

**Requirements for 3rd Kyu in Ryukyu Kempo
Brown Belt**

Basics:	
Defense against 2 leg sweep / Front tackle	*Go to low front stance, cup neck attack spinal-scapular cluster (B1 13-15) *Side step parry or cross-bar choke to drop out *Palm nerve in bridge of nose with ridgehand to GB20
Escape from Front Hair Grab	Place same side hand on top of attackers and press down. Turn body, locking attacker's wrist. Peel attacker's hand off and place in wrist lock
Escape from Rear Hair Grab	Lateral palm twist (Sankjo)

Basic Principals: (George A. Dillman, "Tuite", Book 3)	
Redundancy	Use multiple techniques so that if one technique doesn't work, the next will
Sticky Hands or Muchimi	The hands stick to the opponent without grabbing
Variable pressure	Vary the pressure in a hold or lock as the opponent will become accustomed to a fixed pressure and lock will be less effective.
Pressure Points	Use pressure points to greatly enhance the effect of techniques
Generate Confusion	This can be done in the brain by Striking high then low Attack a joint in a circular motion Attack soft then hard repeatedly
Two way action	Striking a limb from both sides, striking the head or neck from two sides at the same time
Complex Torque	Twisting a joint in two or three axis at the same time
Base	Work against a base by trapping a hand against your chest, holding the wrist, etc This is also known as removing space.
Mechanical Advantage	Position yourself so that you are using your strength against your opponent's weakness.

Kata: Pinan Godan & Niahanchi Shodan

Bunkai from Pinan Godan		
Kata Movement	Attack	Bunkai
Hand at hip switching	"Defense" against handshake	From handshake, grasp own thumb, dig knuckle into LI (web of thumb). Bring hands to waist to take attacker down.
Hand switch followed by out-block punch combination	Against Wrist Grab or punch	Reverse wrist to grapple and attack arm at TW12, LI13, or angle of the jaw.
Low-high X block	Punch:	The block represents a 2-hand catch. Seize hair at top GB points and punch ST5
Low-high X block	same side wrist grab	Attack SI6, palm twist, hammer fist ST5
(Down block with out block)	Punch	Parry with two had pass Jerk opponents arm back on L8 and up while striking the torso on LV 14/GB24
Knee Drop & X block	Punch	Parry with two hand pass, seizing fire/metal at wrist and punching GB24/LV14 (move above), knee SP11, outside wrist take-down
Knee Drop & X block (variant)	Punch	Outside only – shoulder lock take down

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Bunkai from Niahanchi Shodan		
Kata Movement	Attack	Bunkai
Open hands together followed by back hand strike (Opening moves)	One handed lapel grab or two handed grab	Opposite hand grabs opponents pulling little finger back and over to activate heart meridian. Other hand scissors into SI6 while turning ~45°. Backhand (cupped) into TW 17 or GB20.
Open hands together followed by back hand strike (Opening moves)	Two handed lapel grab being pulled close	Strike to both sides of GB 20, use cross step to strike SP6
Open hands together followed by back hand strike (Opening moves)	Punch	Two handed pass seizing wrist points Stepping back to horse and strike SI 16 and 17 with backhand, or ST9-10, or GB 20 or TW17
Open hands together followed by back hand strike (Opening moves)	Punch	Two handed pass seizing wrist points Stepping back to horse and strike with spearhand to ST9
Hand meets elbow	Raised hand grabbed on same side	Seize LI 7/SI 6 on wrist dropping elbow over SI7, strike TW17
Elbow, hip catch to down block	Lapel grab	Release at wrist points, step back to horse bringing hand to hip catch position while dropping elbow onto TW11, strike TW17
Hook punch, cross step to backhand	Punch	Pass or grab opponent's wrist and bring to hip. Cross step kick into leg point NLE-7 Fist (or forearm) into TW12 (or rub TW11) while stepping across (or kicking N-LE-7). Back fist into TW17 or SI17 (behind jaw or neck).
Hook punch, cross step to backhand	1 hand lapel grab	Inside hand seizes L7/SI6, punch LI13 while stepping out to horse, strike GB20
Uppercut (10 th movement)	Lapel grab	Opposite hand over grabbing hand Elbow down on LI10 Uppercut into "fishes belly" OR back fist into ST 2.
Leg mapping plus hammer fist like strikes out and in	Punch or grab	Parry seizing metal points at wrist or strike LI10 (from grab) kick leg pts at knee while striking GB 1 or TW23 or attacking nose or windpipe sideways
Leg mapping plus hammer fist like strikes IN	Punch or grab	Parry seizing metal points at wrist or strike LI10 kick LV9 hammer fist to GB20
leg mapping plus hammer fist like strikes OUT	Punch or grab	Parry seizing metal points at wrist or strike LI10 (from grab), kick SP 6 and strike ST9
Leg mapping plus hammer fist like moves out and in	Skill	When holding opponent in a finger lock, bring the fingers up and out while kicking the points on the inside of the leg.
Punch to side, and chamber opposite fist	Grab	Attack hair point at top of head

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Kata Movement	Attack	Bunkai
Punch to side, and chamber opposite fist	Punch from outside	Two hand pass seize wrist pts., Pull opponents hand, Fist to ST 5. Extend arm and use chest and arm to push off balance and possibly activate TW 11 (upper arm). Can follow w/takedown or choke <u>Know that this move and the opening backhand are the instant response to the failure of any other move in the kata.</u>
Use of open backhand and last kata move together	2-hand lapel grab	Strike TW 17 with backhand and turn hand over seizing ear using small circle theory

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Points:				
Point	Location	Angle & Direction	Attack type	Element Polarity
L 10	In the meat of the thumb on the borderline between the (reddish) skin of the palm and the skin of the back of the hand.	Press with fingertips against the bone of the thumb. Used when squeezing the thumb toward the little finger.	Touch	Metal Yin
M-HN-14	On the side of the nose, just at the juncture of the nose and the cheek.	Strike to side. Will cause the eyes to close tightly and tear up. Can break the nose.	Strike	
N-LE-7	About 3 AU below the knee lateral to the tibia in the tibialis anterior muscle.	Strike diagonally upward to dislocate the knee and/or knock the opponent to the ground.	Strike	
ST 2	1 AU directly below the pupil at the crest of the cheekbone.	Strike with slightly downward motion.	Strike	Earth Yang
ST 34	About 3 AU above the knee-cap on the outside of the thigh	Strike diagonally downward through the knee to dislocate the knee and/or knock the opponent to the ground	Strike	Earth Yang
SP 6	On the inside of the leg, just along the rear edge of the bone (tibia) about midway between the prominence of the ankle and the lower edge of the calf muscle.	Kick with slight rise. Robs the leg of energy. Kidney and liver meridians cross the spleen forming a triple yin point. Can function as part of all three meridians, so it is commonly used to set up other points.	Strike, rub or touch (grappling)	Earth Yin
Fishes Belly	Just under the lower edge of the eyebrow slightly inside of the eye's pupil.	Struck upward and in inward.	Strike	
GB 1	1/2AU out from outer canthus on temple level with the eye	Strike with a small surface, such as a middle-knuckle fist, from the side and slightly forward.	Strike	Wood Yang
TW 5	Two AU above the dorsal (back) crease of the wrist	Straight into wrist	Strike or touch	Fire Yang
TW 23	At the end of the eyebrow in the depression of the temple.	Strike with a small surface, such as a middle-knuckle fist, from the side and slightly forward.	Strike	Fire Yang
BL 41 *	3 cun lateral to the lower border of the spinous process of the 2 nd thoracic vertebra. This is about 4 finger breadths (of patient) lateral to the midline of the spine	These 3 points are called the power band See also BL 13-15, associated points for lung, PC and heart. Adjacent to B141-43	Strike	Water Yang
BL 42 *	3 cun lateral to the lower border of the spinous process of the 3 rd thoracic vertebra		Strike	Water Yang
BL 43 *	3 cun lateral to the lower border of the spinous process of the 4 th thoracic vertebra. At the end of the medial border of the spine of the scapula, in the trapezium and rhomboid muscles, in the deep position the iliocostalis muscle		Strike	Water Yang
GV 12	Below the spinous process of the 3 rd thoracic vertebra, in the supraspinal and interspinal ligaments	Straight in	Strike	Water Yang