

Kashima Shinden Jikishinkage-ryū — Hōjō kata

uchidachi	haru no tachi	shidachi
ipponme		hassō happa
taiken – mokurei bakken ai seigan (chokuritsu ken – suihei ken) <div style="border: 1px solid black; padding: 2px; display: inline-block; text-align: center;"> kami hanen niōdachi </div> kazashi		
migi naname		jōdan
jōdan		migi hassō
uchi komi migi naname hidari muki hitoemi tai atari yoko ichimonji tate ichimonji hidari hassō jōdan ura uchi ai jōdan uchi komi		
morōde		jōdan
ukeru		uchi komi
ai seigan oshi komi (chokuritsu ken) <div style="border: 1px solid black; padding: 2px; display: inline-block; text-align: center;"> shimo hanen niōdachi </div> migi mae naname so tai		

uchidachi	natsu no tachi	shidachi
nihonme		itto ryōdan
ai seigan (chokuritsu ken – suihei ken) <div style="border: 1px solid black; padding: 2px; display: inline-block; text-align: center;"> kami hanen niōdachi </div> jōdan		
[hi tachi] uchi komi (chokuritsu gedan) ai jōdan uchi komi (chokuritsu shōmen) ai seigan		
	oshi komi	
migi hassō	migi kasumi	
	migi dai kaiten	(migi hassō)
uchi komi migi hassō hidari muki hitoemi tai atari		
ai seigan oshi komi (chokuritsu ken) <div style="border: 1px solid black; padding: 2px; display: inline-block; text-align: center;"> shimo hanen niōdachi </div> migi mae naname so tai		

uchidachi	aki no tachi	shidachi
sanbonme		uten saten
ai seigan (chokuritsu ken – suihei ken) <div style="border: 1px solid black; padding: 2px; display: inline-block; text-align: center;"> kami hanen niōdachi </div> kazashi		
migi naname		seigan
jōdan		migi naname
uchi komi hidari muki hitoemi tai atari ai jōdan uchi komi		
morōde		jōdan
ukeru		uchi komi
hidari kasumi hidari dai kaiten hidari jōdan hidari hassō ura uchi ai jōdan uchi komi		
ai seigan oshi komi (chokuritsu ken) <div style="border: 1px solid black; padding: 2px; display: inline-block; text-align: center;"> shimo hanen niōdachi </div> migi mae naname so tai		

uchidachi	fuyu no tachi	shidachi
yonhonme		chotan ichimi
ai seigan (chokuritsu ken – suihei ken) <div style="border: 1px solid black; padding: 2px; display: inline-block; text-align: center;"> kami hanen niōdachi </div> jōdan		
[shokō gedan] chokuritsu gedan ai jōdan [sokushin gedan] chokuritsu gedan ai jōdan uchi komi (chokuritsu shōmen)		
jōdan		seigan
hidari ashi kiri		hidari ashi tome
jōdan		seigan
migi ashi kiri		migi ashi tome
migi kasumi tsume ai jōdan uchi komi		
ai seigan oshi komi (chokuritsu ken) <div style="border: 1px solid black; padding: 2px; display: inline-block; text-align: center;"> shimo hanen niōdachi </div> migi mae naname so tai ai seigan no ken mokurei – taiken		