

Contents of Kashima-no-Tachi DVDs

SHODEN [Basics] 93 minutes

TAIJUTSU Basics
SUMO Basics
JUJUTSU 1 – REIKI
JUJUTSU 2
ICHI-NO-TACHI (KESA-GIRI)
KIHON-DACHI (5 techniques)
URA-DACHI (10 techniques)
JUJUTSU 3
Lecture – Japanese BUDO

CHUDEN [Intermediate] 100 minutes

AISHIN-KUMI-TACHI (5 techniques)
JISSEN-KUMI-TACHI (10 techniques)
JIYU-TACHIAI
JOJUTSU
JUJUTSU – The principle of AIKI
KASSEN-DACHI (10 techniques)
SOJUTSU (10 techniques)
Lecture – BUDO in the present day

OKUDEN [Deep transmission] 105 minutes

TSUBA-ZERIAI (6 techniques)
TAOSHI-UCHI (6 techniques)
NAGINATA (20 techniques)
BATTOJUTSU (32 techniques)
URA-DACHI with IAITO (6 techniques)
SHINKEN-TACHIAI (8 techniques)
HONO-ENBU (Demonstration dedicated to the deity of KASHIMA JINGU)
Lecture – HOYO-DOKA and JINMU-MUTEKI



MEIJI JINGU: inner precinct



KASHIMA JINGU: BUTOKUDEN



KASHIMA-NADA