

# Gyokko Ryû Kosshi Jutsu

## 玉虎流骨指術

### Kamae

#### 構え

#### Migi Ichimonji no Kamae — 右一文字の構 (right number one posture)

##### Ashi 足 — Feet

The right leg is forward with the legs opened fairly wide. The knees are bent well, to lower the hips. The right foot and knee are pointed straight toward the aggressor. The back foot is positioned to form an “L” in conjunction with the front foot, but the back heel is not directly behind the front foot. The back leg supports slightly more weight than the front leg.

##### Ude 腕 — Arm

The right hand and arm are extended forward and directed towards the right-center of the aggressor’s chest. The elbow is bent slightly. The hand is positioned so the thumb is on uppermost with all of the fingers held naturally straight.

The left hand is held as a loose fist, with the thumb uppermost, and pointing slightly up. The left fist is placed on, or near, the inside of the right elbow. The left arm and elbow are relaxed and hanging naturally.

##### Me 目 — Eye

The head is held naturally upright and facing forward. Some have suggested that one should stare at the opponent’s eyes with the intention of piercing his heart.

Hatsumi Sensei may give us an example of using the eyes from this excerpt found in his book “Togakure Ryû Ninpô Taijutsu” (戸隠流忍法体術)

*“...For example, Tora Hen Komochi Tora no Kamae – 虎変子持虎の構え, “Tiger with a Cub Posture,” from Gyokko Ryû – 玉虎流, teaches you to be patient and not to fight. But to protect the cub, the tiger keeps her determination to fight, if needed, until the very end. She prays that the enemy would not attack her, but at the same time watches her enemy under penetrating eyes that hope for peace.”*

#### Hidari Ichimonji no Kamae — 左一文字の構 (left number one posture)

This is a mirror image of Migi Ichimonji no Kamae.

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#### Notes

## **Migi Hichō no Kamae — 右飛鳥の構** (right flying bird posture)

### **Ashi 足 — Feet**

The left foot is kept to the rear and points 90 degrees to the left side. The knee is kept bent to maintain balance. The arch and heel of the right foot rests lightly against the inside of the left knee or calf, with the foot pointing comfortably downward. The thigh and knee of the raised right leg point straight toward the aggressor.

### **Ude 腕 — Arm**

The arms are the same as Ichimonji no Kamae - The right hand and arm are extended forward and directed towards the right-center of the aggressor's chest. The elbow is bent slightly. The hand is positioned so that the thumb is uppermost with all of the fingers held naturally straight.

The left hand is held as a loose fist, with the thumb uppermost and pointing slightly up. The left fist is placed on, or near, the inside of the right elbow. The left arm and elbow are relaxed and hanging naturally.

### **Me 目 — Eye**

The head is held naturally upright and facing forward. Some have suggested that one should stare at the opponent's eyes with the feeling of storing up energy in the entire body, like a bird wrapped up by a snake.

## **Hidari Hichō no Kamae — 左飛鳥の構** (left flying bird posture)

This is a mirror image of Migi Hichō no Kamae.

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Notes

## **Migi Jūmonji no Kamae — 右十文字の構** (right number ten posture)

### **Ashi 足 — Feet**

The feet are positioned fairly wide apart and in an almost side-by-side position. The left leg is pulled back slightly so the feet and body are “angled” slightly to the side. The knees are bent, lowering the hips into a fairly deep position. The torso is tilted slightly forward so the weight is distributed over the center of the feet.

### **Ude 腕 — Arm**

The arms are held a few inches in front of the chest with the elbows bent. The forearms are crossed forming an x-shape, the top of which is about chin height. Both hands are closed and relaxed forming a loose fist.

The right arm is crossed in front of the left arm. The arms do not touch. The closed hands are turned so the palms are facing the defender and the backs of the hands face the aggressor. The thumbs are straight and resting on the outside of the pointer finger, but pointing slightly upward. The shoulders are relaxed so the elbows hang naturally downward.

### **Me 目 — Eye**

The head is held naturally upright and facing forward. The eyes look out over the top of the crossed arms. Some have said that one should stare at the opponent’s eyes and fill themselves with the intent of driving back any attack.

## **Hidari Jūmonji no Kamae — 左十文字の構** (left number ten posture)

This is a mirror image of Migi Jūmonji no Kamae.

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Notes