

**Requirements for 4th Kyu in Ryukyu Kempo
Purple Belt**

Basics:	
Explain, justify and demonstrate pre-emptive striking	Pre-emptive striking is striking first – to prevent an anticipated attack. Would a reasonable person be afraid for their life or of serious injury? Is the situation serious enough to warrant spending some time in jail? Consider the size, perceived skill, and threats of the potential attacker
Blood Gate	CV 17 is called the blood gate. An extremely dangerous move is to strike this point with the right palm while rotating out and while kicking SP 9 with the heel and NLE-7 with the ball of the foot.
Demonstrate take down and <i>control</i> using pressure points	Lateral Palm (Sanyko) ½ wrist lock (<i>straight, bent, 2-finger</i>) Bent arm lock
Demonstrate throws and sweeps	Hip/shoulder throw Inside/outside sweep
Demonstrate escapes	Front choke Pinned to the ground with a choke Front headlock <i>bl55-takedown-leglock</i> Rear headlock <i>gv26-cv3</i>

Basic Principals:	
Define and give examples of Bunkai Oyo	Moving from the given bunkai into another move suggested by the opponents' position. Often at the end of a bunkai sequence
Know the skeletal mechanics for a defense against a rear bear hug as indicated by the distinctive Kamae of Seiuchin kata.	Open hand out-block: 45° angles is strongest against bear hug from behind
Know the meaning for the toed out Kamae (stances) of Seiuchin kata.	Protection of the leg points from rear attack
Know the five basic methods for getting a knockout based upon Chinese medial theory.	Cycle of Destruction Diurnal Cycle Three points on a meridian Yin/Yang Extraordinary points
Know the basic theories underlying Chinese medicine	Balance of Yin/Yang Five elemental cycles Chi flow through meridians
Briefly describe Acupuncture, Acupressure, and Shiatsu	Acupuncture: uses needles to activate “pressure points” Acupressure: uses finger pressure to activate “pressure points” Shiatsu: Japanese version of Acupuncture.

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Kata: Seiuchin (Note Student is to learn and demonstrate 5 Bunkai. The student is expected to choose or create several bunkai for the test for a total of 5.

Kata Movement	Attack	Bunkai
From prayer to knife hand and spear hand (push)	Push	Palm twist followed by strikes: Intercept with same side palm, other hand at HT 6/LI4, chop LI18,punch GB20
From prayer to knife hand and spear hand	2 hand choke	Seize fire/metal points at both wrists, drop to Seiuchin stance, seize rear opposite hair points and palm ST5
From prayer to knife hand and spear hand	2 hand choke	Take baby finger from throat and twist down and out Strike to LI18 Or ST5
From prayer to knife hand and spear hand	Both wrists grabbed	Swing hands to center, palm up, left underneath to L10; twist out as other hand grabs top hair points (BI8/GB18). Step out to wide stance as you sweep attacker down and back, using the point of your knee to attack spine.
From prayer to knife hand and spear hand	Reach around from behind	Seize fingers, especially baby fingers, cross step back and out twisting your opponents arms against his own HT2 pt, follow up with spear hand to SI16
Prayer Hand to Prayer Hand	2 hand choke or push	Reach up under attackers hands & grasp both. Pull down and twist opponent's thumbs down. Turn while releasing one hand. Bring you free hand to grasp the opponents other hand in a two hand folded hand wrist lock. Follow up with knife and spear hands to opponents head & throat.
fist to palm		Yin / Yang and two way action principle
Fist to Palm then down punch	Aggressive handshake	Attack hand TW 3
Fist to Palm then down punch	Front grab	Combo GB 20&St5 followed by punch CV12
Punch down then elbow strike up		Parry at LI8, stepping outside strike SP16. Elbow rising strike to ST5
Punch down then elbow strike up		Punch down into CV 12 (conception points brings person forward) Elbow into chin or jaw at ST5 [Two way action with rising elbow]
From prayer to knife hand and spear hand (push)	Push	Palm twist followed by strikes: Intercept with same side palm, other hand at HT 6/LI4, chop LI18,punch GB20
Fist to palm	Skill	Two way action principle
Punch down then elbow strike up	Punch	Parry at LI 8. Stepping out side, strike SP 16. Elbow rising strike ST 5.
Punch down then elbow strike up	Skill	Punch down into CV 12 (Yin point brings person forward.) Elbow into jaw at ST5. (Two way action with rising elbow.)
Open hands high and low	Punch	Parry and raise opponents punching arm while seizing fire and metal wrist points. Knife hand down into the inguinal crease as SP 12 / LV 12
Closed Fist Cross	Front Grab / Choke	Crossed hands strike to GB 1 and ST 5.
Small knuckle strike to punch	Same side wrist grab from the rear	Reverse grip seizing wrist fire and metal points. Pull to hip and strike TW 17 and punch GB 25 / LV 14.
Out block to low block	Punch or same side wrist grab (Outside)	Turning "out block" is grab (or parry) seizing fire and metal wrist points. Punch is strike into side - SP 16 or SP 17. "Out block" is strike to Bicep Down block at TW 11 for takedown.
Out block to low block	Punch or same side wrist grab (Outside)	Turning "out block" is grab (or parry) seizing fire and metal wrist points. Punch is strike into side - SP 16 or SP 17. "Out block" is strike at TW 12. Punch GB 20.

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Last move of Kata	Both hands grabbed from rear	Raise hands and strike opponents wrists together. Grab one wrist and bring your opponents hands down while locking the opponent's wrist into Sankjo as you step out.

Points:				
Point	Location	Angle & Direction	Attack type	Element Polarity
GB 19	In the depression to the outside of the occipital bone.	Strike straight in.	Strike	Wood Yang
TW 16	Behind SI17 and just below the mastoid process	Strike straight in from the side.	Strike	Fire Yang
LV 13	At the end of the 11 th (floating) rib	Strike diagonally up	Strike	Wood Yin
M-UE-28	5 AU up from the wrist crease on little finger side	Strike up against ulna bone to weaken wrist (for disarming opponent)	Strike	
M-UE-13	In the "meat of the thumb" on AU distal from wrist crease.	Press in during tuite techniques, especially with TW3.	Touch	
M-UE-22	In the webs between fingers, posterior side of the hand.	Press diagonally to release finger joints	Touch	
M-UE-24	½ AU up from to the knuckles between the index and middle finger.	Press or rub against index finger bone and toward the knuckle. Use like TW3	Touch or rub	
LI 4	In the web of the thumb slightly toward the index finger.	Press against the index finger bone (rubbing this point can relieve a headache)	Touch	Metal Yang
LI 11	Just outside of the crease of the elbow at the bulge of the muscle.	Strike back to front. Also may be pressed with the thumb.	Strike or touch	Metal Yang
LI 12	1 AU outside of LI 11.	Strike in and down toward the bulge of the forearm muscle at outer elbow.	Strike or touch	Metal Yang
CV 17	On the breast bone, level with the nipples.	Strike directly (straight in.)	Strike	Yin
CV 24	In the depression at the middle of the chin, below the lower lip.	Strike straight in.	Strike	Yin
CV 12	On the midline of the abdomen, 4 AU above the belly button. (In the middle of the stomach)	Strike slightly down. CV 12 is the alarm point for the stomach meridian	Strike	Yin