

PART 4 SEIGAN



Seigan (correct eye) or chudan (middle stance) is the position of guard par excellence. The meaning of the term is somewhat cryptic: it indicates that in that position the gaze maintains the right *maai* (distance between weapons). All practices, weapon-based and otherwise, have their own specific *maai*. Hankyuan Goro used to exhort his students to pay attention to the different *maai* when using different weapons.

The first thing to learn, therefore, is to recognise the right distance to be "safe". Next, one studies how to break the distance in order to be able to enter or move away.

The key element of the whole *maai* is the level at which to hold the left hand, because it will be the focal point for all the main strokes: they must start from that level and return to it. Basically, the left hand projects in position onto the *seika tanden* (point located in the centre of the body, about three inches below the navel – see page 26).

The tip of the sword is slightly higher than the solar plexus (upper chest). As is shown in the images below, the hands maintain their correct distance, and the little finger of the left hand feels the end of the handle.

The body is straight and must not be unbalanced forwards or bent



Katori Shinto Ryu Manual

J Spring



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