

Requirements for 2nd Kyu in Ryukyu Kempo Brown Belt with Two Black Stripes

Basic Principals:					
Yin/Yang	As relates to body (i.e. bottom, front, right are Yin)				
Yin/Yang	As relates to striking meridians (i.e. Yang with the flow)				
Cycle of Creation	Metal creates Water Water creates Wood Wood creates Fire Fire creates Earth Earth creates Metal				
Cycle of Destruction	Metal cuts Wood Wood penetrates Earth Earth dams Water Water puts out Fire Fire melts Metal				
12 main meridians, their polarities, and their elements	1	Lung	LU	Metal	Yin
	2	Large Intestine	LI	Metal	Yang
	3	Stomach	ST	Earth	Yang
	4	Spleen	SP	Earth	Yin
	5	Heart	HT	Fire	Yin
	6	Small Intestine	SI	Fire	Yang
	7	Bladder	BL	Water	Yang
	8	Kidney	K	Water	Yin
	9	Pericardium	PC	Fire	Yin
	10	Triple Warmer	TW	Fire	Yang
	11	Gall Bladder	GB	Wood	Yang
	12	Liver	LV	Wood	Yin

Weapons: Know what these Okinawan weapons are.		
Weapon	Description	Original Use
Bo	Six foot staff, usually tapered at the ends	Walking stick or carrying stick
Nunchuka	Two short sticks tied together with a short chain or rope	Threshing Flail
Tonfa	Flat board ~ 18" long with round "grip" at one end	Part of a threshing machine
Kama	Semi Circular blade, a scythe	A harvesting knife
Sai	A "pitchfork" with a very short handle	Most likely a hitch-pin for a cart, or a seed planting tool

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Kata: Niahanchi Nidan

Bunkai:		
Kata Movement	Attack	Bunkai
Opening moves 1 and 2	Defense against grab from behind	“Hook” wrist, step out to straight arm bar may and behind attacker, strike GB20 NOTE that a bent arm lock at L7/Ht3 be used here as well
Opening moves 1	Defense against two handed lapel grab.	a) Strike down into LI8, LI9, or LI10 b) Bring hands up around head, same side hand back around head to GB20 opposite side hand knifed into ST5 on opposite jaw c) Move hands into augmented block position, snapping opponents head around d) Foot strike into SP6 at same time. [Cycle of Destruction]
Move number 2	Against punch or same side wrist grab	Parry or reverse while moving to outside, seize wrist points and strike LI13 with lower forearm
Elbow Map and Strike	Defense against grab	a) Foot strike into K2 b) From inside, grapple or strike with little knuckle H2. c) Strike into LI 18 (or LI17) on side of neck, or TW17
Wrist Map and punch palm	Defense against one handed lapel grab	Strike metal points on arm driving down w/elbow, place cupped knuckles along ST9-10 and punch
Wrist Map and punch palm		Release floating rib at SP16 to drive into kidney
Punch palm and knifehand	Defense against one handed lapel grab	a) Fist strike PC6 as shown in the map. b) Knife hand strike into ST9 [PC6 sets up Stomach meridian, accessory (Extraordinary) points]
Knifehand to hook punch and backhand	Against punch	Parry seizing wrist PC 6 attack TW11 then GB20

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Points:				
Point	Location	Angle & Direction	Attack type	Element Polarity
CV 3	On the anterior line, 4 cun below the umbilicus, 1 cun above the upper border of the Pubic Hair.	Down-CV 3 is the alarm point of the bladder meridian.	Strike	Yin
CV 4	On the midline of the abdomen, 3 AU below the belly button.	Up – high blood pressure Down – extreme Chi drainage In – slow Chi flow Alarm pt. Of SI meridian	Strike	Yin
CV 5	On the midline of the abdomen, 2 AU below the belly button (Considered the Dantien)	Down-Co 5 is the alarm point for the triple warmer meridian.	Strike	Yin
CV 6	On the midline of the abdomen, 1.5 cun below the belly button or half way between CV7 and CV5	Down - This is the center Chi point (dantien) of the body.	Strike	Yin
KI 2	In the depression below the inner ankle bone	Straight in	Strike	Water Yin
LI 17	In the hollow between the two muscles on the side of the neck, where the neck rises from the body.	Strike at a downward diagonal angle.	Strike	Metal Yang
LV 3	On the foot, between the big toe and next to, about 1 AU up from the web between the toes	Down and slightly toward the big toe side of the foot and back toward the heel	Strike, Touch	Wood Yin
ST 7	Muscle In the depression at the hinge of the jaw.	Strike 45degrees downward to dislocate the jaw	Strike or touch	Earth Yang
ST 8	“Above S7 at hairline”	Rub Point	Strike or rub	Earth Yang
ST 18	Below the nipple between the ribs, at the lower edge of the pectoralis muscle.	Punch this point directly. Vulnerable on body builders as overdeveloped muscles have stretched the nerves.		Earth Yang