

Midori Yama Budokai: Hanshi's Corner
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Ichi go, ichi e: One life, one meeting

Ryūkyū Kobudo or Okinawan Ancient Weapons

For those of you who do traditional Okinawan weapons, here is a list of books, which have the *kata* in them.

Encyclopedia of Okinawan Weapons by Taira Shinken

- Shushi no Kun (Dai)
- Hamahiga no Sai
- Hamahiga no Tonfa
- Sueyoshi no Kun
- Kihon Nunchaku Kata (unfinished!)
- Bōjutsu Kingo no Kata (demonstrated – no text)
- Kingo no Kata

Bō, Sai, Tonfa and Nunchaku: Ancient Martial Arts of the Ryūkyū Islands (volume 1)
by Motokatsu Inoue: the unique features of these books are: they give the basics;
then after each kata, bunkai (called kumite) is given.

- Shuji no Kon (Shō)
- Sakugawa no Kon (Shō)
- Tsukenshitahaku no Sai
- Hamahiga no Tonfa
- Kata Nunchaku (No. 1; Shō)

Kama, Tekko, Tinbe and Surujin: Ancient Martial Arts of the Ryūkyū Islands (volume 2)
by Motokatsu Inoue

- Tozan no Kata (kama)
- Maezato no Kata (tekkō)
- Kanigawa no Kata (tinbe)
- Mijikai Surujin no Kata (short surijin)

Kobudo 1 Okinawan Weapons of Matsu Higa by Richard Kim

- Matsu Higa no Tonfa
- Matsu Higa no Bō
- Matsu Higa no Sai

Kobudo 2: Okinawan Weapons of Hama Higa by Richard Kim

- Hama Higa no Kama
- Hama Higa no Sai
- Hama Higa Tonfa

Kobudo 3: Okinawan Weapons of Chatan Yara by Richard Kim

- Techu no Kata
- Chatan Yara no Sai Shō
- Chatan Yara no Sai Dai

Ancient Martial Arts of the Ryūkyū Islands, Series I, The Basic Formal Exercise of Nunchaku by Ryusho Sakagami

Ancient Martial Arts of the Ryukyu Islands, Series II, The Basic Formal Exercise of Sai of Tsukenshitahaku [Tsukenshitahaku no Sai]

Ancient Martial Arts of the Ryukyu Islands, Series III, The Basic Formal Exercise of Tonfa of Hamahiga [Hamahiga no Tonfa] by Ryusho Sakagami

All of Sakagami's booklets are in English and Japanese.

Nunchaku and Sai: Ancient Okinawan Martial Arts by Ryusho Sakagami

- Basic [Kihon] Nunchaku Kata (includes basic swings, kumite and the use of two nunchaku)
- Tawada no Sai (includes basics and kumite)

Total Stick Fighting: Shintaido Bojutsu by Hiroyuki Aoki

- Hi no Kata (Fire Kata; condensed form of Nidan no Kata AKA Sakugawa no Kon)
- Kaze no Kata (Wind Kata; condensed form of Sandan no Kata AKA Matsukaze no Kon)
- Mizu no Kata (Water Kata; condensed form of Yodan no Kata AKA Shirotaru no Kon)
- Nidan no Kata AKA Sakugawa no Kon

Basics and kumibo (kumite with the bo) are included

Bo: Karate Weapon of Self-Defense by Fumio Demura

- Shushi no Kon Sho

Okinawan Weapons: Bo Fighting Techniques by Harold Long and Phil Little

These are traditional forms adapted for Isshinryu Karate; the spelling is that of the authors.

- Tokomeni no Kon
- Urasoe no Kon
- Shishin no Kon Dai

Bo: The Japanese Long Staff by Tadashi Yamashita (includes basics and kumite)

- Tsuken no Kun

Kama: Karate Weapon of Self-Defense by Fumio Demura (basics and kumite)

- Kanegawa no Nichogama

Kama: Weapon Art of Okinawa by Toshishiro Obata (basics and kumite)

- Tozan no Kama

Advanced Nunchaku by Fumio Demura and Dan Ivan (basics and kumite)

Both Ryusho Sakagami and Fumio Demura state there are no traditional nunchaku kata. Each school has its own basic form.

- Kata I
- Kata II

Nunchaku Dynamic Training by Hirokazu Kanazawa (*Shotokan*)

- Bu Ho no Kata Shodan (with bunkai/kumite)
- Ju Ho no Kata (Health Method Exercise)

Nunchaku II by James Phillips

- Nunchaku Kata

Saijutsu: Traditional Okinawan Weapon Art by Katsumi Murakami

- Saijutsu Kihongata Ichi
- Saijutsu Kihongata Ni

- Saijutsu Kihongata San
- Tawada no Sai Ichi
- Matsumura no Sai

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