

CHAPTER 10 KIME-SHIKI (Forms of Decision)

1. Purpose

This exercise aims to properly and strongly build your body by developing the fast and graceful movements of your muscles of the whole body. Further, it considerably assists to improve the skillful and decisive body movements which can be responded to any unexpected emergency without losing any time in accordance with the principle of attack and defense of the martial arts.

2. Outline of Kime-shiki

Kime-Shiki is composed of the five techniques applicable by assuming kneeling posture with the bare hands or a dagger, and the other five techniques applicable by assuming standing posture with the bare hands or a dagger or a sword, which are as follows:

Idori (Techniques applicable by kneeling posture)

Ryote-dori	(Both Wrists Seizure)
Furi-hanashi	(Swing-off with right hand)
Gyakute-dori	(Reverse Both Wrists Seizure)
Tsukkake	(Stomach Punch)
Kiri-kake	(Straight Cut-down at Head with a Dagger)

Tachiai (Techniques applicable by standing posture)

Tsuki-age	(Uppercut)
Yoko-uchi	(Blow at Left Temple)
Ushiro-dori	(Shoulder Seizure from Behind)
Naname-tsuki	(Oblique Thrust at Left Neck with a Dagger)
Kiri-oroshi	(Straight Cut-down with a Sword)

3. Significance

This exercise differs from the ordinary gymnastics which are very useful to evenly develop your whole body, however, are mostly not practised with a keen interest in analyzing the substance of each body movement.

As stated in the above purpose of this exercise, you may acquire the martial arts through your practice of this exercise and accordingly you may improve your spiritual culture. At every time of practising this exercise, therefore, you have to calm your mind and concentrate your mind on every movement by making the most efficient use of your energy.

