

### < About the “Goho-no-Kata”-Forms >

The “Goho-no-Kata”-Forms were developed circa 370 years ago by MIYAMOTO Musashi, the founder of the “Niten-Ichi-Ryu”-School, and have been passed on unchanged until today. The essence of his ultimately unrivalled sword fighting techniques is contained in its entirety in these altogether five straightforward “Kata”-Forms.

The first form carries the name “Katsu-totsu-kissaki-gaeshi” and shows the technique from the Chudan-posture. The second form is called “Gi-dan” for the technique from the Jodan-posture. The third form is called “Sui-kei” and shows the technique from the Gedan-posture. The fourth form is called “Juh-ki” for the technique from the Hidari-waki-posture. The fifth form is called “U-choku” and shows the technique from the Migi-waki-posture.

The movement of the “Goho-no-kata”-Forms is slow and calm. But this slow movement embodies the infinite spiritual energy as well as the profound tactical methods to defeat an attack from an opponent at the shortest distance.

There are three kinds of shouts, which are unique; they are “Zuh”, “Tahn” and “Hettai”. “Zuh” embodies life energy such as that of a young tree that grows full of life toward the heavens, “Tahn” the spirit of decision and “Hettai” the utmost determination.

The two wooden swords are also unique. The longer is 101,5 cm and the shorter 60,6 cm long. Both are made thin and light of white oak. This is an invention to allow training and learning of the correct way of the sword independent of muscular strength.

There are three branches of the “Niten-Ichi-Ryu”-School; the “Noda-ha”, the “Santoh-ha” and the “Mizuo-ha”. The Forms that have been handed down to us over the centuries from MIYAMOTO Musashi belong to the “Noda-ha”, the only branch that is recognized by the All Japan Kendo Federation. The 17th legitimated successor of the “Noda-ha” was Kakuji ICHIKAWA, Kendo Hanshi, eighth Dan. (*He is the father of Eiki ICHIKAWA Sensei here*). After him there is no particular successor to this branch; this position has been taken over by the Kendo Federation of Kumamoto Prefecture.