

# Ninpō Taijutsu – The Ninja Body Art (忍法体術)

Ninpō taijutsu is the unarmed self defense of the ninja that combines the skills of leaping, striking, kicking, grappling (throws, joint-locks, escapes, and chokes) rolling, break falls, and acrobatics. Its main purpose was to allow the ninja to use his body for escaping and evading. Today this martial art still maintains its characteristics, which are avoiding fights, escaping and evading, and promoting peace.

The foundations of ninpō taijutsu are kosshijutsu (骨指術 – bone and finger techniques) and koppōjutsu (骨法術 – bone method techniques). It is said that these techniques were a product of Chinese martial arts being combined with the indigenous Japanese fighting methods. According to the ryūha that use these techniques, Chinese and Korean immigrants escaped their homeland and sought sanctuary in the mountainous region of [Iga Province](#). From there these Chinese methods were integrated into Japanese fighting techniques and were taught within the families of Iga Province.

Here are some of what is taught in ninpō taijutsu:

Taihenjutsu (体変術 - body changing art)

Kaiten (廻転 - rolling)

Nagare (流れ - flowing rolls)

Ukemi (受身 - receiving body: break falls)

Ōten (横転 - turning sideways: cartwheels)

Kuten (空転 - sky turn: flips/handsprings)

Hichōjutsu (飛鳥術 - jumping techniques)

Shōtenjutsu (昇天 - ascend to heaven techniques: running up vertically)

Kosshijutsu (骨指術 – bone and finger techniques) / Koppōjutsu (骨法術 – bone method techniques) /

Dakentaijutsu (打拳体術 - striking fist body art) / Hajutsu no hō (破術之法 – method of using destroying and breaking skills)

Keri (蹴り - kicks)

Tsuki (突き - punching)

Uchi (打ち - striking)

Uke (受け - blocks)

Koshi Kudaki (腰砕き - Hip crusher)

Ken Kudaki (拳砕き - Fist crusher)

Keri Kudaki (蹴り砕き - Kick crusher)

Jūtaijutsu (柔体術 - yielding body art: grappling techniques)

Nage (投げ - throws)

Sutemi Waza (捨身技 - sacrifice techniques: sacrifice the body to throw)

Kaeshi Waza (返し技 - counter techniques)

Ura Waza (裏技 - reverse techniques: see kaeshi waza above)

Kansetsu Waza (関節技 - joint locks: wrist and joint manipulations)

Gyaku Waza (逆技 - reverse techniques: see kansetsu waza above)

Tehodoki (手解き - hand/wrist escapes)

Taihodoki (体解き - body escapes: escapes from body holds/grabs)

Shime Waza (締め技 - choking techniques)

Shime Hodoki (締め解き - escape from chokes)