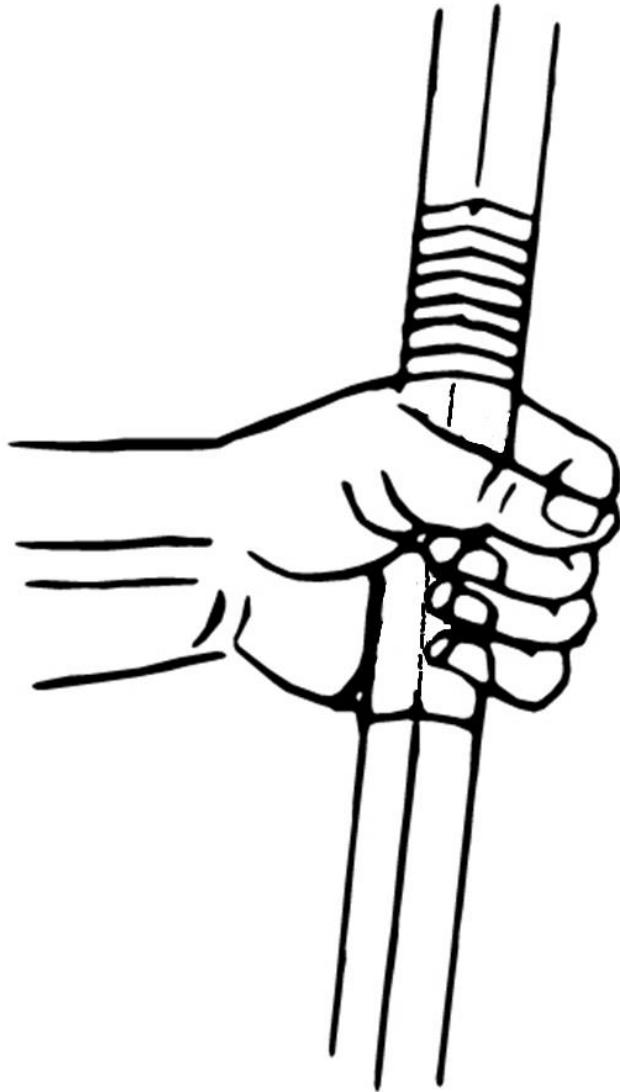


Method for Arranging the Tenouchi – 1



In Yugamae, including Habiki, arrange the Tenouchi the way you want it to be in kai.

It is crucial that no changes are made up to Kai.

However, the skin inside the hand should be allowed to move together with the Nigiri as the bow rotates. This is called Shibori.

The tension generated by doing Habiki is essential to set the Tenouchi correctly without gripping the bow.

In Yugamae, equal attention is required on both sides' Tenouchi, including the elbows and shoulders which are also involved when performing Habiki.

Method for Arranging the Tenouchi - 2 (Terminology)

Literally translating as « tiger mouth », Kokô refers to a most dangerous, or most important place. Primary pressure point.

Kokô

Shushin (Hand's centre)

The centre line of the hand should make a right angle with the bow.

Shôshin (Palm's centre)

Tenmonsuji

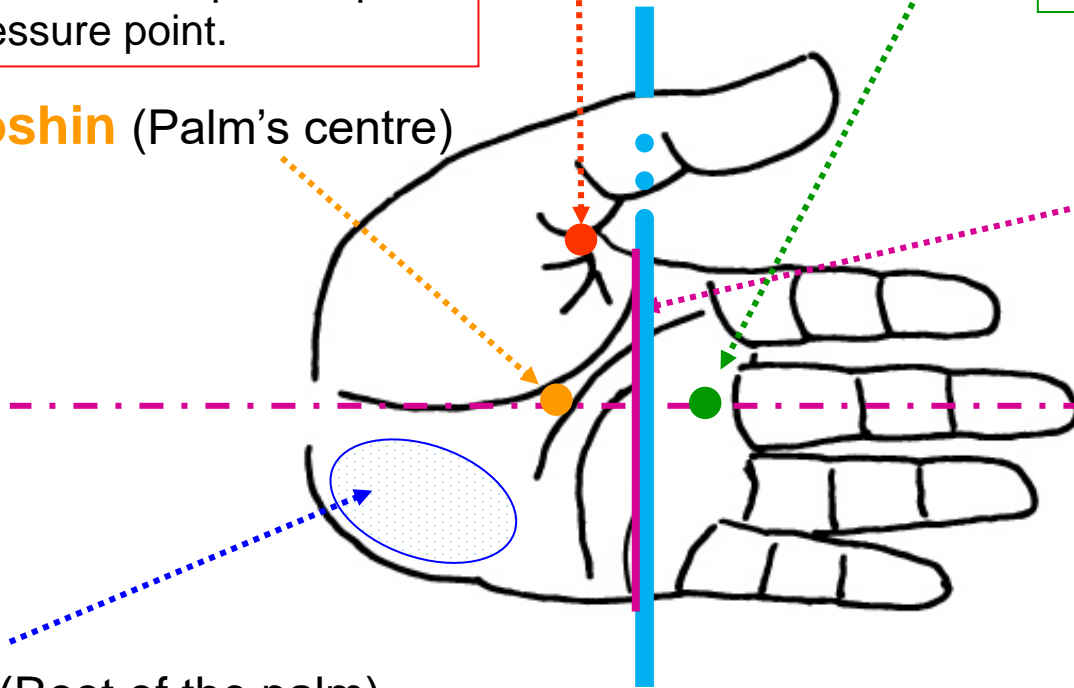
A line running vertically across the palm of the hand.

Shôkon (Root of the palm)

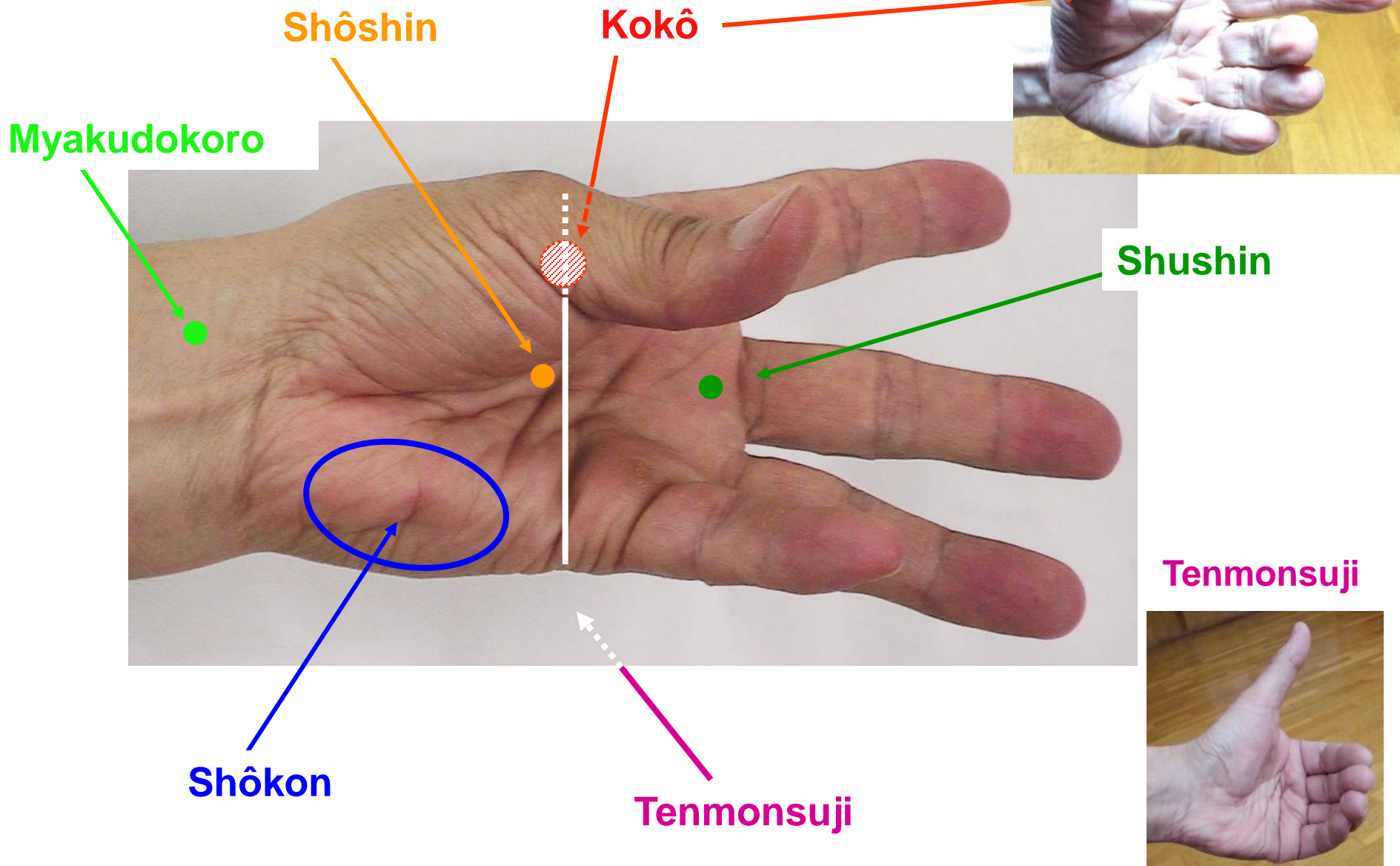
Assists in pushing the bow.

Left corner of the Todake

Should be placed so as to coincide with the Tenmonsuji.



Method for Arranging the Tenouchi- 3 (Pictures)



Left Hand's Tenouchi in Kai

The forefinger may either be bent or straight, but it must not be allowed to bend downwards.

The skin of Kokô is rolled downward.

- This contributes to Shibori.
- The shape and size of the grip, as well as the choice of the material are crucial.

- If the forefinger bends downward:
 - Uwashi will be too strong and the arrow will go down.
 - This is sometimes referred to as Osaeru (pressing down).

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- This is sometimes referred to as Osaeru (pressing down).

Extend the thumb forward.
The tip of the thumb should
not be bent.

The thumb and the middle finger should be kept well in contact together, with no gap in between.



If they separate:

- It becomes Betaoshi.
- Nakaoshi is impossible.

A horizontal line passes through the Myakudokoro ● and the middle finger.

The Tenmonsuji must be well in contact with the left corner of the Todake.

- The bow feels more stable.
 - The Shôkon can be used properly.
 - The work of Shitasuji can be more effective.
- This will not be true, however, if the elbow is straight.

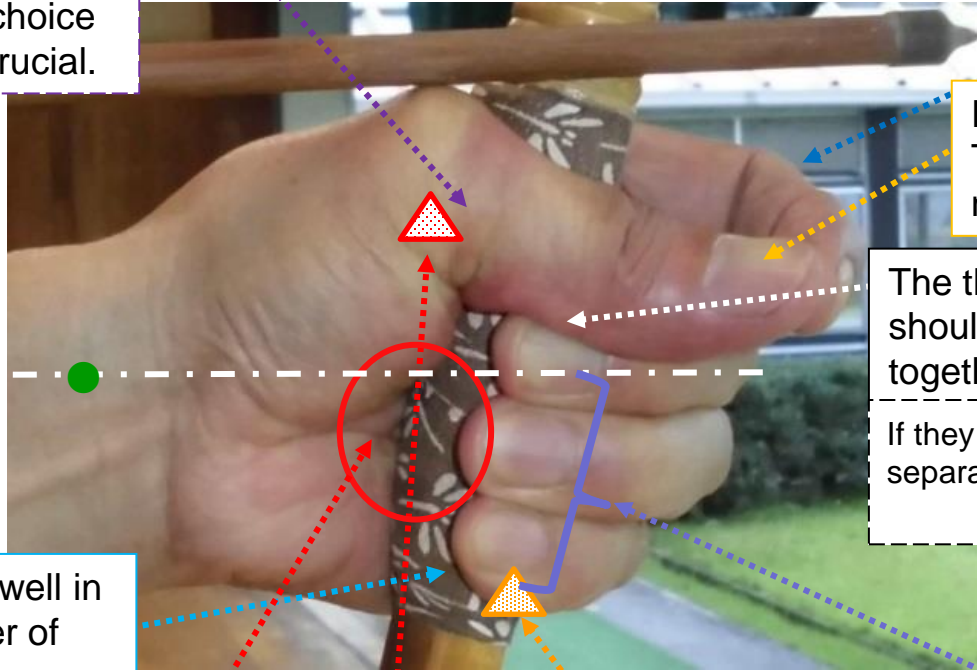
Extend the thumb forward while drawing the root of the thumb  and the root of the little finger  together.

Shôshin is hollowed

- This makes the hand smaller and allows for Nakaoshi.
- This also allows for stronger pressure on Kokô.

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- This also allows for stronger pressure on Kokô.

Keep the tips of the middle finger, ring finger and little finger closed tightly together, and apply a gentle pressure on the grip.



Method for Arranging the Tenouchi – 4

- ① Place the inner side of the Tsunomi (thumb) on the belly of the grip, and the Tenmonsuji on the left corner of the Todake.
- ② While doing ①, move the root of the little finger as high as you can on the grip.

If you flatten the thumb and draw its root and the root of the little finger together, a gap should open between Shôshin and the grip.

- ③ Curl the three bottom fingers around the right side of the grip (adjust their position as needed).



- ④ Place the thumb (Tsunomi) on top of the middle finger.



- ⑤ By doing Habiki, a small gap is created between the root of the forefinger and the grip.



Close-up Look of
Tenmonsuji and
Todake

