

## Requirements for 1<sup>st</sup> Dan (Shodan) in Ryukyu Kempo Black Belt

Basic:

All techniques from 10 <sup>th</sup> through 1 <sup>st</sup> Kyu	
Defense against handgun	Close Range – Front Close Range – Rear Gunman at side Gun pointed at 3 <sup>rd</sup> party Gun at temple Gun at stomach Gun at back of head Gun at front of head Gun at back

Basic Principals:

Know the psychological factors involved in facing a gunman. Be prepared to discuss how such factors will impact the confrontation with an armed assailant.	
Know reaction time and how it may change when the gunman is in the act of speaking	6/10 second response time when talking
Know the distraction principle and how it may be used in an armed confrontation	
Know and explain the phenomena that cops and combat veterans call tunnel vision	Focus only on the most obvious/dangerous weapon thereby possibly missing other weapon(s)
Be able to distinguished a trained gunman based upon the way he carries his weapon and the stance he uses	

Kata: Bassai

At Shodan the student should be prepared to use his OWN bunkai provided that it meets the test of mechanical and energetic efficiency

Bunkai:

open hand over fist	Against fist in face:ridgehand PC6 while using ippon-ken to TW3, open hand allows for quick strike to GB13-15
Finger Lock with use of base/ 1 <sup>st</sup> movements	Finger lock down using LI3 and knee for base reverse
fingerlock with leap	teaching reverse finger lock (up) and takedown
both hands open	reverse fingerlock at LI3 striking LI18 or GB20/GB13-15
Crosshead KO / 4 <sup>th</sup> movement	use ST5/GB13-15 or GB20/GB13-15
Against push / 4 <sup>th</sup> and 5 <sup>th</sup> movement	trap hands in forcing attackers left over top of right. Take using your left hand palm twist his right and strike TW17
Against punch / “Catch” – Down “block” – hook punch	seize fire wrist points, strike TW12, punch GB20
Against grab	backhand (after hook punch) with leg map: attack Sp9 with kick followed by LI17 attack with 2-bone forearm
Against 2-hand grab / hammer-fist to palm down	trap at both LI 10’s hammer at head and palm down to shoulder (DO NOT USE GB1 or ST12 IN PRACTICE) know that LI17 and ST 12 are heart associated points that become active when the head is struck
series of 3 knife-hand movements with loose wrist	bent arm lock and turning back into takedown..
series of 3 knife-hand movements with loose wrist	parry at LI10 and strike GB13-15 or LI18
series of 3 knife-hand movements with loose wrist	Fast attack to eyes from outside opponents vision
series of 3 knife-hand movements with loose wrist followed by hands rising	attack PC6 and ST12
Tuite forearm grapple to thrusting leg break	use LI10 and LI6, attack SP10 w kick
Against front grab / Double Hammer-fist	hair pts at top or side followed with strike into TW17 or ST5

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movement	
Against front grab / Double Hammer-fist movement	Also crossing internal energies that circulate heart
Tuite head turn and takedown	hands climb then drop, release at ST5 or SI18
hand to foot	2 way action, and attack leg and shoulder/back pts together at SI15 (also 13-14 if you are accurate) with simultaneous kick to opposite leg at SP10 punch down to TW17 or GB20
hand to foot	same as above except strike SP6 FIRST then shoulder pts
“U” punches	crossing body i.e. LV14/GB24 and GB14 or SP16 and ST18
outblocks	parry and attack TW12
outblocks	parry from inside and attack down on ST2
last moves as hands “map”	45 degree outside parry with strike to GB12
last moves as hands “map”	joint locking with attack to SI6
last moves significance of turning cat stance to 45degrees	last movements of kata show use of lower leg and knee against Opponent leg, (knee and foot) at K2 and SP9
hand “zig-zag” at end of kata	represents use of complex torque in finger joint locking

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Know and name the 8 extra meridians

Conception or Directing
Governing
Penetrating Vessel
Girdle Vessel
Yin Linking Vessel
Yang Linking Vessel
Yin Heel Vessel
Yang Heel Vessel

Know the diurnal cycle

1	Lung
2	Large Intestine
3	Stomach
4	Spleen
5	Heart
6	Small Intestine
7	Bladder
8	Kidney
9	Pericardium
10	Triple Warmer
11	Gall Bladder
12	Liver

Know the alarm points for each of the 12 main meridians

Meridian	Point
Lung	L1
Large Intestine	ST25
Stomach	Co 12
Spleen	LV13
Heart	CV14
Small Intestine	Co 4
Bladder	Co 3
Kidney	GB25
Pericardium	CV17

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Triple Warmer	Co 5
Gall Bladder	GB24
Liver	LV14

**Other:**

Know and demonstrate a basic Qigong method that you personally use	
Demonstrate a controlled knockout	
Demonstrate the proper methods of revival	
Demonstrate other energy restoration methods which you would employ if the subject of a knock out was badly shaken	
Demonstrate Acupressure, Shiatsu, or Kuatsu methods for the following events: (Please note: In actuality each of the above, while usually minor, could be indicative of greater injury, use appropriate caution and common sense if in doubt.)	Blow to the testicles Bloody nose Headache Muscular cramps in calf Nausea
Tameshiwara (Breaking technique)	The student and his instructor will agree upon a tameshiwari that is sufficiently challenging and otherwise appropriate for the individual student.

**Sparring:**

Show Blackbelt movement and control. Demonstrate proper movement and defense against 3 attackers	
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