**Hanbojutsu Manual: Ninjutsu with Spencer Bolejack**

Updated 4/2012

**Kata Yuburi** – 45 degree backwards movement, and forward, strikes and blocks, circular sidestep and strike from above, tsuki

*String together the different blocks, exploring movement in many directions.*

Train with a partner next, attacker uses straight punch – we develop timing distance and accuracy

Technique – Sanshin Tsuki, step back and drop stick, then align with long forward thrust

*Principle – extension of the stick, sliding hand*

Han Gaeshi – flip over and ‘fan’ motions

**Munen Muso** – walking cane like, figure 8 ‘s

\*straight thrust, body alignment

\* Ane Age, rear rising tip strike

\*transition from single to two hand strikes (tsuki men uchi, thrust, bottom tip up, sword)

\*tsuki do furi – straight tsuki, then side step and rear tip hit

\*tsuki Gaeshi – tip hit then turn body and weapon to redirect attack, keep moving

**Otonashi** – *behind back stance, holding*

* Surprise attacks; tsuki ex.
* Rising rear end strike
* Lift up behind back and sword type hit (kure kaeshi)

**Tsuke Iri** – *insert between arm and body, takedown, use knee and foot for locks (advanced; reach under attackers left arm with own left arm and chicken wing back, also raise his right arm to inner thigh while stepping on hanbo)*

*Variations: step in and circle CC creating torque for the throw, arm trapped against body - one handed pin (right under his right forearm but over hanbo, motorcycle rev) – start with tsuki from otonashi, then tip hit swing, then ride the technique down hard – wrench sword out of attacking hand and turn to cut attackers neck (reach through hands and use body for leverage) – with bo –*

**Koshi Ori** – *breaking the hip*, slide stick with the step, also lock and twist hand at wrist

* *Also, from munen muso (tsuki neck, rise under arm, then takedown add choke to end)*
* *Do from outside the strike as well, with leg sweep.*

**Ganseki Otoshi** – *dropping a big rock.* Strike incoming arm, lower yourself to enter in one step, secure lock on head back, then turn – an otoshi also uses leg for takedown.

* Enfolding technique; reach over to add power when attacker resists (makikomi), strike to mid section with stick again before the reach over
* With walking stick you can start with groin strike and tsuki
* Garami – entangling: catch the elbow with a wrap, evade and cover, strike to elbow, lock the shoulder and check knee/leg, flip over and apply pain muscle choke with hanbo end resting in kidney.

**Oni Kudaki** – crushing the devil. Punch with stick against bicep, move under and behind with stick and execute technique grabbing wrist with hanbo. For pin step over body and pull rearward with erect back until pain compliance.

* Variation 1; step to outside and strike upward, then fan stick to position it for technique (which is another hit), hand in position as second hit delivered.
* Endless variations of your own discovery
* Variation 2; begins like basic but attacker throws attack with rear hand, angle and distance change to evade strike and hanbo placed against throat for severe takedown.
* Variation 3; butt strike down onto elbow, scoop in and throw

**Gyaku Ude Garami** – *entangling the reverse arm*. Stp outside and strike hard up against inner elbow to create bend, bind forearm with stick and continue twist into chicken wing shoulder lock. The hand bind can be continued into forearm-over-stick hold for more power and security. Explore chokes and holds.

**Kyokotsu Kudaki** – sternum crush. Strike to mid while positioning to rear for sternum/body choke up, then drop to sweep shins/ankles for takedown.

* Lethal variation; rear takedown from sternum choke and forward lean.
* Also from above position, throw him over onto stomach and apply pressure down with hand against head/neck and up/rearward with stick against sternum while mounted from rear.
* Variation, Throw; simply pivot after intial choke into hip throw. IMPORTANT – IN PRACTICE COMPLETE ENTIRE ROTATION, IN APPLICATION ATTACKER IS THROWN ONTO NECK/HEAD.
* Also into chokes across body/neck from behind and cross arm from front with rear topple.
* Against weapon attacks

**Ryo-ashi Dori** – *Seizing both legs*. Strike down onto attacking arm, circle to rear maintaining contact control, take down by pulling shins, continue leg bend until pain compliance against shin bone.

* Variations include different locks and different takedowns including single leg from rear

**Kocho Dori –** *catching a butterfly*. Similar entrance to a mutodori, then reversing for rear takedown. Stp rear-inside with an underhand upward blow to attacking arm, then transition to arm lock forward. The arm lock can be skipped.

**Techniques Against Foot Attacks**

*Target front and rear legs, against bottom of incoming foot as well as transitions between defense and counter attack*

**Ashi Kujiki –** *leg wrench.*  Endless variations!

**Ashi Ori –** *Breaking the leg*. Like a muto dori angst the leg.

**Ashi Garami** – *entangling the leg.*

**Ashi Dori** – *Seizing the leg.* Rotate to turn and catch and throw away

**Ashi Gatama** – *pressing on the leg.* In out sweep block and cross choke against shin, take down. Step against inner opposite thigh to hold while applying submission.

**Techniques against Fist and Foot attacks**

Flow basics until arriving at a throw or lock or choke.

Spontaneity; blend and flow with creative and intuitive variation, breaking free of forms and rules to allow the mind and body to function as a living unit, adapting to meet needs of the moment (and creating momentary situations).

**Techniques against wrist grabs**

Ude Garame Omote -