

SHINRAI NO MAKI

(the bastard scroll)

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2. Soto Gama Kotemakiwrist winding soto gama
3. Hadaka Jime Otoshidropping front neck break
4. Do Jime Nage body strangle throw
5. Namijuji Hazushi Nage.....standing choke escape throw
6. Genkotsu Kote Nage..... ..punch wrist throw
7. Gyaku Genkotsu Ude Tori.....punch, reverse arm breaker
8. Mae Kannuki Nagefront double armlock throw
9. Ryote Imon Nage..... 2 hand chest push throw
10. Suware Ryote Tori sitting double wrist hold break
11. Ushiro Hadaka Jime rear straight arm choke
12. Genkotsu Yoko Otoshi punch, side drop throw

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23. Ryokuhi Uki strength floating drop
24. Mae Kin Otoshi front groin drop with leglock
25. Ushiro Kin Otoshirear groin drop with leglock
26. Gyaku Tsurigane Otoshi reverse testicle drop

With Permission from Professor Gary Lescak I have modified his DVD content Shinrai no Maki to my home produced 8 ½” by 11” Martial Arts Kata and Beyond, Part 3 Nidan to Yodan. I use parts 1, 2, and 3 of this manual as my Golden Sage Martial Arts School Kata Manual. I was introduced to this list by Alex Limbaugh (Hawaiian Jui-Jitsu System) in Jacksonville, Florida many years ago.

I used clips of this fine DVD by Professor Lescak titled

Shinrai no Maki Vol. 2 No. 1 The Kodenkan Dan Zan Ryu video Series

If you are not able to study directly I recommend Yudansha purchase of this DVD for a more thorough understanding of these fascination arts. www.mettermartialarts.com

My text is a combination of my interpretation in my Kata Manual format.

I used some of Prof. Lescak and his students for some of the text from the audio of the DVD.

Professor Bob Karnes
Golden Sage Martial Arts
10-30-2020



Names and titles

Shinrai no Maki (26 techniques) is a list of intermediate to advanced techniques that Professor Lescak has adopted as a new addition and made a part of the Dan Zan Ryu jujitsu system. Since it was not a scroll originally taught by Master Okazaki, some people refer to it as “the bastard list”. In the DVD Prof. Lescak explains why he has added these techniques to the system, gives some background about this list, discusses Master Okazaki’s philosophy and legacy, and shares his personal insights into the art.

Gary Lescak has studied, practiced, and taught martial arts since 1967; he currently holds the rank of Rokudan (6th degree black belt) and the title of Professor in Kodenkan – Dan Zan Ryu jujitsu.

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1. Akushu Kotemaki Nage “handshake wrist winding throw”



A wrist hold taken from a hand shake. With continuous movement from a right hand shake turn to your left twisting Uke's hand in a Katate Tori Ichi hold while putting your right hand behind your back. While looking over your left shoulder lift up on Uke's elbow. This causes a pain compliance lock as you turn to face Uke. Be careful not to twist too fast as this may harm Uke if they do not sit down quick enough to comply with the wrist lock.

Brief description

The main idea with this technique is to turn a handshake into a throw. What that implies is that this is not from a static handshake but from movement. You want to do this as your opponent is walking toward you and you have some movement in the technique. Uke takes a step to reach and greet. At that point Tori steps to the side and takes the wrist lock, turns, and that is the throw.

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2. Soto Gama Kotemaki “wrist winding Soto Gama”



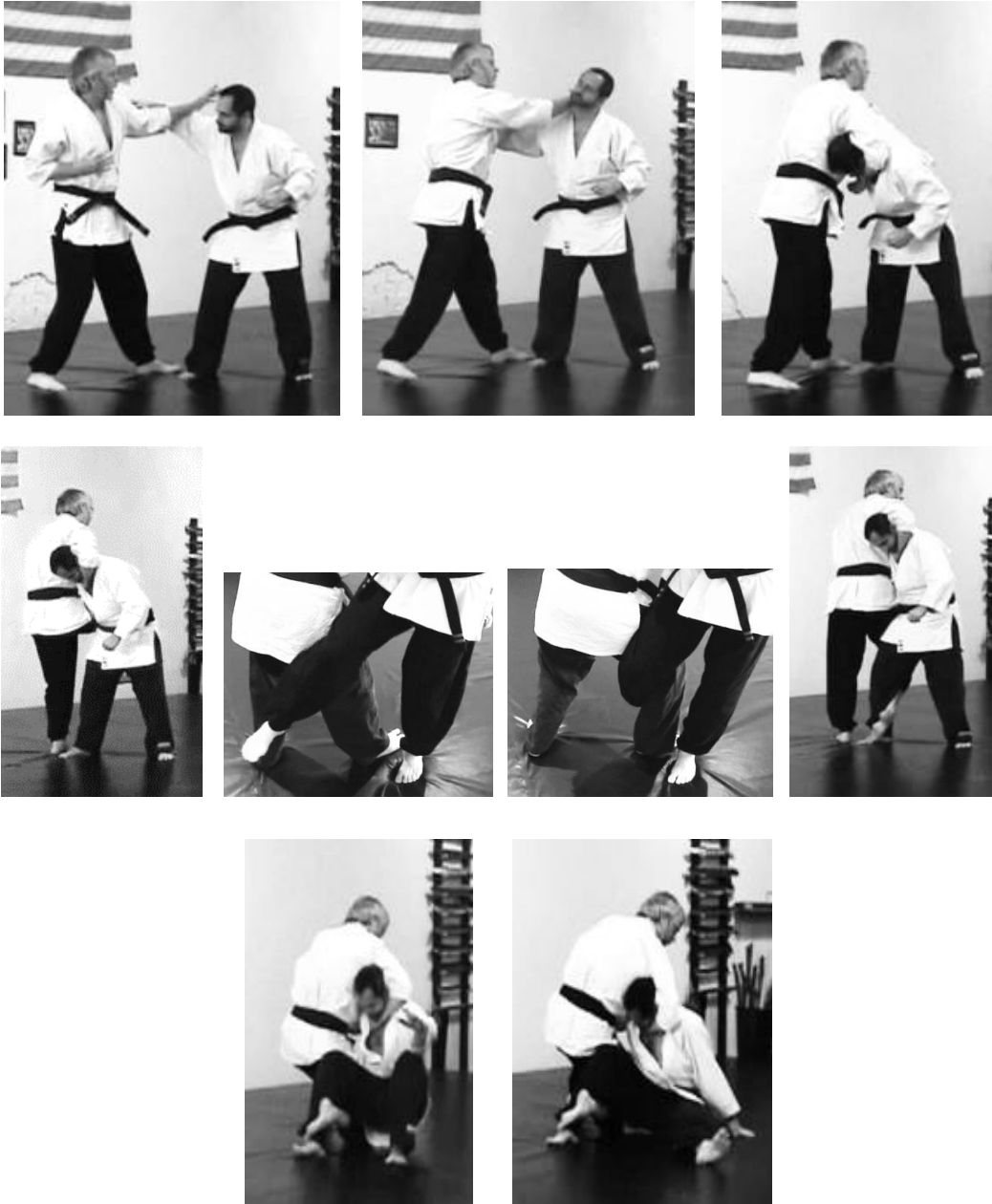
Wrist lock, finger jab, throw, to a figure four lock. From a right punch parry down and take Katate Tori Ichi up to their right shoulder. Do a finger jab to Uke's neck. Do a knee lift like in Hiki Tate Tori Shime from the Shinnin list. While maintaining control of Uke's right wrist drop on Uke's right ribs with your right knee. Do a kneeling Te Kubi Shigarami from the Goshin jitsu list. Put Uke into a hammerlock and roll Uke away from you.

added description

In this technique you are combining joint locking, striking, and throwing, and taking him down to the mat art. From a forward punch Parry, take katate tori, striking neck, striking with your left knee to Uke's right quadriceps in a type of Hiza Soto Gama). Then do a knee drop breaking Uke's ribs, break their wrist, and releasing Uke in a controlled fashion.

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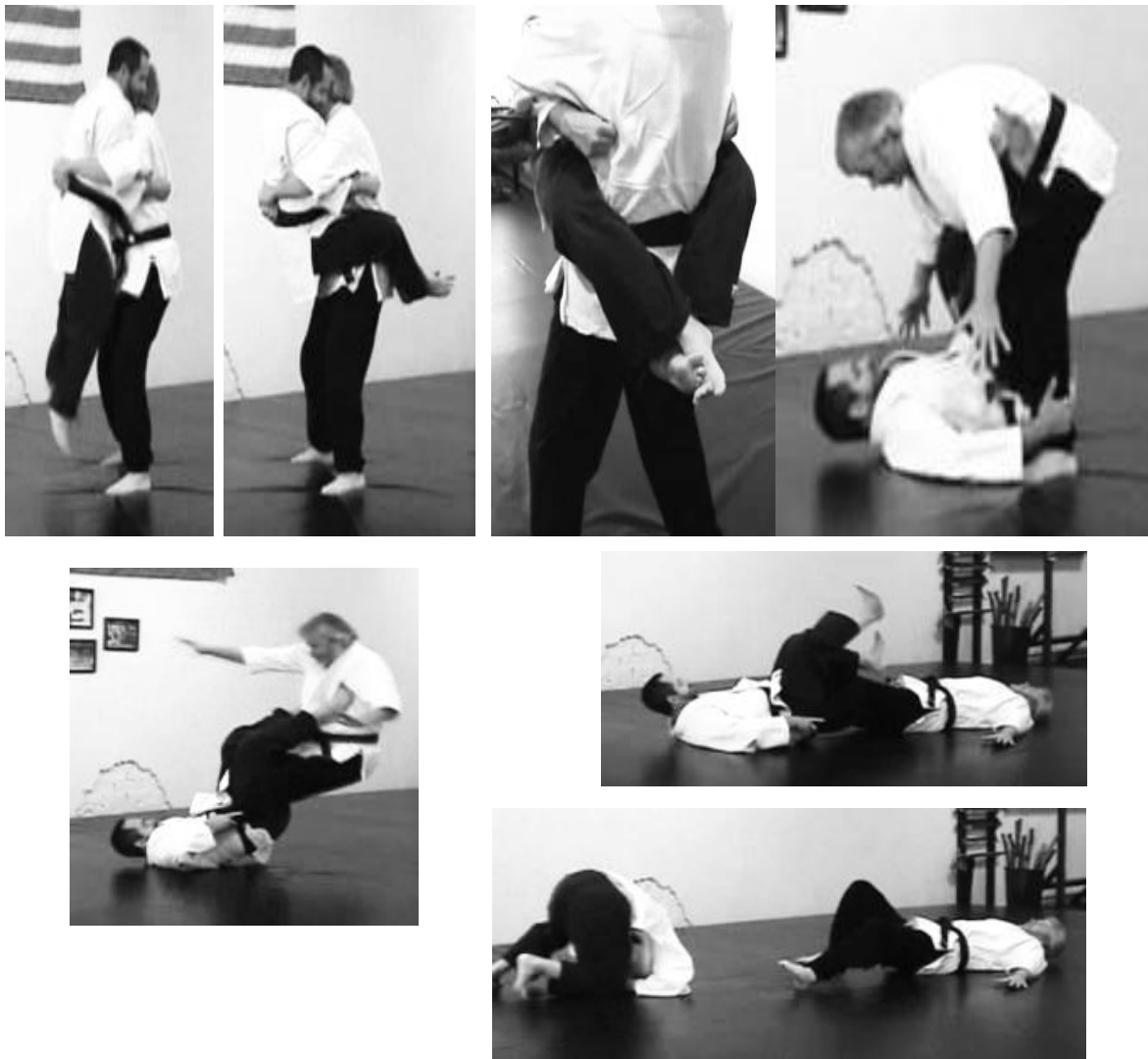
3. Hadaka Jime Otoshi “dropping front neck break”



Hadaka Jime Otoshi is a technique where you fracture the spine twice. Uke punches and Tori blocks (with a left Shuto block). You strike the carotid sinus (Kasumi Dori) with your right hand and apply Hadaka Jime simulating breaking the cervical spine. I release the hold and grab the inside right lapel in practice for safety. You step next to Uke's right side with your left foot. You entwine your right leg around Uke's right leg (like as in Ude Garami on the Shinnin list). Carefully skip a little forward with your left foot sit Uke gently to a sitting position simulating a thoracic spine break, Then Release.

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4. Do Jime Nage “body strangle throw”



Jumping Dho Jime to takedown. Use knuckle strikes into Uke’s ribs to get Uke to drop you. Hook their heels from the outside with both of your hands. With your feet in Uke’s stomach push Uke back as you pull Uke’s heels back. Uke takes a back fall. Use several heel strikes to Uke’s groin and do a back roll to escape.

Added description

The main idea in Do Jime Nage is Uke is a taller stronger opponent who is going to wrap you up and lift you off your feet. Rather than resisting him you are going with the motion and the momentum. As he wraps his arms around you and picks you up you wrap your legs around him in a short rib scissors hold breaking his short ribs with a Kiai. Then you use your thumb knuckles on his back until he releases you and you fall into a back fall. From this point you put your feet under his belly trapping his ankles kicking him up and pulling his ankles out making him to take a back fall. Then you deliver a series of heel strikes to the groin then back roll away.

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5. Namijuji Hazushi Nage “standing choke escape throw”



Counter Uke’s Namijuji Shime from the Shime list to a throw. Do a Tsurikomi Taoshi “fainting throw” from the Shinnin list with your hands gripping Uke’s sleeve at their elbows.

Added description

In Namijuji Hazushi Nage Uke steps forward and takes a cross lapel choke (Namijuji Shime). As he does that I lean to one side (to your left side) so that Uke pulls you back the opposite way. As you apply weight to Uke’s left foot your swing your left foot around and behind you. Using your arms in a large circle to throw. This counters the choke.

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6. Genkotsu Kote Nage “punch wrist throw”



Use the elephant trunk block. Uke almost hits you but not quite, lead their hand down to your hip, your fingers go over their fist. Take their hand over their shoulder then back behind them with a locked wrist in a circular movement. Uke takes a back fall.

Added description

Genkotsu Kote Nage is something that helps you work on your technique, you might call it a concept art. In a sense that with it takes many years of practice for this to be a flowing effective technique. The idea with this is to work on your touch your feel. It is probably not a street art, but it is worthwhile to work on learning to flow with joint locking.

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7. Gyaku Genkotsu Ude Tori “punch, reverse arm breaker”



Ulnar press (Ude Gyaku Ni from Goshin Jitsu list) from Uke’s right punch to your face to an arm break. Do an ulnar press takedown to the mat with Uke face down. Step across Uke’s wrist with the arch of your right foot. Stomp on Uke’s right elbow with your left foot. Walk away.

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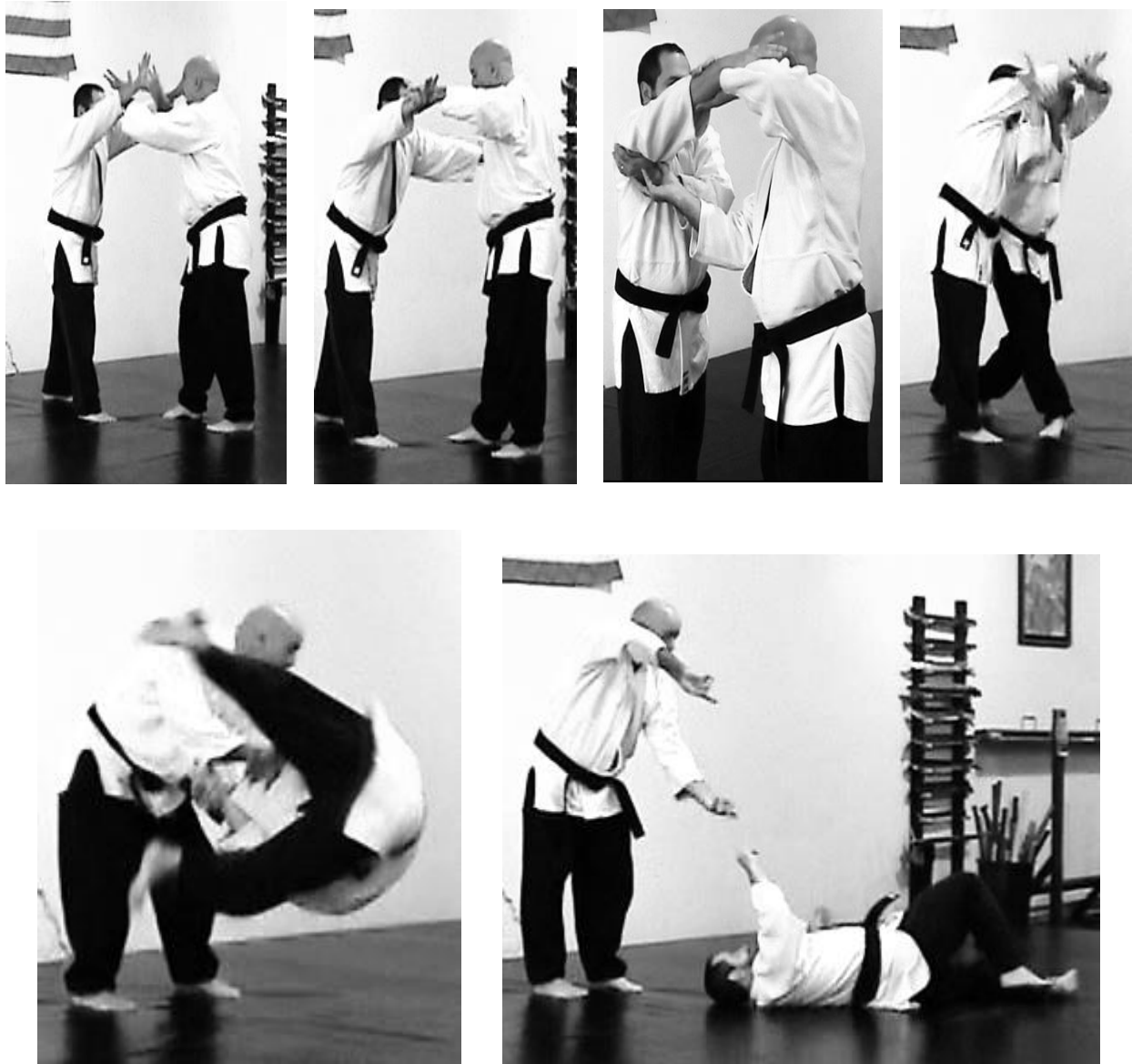
8. Mae Kannuki Nage “front double armlock throw”



Begin with Mae Kannuki from the Shinnin list. For safety release the lock and grab Uke’s lapels. Follow up with a kick to the groin (as in Hizaori Nage on the Shinnin list) throwing Tomoe Nage.

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9. Ryote Imon Nage “2 hand chest push throw”



In Ryote Imon Nage Uke does a double hand reach. Parry their hands from the inside while leading Uke up and forward. Feed the left hand up and into Uke's right arm pit. Lead Uke up, out, and around as you pivot about 270 degrees back to your right with your left foot.

Added description

This technique is about your feel, continuity of movement and using your opponent's momentum against them.

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10. Suware Ryote Tori “sitting double wrist hold break”



Uke reaches across and grabs both of your wrists. In one motion cross your right hand palm up over the top of Uke's hands. Push down freeing your bottom left hand with a prying motion (Katate Hazushi Ichi from the Yawara list). Deliver a palm up finger tip strike to Uke's throat.

Added description

Suware Ryote Tori is a technique that illustrates its classical origin as it is from a seated in Sezia technique. The technique is applicable today from standing.

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11. Ushiro Hadaka Jime “rear straight arm choke”



Ushiro Hadaka Jime is a Hadaka Jime taken from the rear. An important part of the technique is how to get to the position where you can apply the technique. Uke does a right punch. Use a right hand parry as you cross step otherwise known as ----. Come around with your left hand lifting up Uke's chin allowing access to their throat. Using a “C” clamp hand grip your left knuckles are driven into Uke's throat. Your head is behind Uke's neck. Drop your elbows and bend your knees applying pressure to the throat forcing Uke to submit.

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12. Genkotsu Yoko Otoshi “punch, side drop throw”



Do a parry from Uke's right punch. Use a cross step with your right foot to get behind Uke. Pull Uke to you then push Uke down as you slide back out of the way for Uke's back fall. Drop to your right knee finger spear to the eyes. Continuity of movement using Uke's momentum against them.

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13. Uki Nage “floating throw”



Uke punches at your head with their right hand. You use a left soft shuto inside parry to a hook inside wrist grab as you step forward with your right foot. With your right shuto strike the Uke's right side of their jaw. Keep pressure on their jaw as you spin 270 degrees with your left foot back behind you. You are leading Uke up, out and around as you kneel on your left knee in a Uke Otoshi position on the Nage list. The throw dislocates the jaw with the dropping motion. Use a fluid, continuous motion.

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14. Uki Gyakute Gaeshi “floating arm whip throw”



Uke punches with their right fist as you step back with your right foot you block it with a right outside parry and grab their lower right arm with both hands. Lead Uke's arm up and out continuously. Duck under Uke's arm as you step past Uke's right side with your right foot. As you keep Uke's arm high you are now facing the same direction as Uke. As you circle Uke's arm down and forward kick them on the front of their right ankle with your left heel. This floats Uke as your complete the arm whip throw. Adjust your grip so Uke's palm is away from you. Place Uke's palm on the mat as you kneel on their right elbow with your right knee for arm bar.

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15. Sumi Otoshi Ebi Shime “corner drop lobster squeeze”



This is a combination art. From Uke's right round house punch to your head step deep to Uke's right side as you do a left shuto inside block and do a right hand finger jab to Uke's throat. Follow through with a right fist strike to outside of Uke's right knee for the takedown. While keeping control of Uke's right wrist put Uke's right hand to the back of Uke's right knee. Re grab Uke's right hand with your right hand. While moving around to face Uke's head, reach around with your left hand to the inside of Uke's left knee. As you roll Uke onto their back sit down trapping their leg remove your left hand strike Uke's groin. Release Uke.

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16. Akushu Gyaku Otoshi “reverse handshake drop”



Uke reaches around to do a hand shake grip to crush your fingers. With their elbow up you duck through their arm keeping the hand shake grip. You are now at Uke's back. With your left hand grab Uke's rear collar turn to your left and push Uke's right arm into a hammer lock dislocating their shoulder. Turn to your left facing away from Uke. Duck under your left arm and kneel down on your left knee beside Uke's right side. At the same time as the drop list Uke up with the collar grip. Take Uke over your right shoulder as they do a Mae Yama Kage type roll- fall from the Oku list. The intended throw is a pile driver.

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17. Tomoe Otoshi Dori “circle drop art”



This is a technique to be used against a Judoka when they are resisting you by extending their arms and pushing their weight against you. Switch from basic right handed Kumi Kata Gi hold to a double lapel hold. Then you slide through between Uke's feet so your shoulders land between Uke's feet simulating a pile drive. Uke kicks over to a flat fall.

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18. Ushiro Uki Otoshi “rear floating drop”



Uke does a right round house punch. Use a left handed inside Shuto block as you step to the outside of Uke's right foot with your left foot. With your left hand hook over the top of Uke's forearm pushing it back and down as you strike Uke's throat with your right hand finger jab. Then move the finger jab to a V strike position for safety during the throw as shown. Using a dropping spiral continuous motion into an Uki Otoshi position stepping behind Uke with your right foot then kneel on your left knee. Turn Uke to your left to throw Uke over your right knee. You are dropping and inverting Uke into a pile driver. Uke takes a flat fall for safety.

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19. Katate Garuma Tori “single arm wheel throw and hold”



This is a throw taken from a wrist grip (Katate Tori San from the Goshin Jitsu list). Uke does a right hand punch parry the strike from the outside with your right hand circling in down and to the right then up into the upward wrist lock. Take a few small steps right then left and sit down so your shoulders are next to the outside of Uke's feet. Uke kicks over to take a flat fall. After throw roll to your right from your back to your stomach up into the armbar (found on Sakanuki from the Oku list).

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20. Suware Uchi Dori “sitting strike defense art”



This art is of classical origin. Uke does a straight right punch to your head. Parry the strike with the back of your right hand and turn palm to grab Uke's wrist as you come up to a right half kneeling stance. Take an ulnar press take down as they go forward to their stomach on the mat. Move your left hand from Uke's right elbow and replace it with your left knee. Hook your left fingers under Uke's chin to lift into a neck break.

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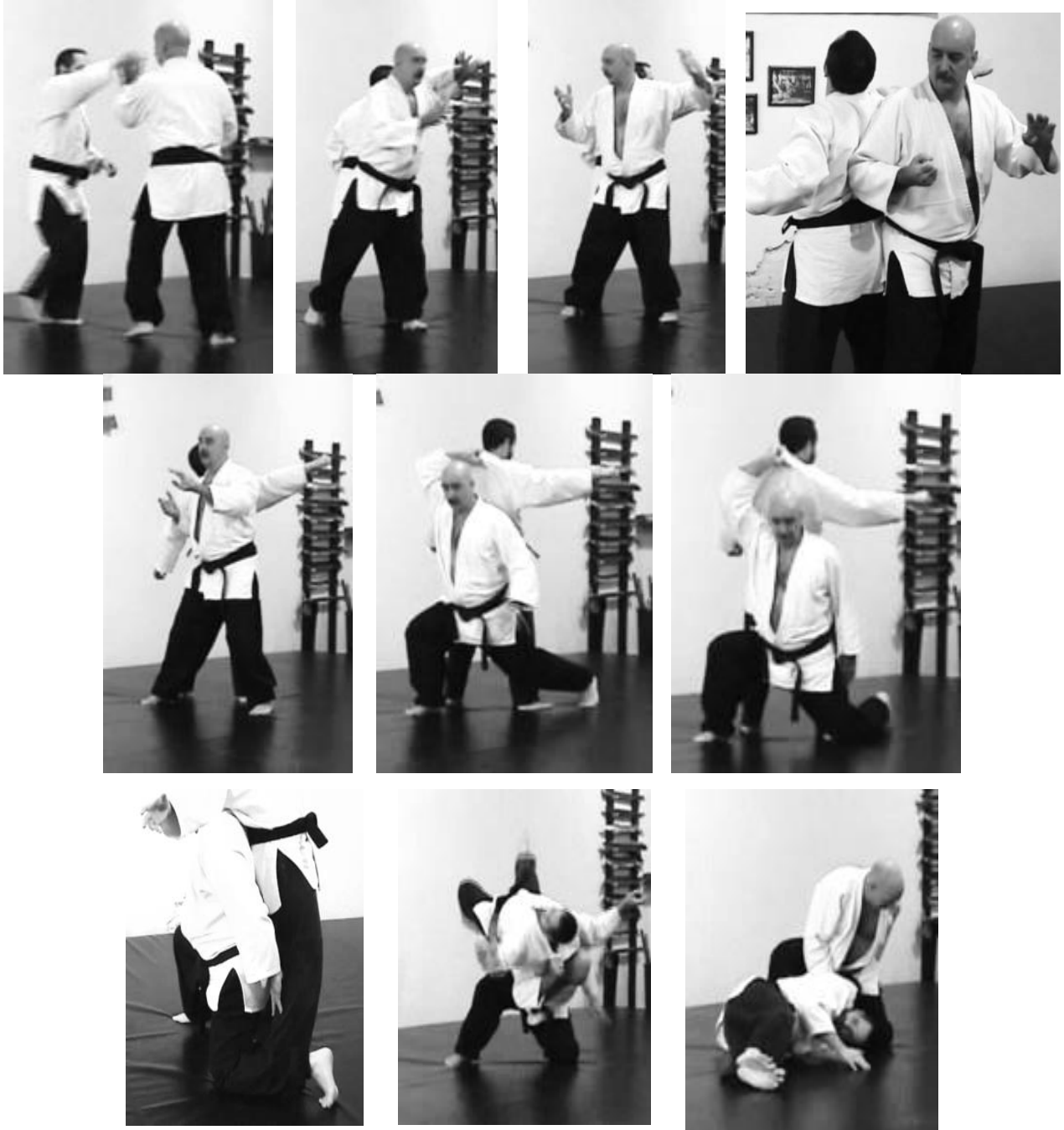
21. Gyaku Saka Otoshi “reverse headlong drop”



From a straight punch to the head from Uke, step to your left with your foot and parry the punch with your left hand from the outside. Strike with a Judo knuckle to between the fourth and fifth intercostal space to stop the heart. Continue with your right arm around and over Uke's left shoulder. Step with your right foot behind their centerline and shift your left foot back behind your right foot. Push your right hip through Uke across the top of your back as they fall like in Mae Yama Kage from the Oku list. On the street it can be a pile driver.

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22. Mi Kudaki Otoshi “body smashing drop”



This art is a pile driver. Uke does a right straight punch to your head. Parry the punch from the outside and with your left foot next to the outside of Ukes right foot spin back to back with Uke. Strike Uke's back with your right elbow to their thoracic lumbar junction. Reach over your right shoulder with your right hand and grab Uke's collar. Drop to your left knee beside Uke's right foot and put your left hand on Uke's right calf. This throw inverts Uke across your back. Uke takes a Mae Yama Kage from the Shinnin list type fall for safety.

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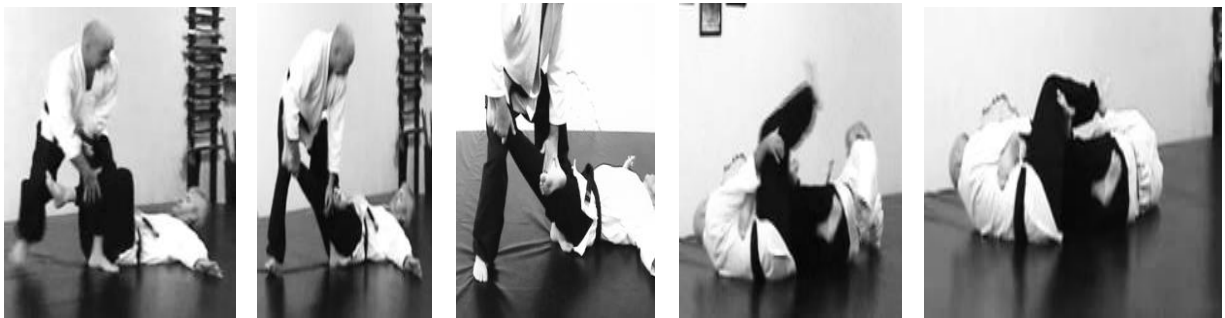
23. Ryokuhi Uki “strength floating drop”



Uke does a right hand punch to your face. Parry with a soft Shuto parry and grab Uke's right sleeve with your right hand. As you do a spear hand thrust to Uke's solar plexus as you sit through in front of Uke with a straight right leg . You are on your left side with your shoulders near Uke's left foot as you use the spear hand to pus Uke over into a flat fall.

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24. Mae Kin Otoshi “front groin drop with leglock”



Uke does a straight punch to your head. Parry the punch up with your left hand as you duck down. With your left forearm on the front of Uke's right hip slide Uke's right foot back to you with your right hand around the inside to the rear of Uke's heel. Uke takes a back fall. As you control Uke's right leg with your right hand shuffle up, do a heel stomp to the pubic bone, as you step over Uke's right leg. Step back with your right foot and push Uke's right bent leg over the top of their left knee. Push Uke's foot past the knee and brace Uke's straight left leg with their left heel on top of your right thigh. Bar the left leg. Do the following Yubi Tori release or go to the following lock. Sit down and your right leg hooks over the top of Uke's right ankle for lock. To release reverse to the leg bar position and then clear the right foot and use Ashi Yubi to turn Uke over to your left.

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25. Ushiro Kin Otoshi “rear groin drop with leglock”



Uke does a straight punch. Do a left parry reach over Uke's right shoulder and grab Uke's collar like Hagai Shime on the Yawara list. Pivot around to your left foot, kneel on your left knee, and do an upward strike to Uke's groin. Do the same leg take down, the same leglock , and Ashi Yubi release as # 24 above.

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26. Gyaku Tsurigane Otoshi “reverse testicle drop”



This is a neck lock technique into a plie driver. Uke does a straight right punch, Cross step with your right foot next to Uke's right foot as you parry the punch with your left hand. Strike Uke's neck with a right shuto strike. Reach behind Uke and grab the testicles. Sit through simulating a pile driver. Throw Uke.