

## **SHURIKEN WAZA**

The Shuriken is a weapon that is instantly associated with Ninjutsu. It is used in Hollywood movies and popular fiction as a weapon of assassination. Because of this there are many misconceptions as to how shuriken were used and their affect in combat.

The British Fuma Ryu Ninjutsu Society teach Shuriken Waza in a way that utilises full body movement to generate power for a throw. This is not a cover way of throwing the shuriken as is portrayed in most films, but a way of throwing the shuriken en-mass in a battlefield situation to disrupt enemy formations and tactics.

There are two types of shuriken, **Bo-Shuriken** and **Shaken**.

**Bo-Shuriken:** These are throwing blades with one or two blades. They are needle shaped and can even be some type of knife. These weapons are difficult to throw with accuracy to gain penetration into a target due to the small number of points.

**Shaken:** These are multiple bladed throwing knives with three or more blades. These are easier to throw to gain penetration and it is predominantly the shaken which are employed within the Fuma Ryu. Types of Shaken include:

*Sanko Gata* - Three rays of light shape.

*Shihou* - Point radiating in four directions.

*Juji* - Cross shaped.

*Gohou* - Points radiating in five directions.

*Roppou* - Points radiating in six directions.

*Happou* - Points radiating in eight directions.

*Juppou* - Points radiating in ten directions.

### **Types of Throw**

There are three standard throws taught within the ryu which introduce students to the concept of Shuriken waza, these are:

**Omote Uchi:** The standard throw. This utilises full body movement to throw the shaken in a regimented way at approaching enemy formations or from a set position.

**Renzoku Uchi:** Continuous throwing. This throw utilises the standard position of omote uchi but uses different footwork to enable you to throw your shaken continuously.

**Za Uchi:** Kneeling throw: This utilises all of your body to throw the shaken from a kneeling position. Utilised with omote uchi it allows two people to throw at the same target from the same position.

These throws utilise the whole of your body to generate power for the throw. This is essential for the Fuma Ryu technique as you are throwing the shuriken against armoured opponents and need the power to penetrate and travel the distance necessary to ensure a strike.