

# 自剛天真流 卷壹

**Jigo Tenshin-ryu** (Maki Ichi)

*Translation by Billy Ristuccia*

## 自剛天真之卷

夫レ組討ノ道タルヤ剛柔  
共ニ捨テス方圓兼テ用フ  
譬ハ止テ動カサル時ハ静  
ナルコト山ノ如シ是レ剛ニシ  
テ方ナルノ意ナリ又行テ止  
ラサル時ハ疾キコト水ノ如シ  
是レ柔ニシテ圓ナルノ味乎  
故ニ體柔和ナラサレハ運  
轉シテ遲速ニ應スルコト  
能ハス組討ノ妙所ニ至テ  
一心一術撲テハ果シテ金甲ニ徹ス

## 自剛天真組討 ト云フ



## Jigo Tenshin no Maki

The way of grappling is to combine hardness and softness. Both are used together interchangeably. For example, when you stop and do not move, you are still. This is like a mountain, which is hard.

When you move and do not stop, you are swift. This is like water, which is soft. This is the essence of grappling. Therefore, if the body is flexible, it can respond to changes in speed. This is the essence of combat.

With a single mind (Isshin 一心) and a single technique, one can penetrate even the strongest armor.

## Jigo Tenshin Kumiuchi (to utter / to say)

## 拳法殺活

**Kenpo Sakatsu**

### 一 前之殺 上中下 Mae no Satsu (Jo, Chu, Ge)

當法進退陰陽間手術 **Tohō Shintai Onmyō Kanshujutsu**  
(Procedures for Advancement and Retreat According to the Law of Yin and Yang)

### 一 活氣 Katsu Ni

活息調維心氣修靜 **Katsu Iki Cho Shinki Shusei**  
(Activate Your Breath, Regulate Your Mind, and Cultivate Tranquility)

# 大難ヲ得ル事多シ心得大事

右殺活現業八拳法ニ於テ  
密秘ト為ス  
卿ノ懇望ニ依リ授與セシム  
モノナリ何レモ當リ所生シ所ト  
云テ禁穴ナリ是う當レハ  
敵忽テ死紀スルモノナリ総テ  
當リウ打タントスル時ハ誠ニ  
大事ノ場ニ限リタルモノナリ  
萬一通セサル時ハ心轉倒  
スルモノナリ却テ大難ヲ得ル  
事多シ心得大事

## Kokoro-e Daiji 心得大事

Among the eight actual techniques of killing and reviving, this is a highly confidential technique that was bestowed upon me and now to you at your request. It is said to be a forbidden hole, which means that the enemy will suddenly die. The time to strike should be limited to truly important situations. If it is not possible to do so, you will lose your composure and end up in great danger. It is important to keep this in mind and be prepared for the unexpected.

## 自剛天真流極意

以上自剛天真流極意ハ  
庄林藤原道一先生、遺  
傳り御本館ニ於テ現術  
ヲ修業シ熱心衆ニ卓絶シ  
技術亦大イニ進歩セシニ依リ  
本館ノ先輩ヲシテ秘  
術ヲ授ケシム

## Jigo Tenshin-ryu Gokui 極意

The above is the essence of Jigo Tenshin-ryu. Master Shōbayashi Fujiwara Doichi 庄林藤原道一, who passed away, taught the art at the Honkan, and his students excelled in their training. As a result of their great progress and unrivaled dedication in the training, the seniors at the Honkan taught them the secret techniques.

## 血判

自今益々勵精鍛鍊ノ上ハ  
猶秘傳授與セシム可キモノ  
ナリ尤モ他見他言等之レ  
有ル間敷キ事

## Keppan 血判 (Blood Oath)

From now on, I will continue to train diligently. I will keep these eight secret methods secret and not reveal them to anyone. I will not show them to anyone else. I will not talk about these matters to anyone else.

Date Issued:

昭和三十九年四月十二日  
Shōwa san jū kyū-nen shi tsuki jū ni-nichi  
April 12th, 1964

Issued by:

明道館長 Meidokan-cho  
進藤一馬  
Kazuma Shindo

Issued to:

安岡克司 殿  
Yasuoka Katsushi

