

自然体の姿勢を守り

全身にはもちろん、手足などの局部にも力を入れず
きわめて凝らず固まらず、自由自在に動作の出来る
ように、身体を扱い得るように練習しなければならぬ

**Tell dojo students you must forge your body,
of course your entire body, by maintaining
natural posture, without using power in
your hands, feet, etc., without becoming
extremely stiff, developing body control,
moving in complete control.**

