

Requirements for 5th Kyu in Ryukyu Kempo
Blue Belt with Purple Stripe

Basics:			
Palm Turn	Wrist Reversal	Half Wrist Lock	Lateral Palm Turn (Sankjo)
Bent arm elbow lock			

Basics Principals:	
Know the three basic applications for each point.	Area control. Associated organ affect. Signal transfer on the meridian.
Tuite rule of reversal	A joint cannot resist a sudden change in direction. If an opponent is resisting a motion in one direction, he will not be able to resist a reversal of that motion.
Know the role of Golgi's receptors in Tuite	Golgi's receptors are nerves that sense physical stress. The body reacts to apparent excess physical stress by releasing joints. For example, striking TW 11 will cause the body to release the shoulder. The strike can then easily dislocate that shoulder
Know the role of baro-receptors	Baro-receptors are nerves that sense blood pressure. The body reacts to apparent spikes in blood pressure by relaxing muscles around the blood vessels, thus dropping blood pressure. For example, when striking ST 9, the body will respond by dropping the blood pressure. This can lead to dizziness or unconsciousness in the opponent.
Structures of the throat and cartoid sinus.	Trachea, esophagus, laryngeal prominence, common carotid, internal/external jugular veins, Vegas nerve
Western Medical knockout explanation of 3 types of knockouts	Percussive / concussive Vascular Electrical / Stimulus overload
Structures of the throat and cartoid sinus.	Percussive: blood conducted shock to the brain Vascular: Barrow receptor confusion leading to low blood pressure Electrical: ST9
Examples of KOs with strike to ST 5.	Percussive: Blood conducted stock to the brain Vascular: Baro-receptor strike causes body to lower blood pressure Vegas nerve: Overloads cerebral cortex
Role of crossing feed (and hands) in Kata	Crossing the feet in a Kata roots the body and helps transfer energy into the opponent. Crossing the feet also lessens the pain in a joint lock, especially if the heel is off the floor. Stepping out of a cross step can also be interpreted as a sweep or kick
Raising (or attempting to raise) your opponents arms.	Upward pressure on your opponents arms will sensitize the pressure points on the opposite side neck

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Kata: Pinan Yondon

Bunkai: Highlighted Bunkai are required for test		
Kata Move	Attack	Defense
Two Open Hands	Punch	Two open hands, parry & seize wrist fire/metal points while striking slightly in at angle of jar (St6, TW17, SI17)
Hip catch/ side kick	1 hand lapel grab	Outer hand parry and grab LU 7 / SI 6 while thumb digs into TW3, other hand strike LU 6 pull to hip and kick leg at LV9
Rising “block” knife hand combination	Lapel grab	attacking at LI18
Rolling fists	Push	Attack LI pts on arm then strike ST 5 or GB points on the side of the head
X Block / Scoop Kick	Wrist Grab	X block up on SI 6. Seize forearm pts at LI 10 and LI 5. Kick SP 10 and punch TW 17.
Double Palm Strike / Turn	Grab or front choke	Strike ST 5’s and Knee LV12 / Sp12 to 180 degree turn (tuite head turn)
Two open hands	Punch	Parry & seize wrist fire/metal points, attack TW11 and takedown
“X” block	Same side wrist grab	Attack SI6
Skill: finger lock		Rising “block” knifehand combination locking index finger at LI3 while palming opposite side GB13-15
Rolling fists	Push	Attack LI pts on arm then strike ST 5 or GB points on the side of the head. Foot sweep (using cross step)

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Points:		
Point	Location (notes)	Element / Polarity
LV 1	Top inside of the big toe	Wood / Yin
LU 11	Outside of the thumb	Metal / Yin
LI 1	Thumb side of the index finger	Metal / Yang
ST 45	Top outside of the second toe	Earth / Yang
SP 1	Top outside of the big toe	Earth / Yin
HT 9	Inside tip of the fifth (little) finger	Fire / Yin
SI 1	Outside tip of the fifth (little) finger	Fire / Yang
BL 67	Outside tip of the fifth (little) toe	Water / Yang
KI 1	Bottom of foot at center (use for testicle restoration, after injury)	Water / Yin
PC 9	Tip of third (middle) finger	Fire / Yin
TW 1	Outside top of the forth (ring) finger	Fire / Yang
GB 44	Top outside of the forth toe	Wood / Yang

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Each of the points is a beginning or terminal point for a main meridian. Students must know exact digit or hand or foot where the point is located. Because of their location on fingers and toes (with the possible exception of lighting up a meridian by treading on the toe points: (**ie SP1**) these points have little martial application. However, they are all important to energy restoration.