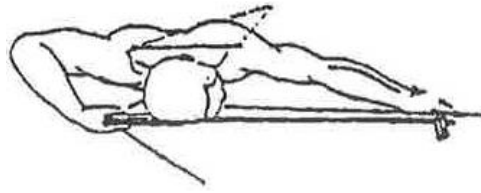


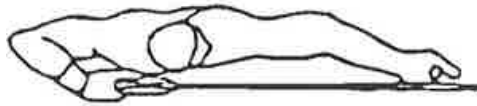
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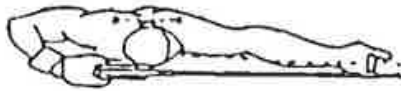
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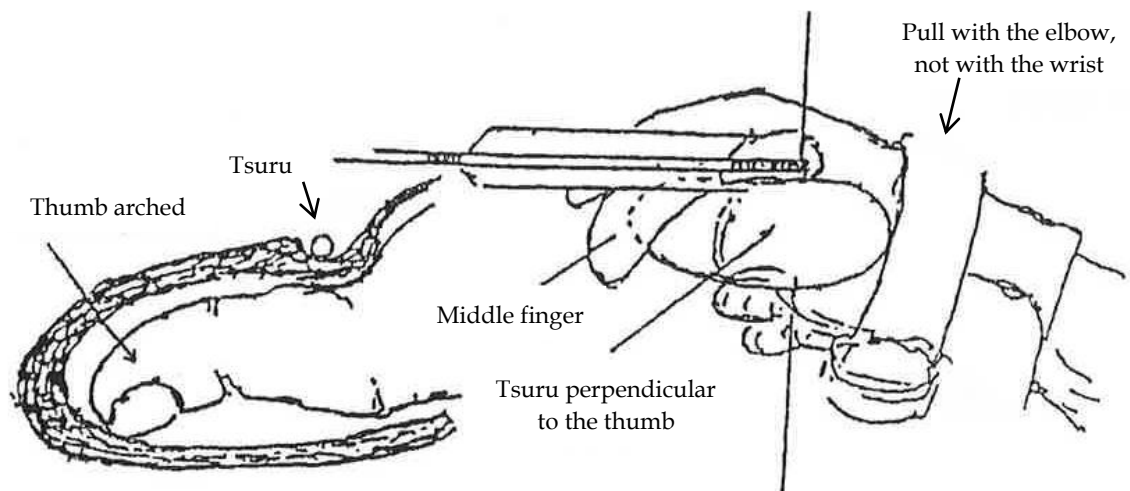
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Correct Mato picture (Matozuke) / Aiming (Nerai)



The Tenouchi of the Katte (the hand with the Kake on) has an int Hanare. The thumb should be arched inside the Bôshi. The middle finger prevents the thumb from opening. The fore finger is simply placed on top of the middle finger and the ring finger is bent naturally.

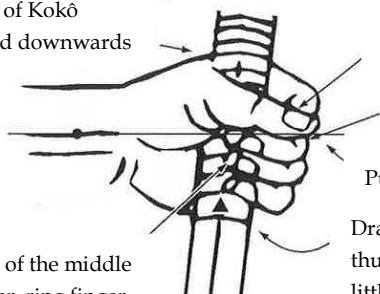


N.B. :

The Tenouchi of Oshide

Very important! To be mastered!

Skin of Kokô
rolled downwards



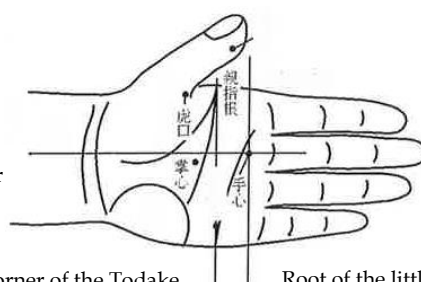
Tips of the middle
finger, ring finger
and little finger
aligned together
and pressing lightly

Thumb straight and
pushing forward

Do not let the thumb separate
from the middle finger

Pulse aligned with the middle finger

Draw the root of the
thumb and the root of the
little finger together to
push the thumb forward
and open the Shôshin

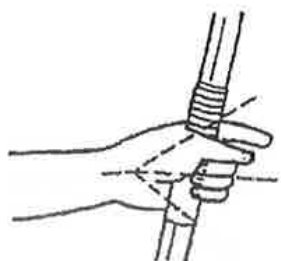


Left corner of the Todake

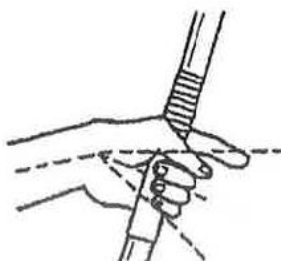
Root of the little finger
Right corner of the Todake

Place the Tenmonsuji against
the left corner of the Todake

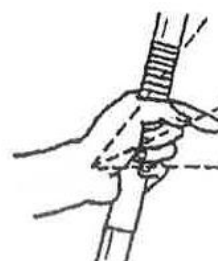
N.B.: The Tenouchi of the Oshide (the hand holding the Yumi) is as important as it is difficult. It has an influence on the shooting form and on the Tekichu. (See the diagrams below.) Make sure that the thumb does not separate from the middle finger.



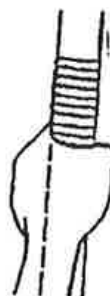
Nakaoshi (correct)



Uwaoshi



Betaoshi



Correct



Not engaged enough



Engaged too much

Rules regarding the movements in Shômen Uchiokoshi and Shamen Uchiokoshi

- Shômen Uchiokoshi: may use either Reishakei or Bushakei method.
- Shamen Uchiokoshi: only Bushakei method should be used.

	Reishakei	Bushakei
Holding the Ya	Hold the Itsukebushi	Hold by hiding the Itastsuki
Yatsugae	Push the Ya in one motion	Push the Ya in two motions
Carrying Otoyâ (during Yatsugae)	Between the ring and small fingers	Between middle and ring fingers
Ashibumi	Open in one step	Open in two steps
Closing Ashibumi	Close in one step	Close in two steps

(From "Kyurei Kyûhō Mondôshû", ANKF, p.18)

N. B.: Consistency is required in the method chosen.

Kihon no Dôsa (8 movements)

It is fundamental that all movements be coordinated with the breathing (and start on an inhalation).

1. Standing Up

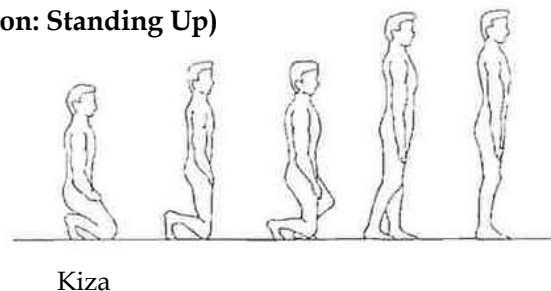
Care must be taken not to collapse the fundamental posture.

When sitting in Seiza, first move to Kiza posture and stand up as shown on the illustration below.

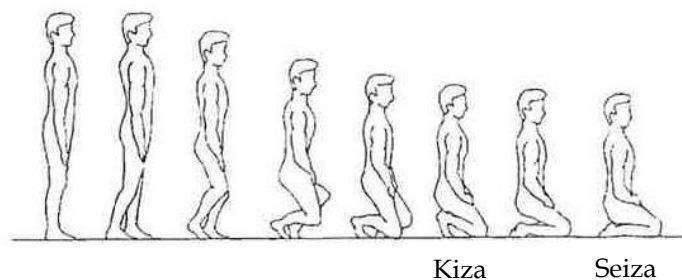
2. Sitting Down

Sit down in Kiza first and move to Seiza posture.

(Illustration: Standing Up)

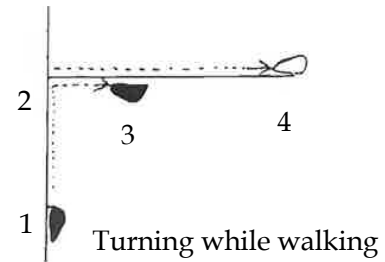


(Illustration: Sitting Down)



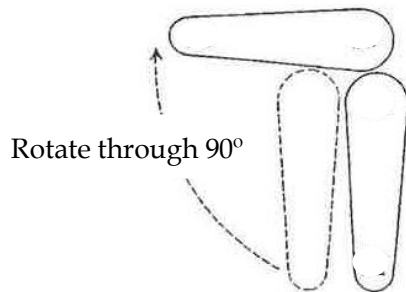
5. Turning While Walking

When you make a right turn, step firmly with the left foot, use the left heel as a fulcrum and move the right foot through an L-shaped turn. While turning, the right foot should brush the left heel.



6. Turning in the Kneeling Position (Hirakiashi)

From the Kiza posture, bring the hips forward with the body raised vertically onto the knees, and turn as shown in the diagram by rotating the hips. While turning, the lowering of the hips and the closing of the feet should be done in one motion and be completed at the same time.



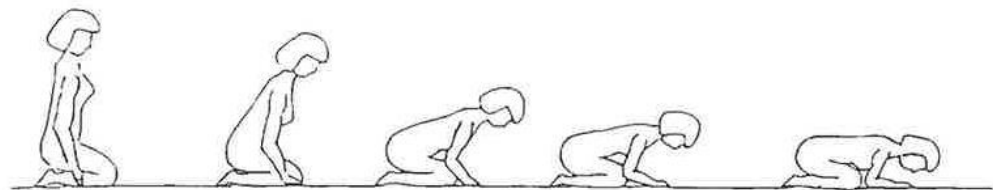
Hirakiashi
(right turn)



7. Rei (Za-Rei, Ritsu-Rei)

Bowing must be the expression of our respect and love towards others. The upper body correctly stretched, focus your attention on the person you want to bow to, and slide your hands as you bend your upper body forward. The bowing action should be synchronized with the breathing: bend forward on an inhalation, exhale in the bowed position, and raise the body back on an inhalation (Mi-Iki: three breaths).

The angle of the bow shall depend on the status of the person receiving the bow:

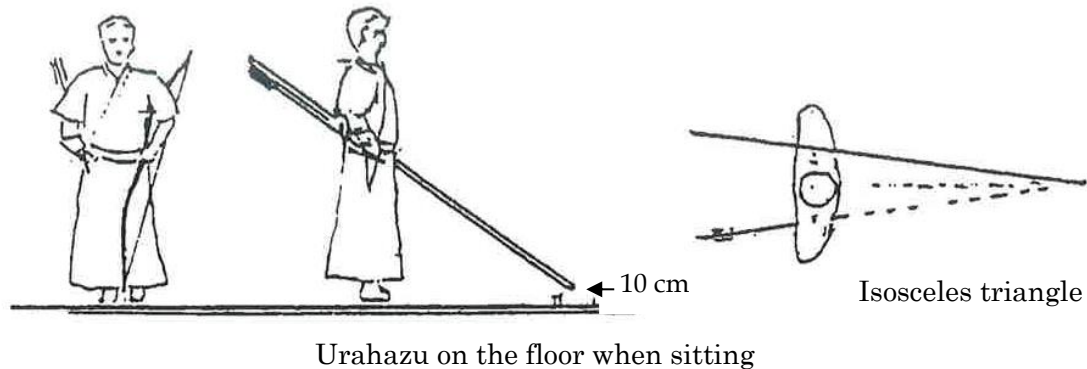


Shiken-Rei	Sesshu-Rei	Takushu-Rei	Sôshu-Rei	Gôshu-Rei
	Fingertips aligned with the kneecaps	Forehead at about 24 cm above the floor	Forehead at about 15 cm above the floor	The fingertips touch with the elbows on the floor

In the standing posture, bend the upper body forward with the hips as a rotation axis and slide the hands down the thighs. The normal angle of bending the body should be about 45°, which can be taken as a standard.

Toriyumi no Shisei (bow holding posture)

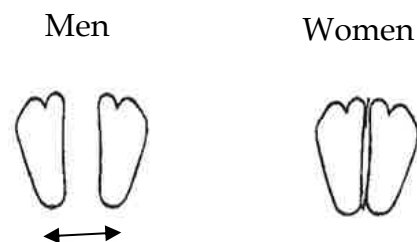
In standing position or in Kiza posture, hold the Yumi in the left hand with the string facing outward and the Ya in the right hand, and set the fists on the hips. This posture is called 'Toriyumi no Shisei'.



N. B.: Position of the feet

Men should keep the feet 3 cm apart.

Women should place them together.



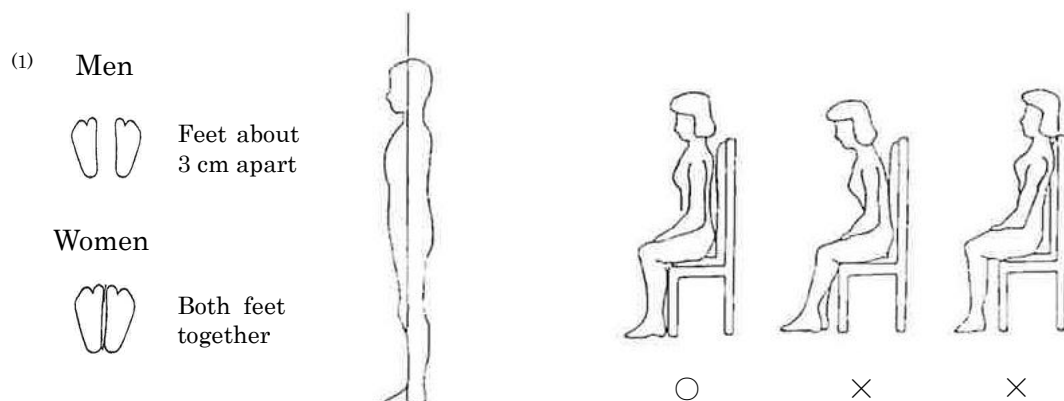
Kihon no Shisei (4 postures)

1. Standing

Place the feet parallel to each other⁽¹⁾, stretch the spine and the nape of the neck vertically and stand naturally, with the center of gravity to the front of the soles of your feet. Close the fingers and place the hands slightly to the front of your thighs without strain. The gaze passes along the bridge of the nose to a point about 4 meters to the front.

2. Sitting on a Chair

Sit as deeply into the chair as possible, stretch the spine and the nape of the neck vertically and keep the arms and shoulders relaxed. Place the hands on top of the thigh joints with the fingers closed and pointing inward. The gaze passes along the bridge of the nose to a point about 3 meters to the front.



3. Sitting on the Floor (Seiza)

The big toes placed on top of each other, stretch the upper body vertically but without strain. Place both hands on top of the thigh joints with the fingers closed. The gaze passes along the bridge of the nose to a point about 2 meters to the front. Men should keep the knees about on fist's distance apart, and women should keep the knees as close together as possible.

4. Half-Sitting on the Heels (Kiza) and Haunches (Sonkyo)

Kiza:

Sit on your heels with the toes tucked under your body and make the knee active on the side holding the principle implement. (The space between the kneecap and the floor should be about a palm's thickness.) Keep the heels together.

Sonkyo:

Squat with both feet together on tiptoe, with the knees raised from the ground, and keep the upper body correctly. The standard spacing between the knees should be a distance of two fists' width.