eishin Ryū Iaidō. Traditionelle japanische Schwertkunst*, Band 1