

Requirements for 6th Kyu in Ryukyu Kempo Blue Belt

Basics:	
Know the difference between a Choke hold and a Strangle hold.	A Choke hold cuts off the air supply. A strangle hold cuts off the blood supply to the brain.
Demonstrate a carotid control hold	
Demonstrate Tuite head turn	
Demonstrate top/side/rear hair control using points	GB 16, BL 6 /GB8, 9 / GB 19, BL 9
Demonstrate Finger Locking	At least 2 finger locks
Ground Grappling	Straight arm, bent arm lock, know one leg lock

Basic Principals:	
Know the number of regular points	361
Know the number of meridian channels	12 Regular 2 Extraordinary that we use. (There are 6 more extraordinary that we are not presently using.)
Know the number of extraordinary points	391
Meridian Polarity	Each Meridian is either Yang or Yin, based on energy flow.
Meridian Organ Association.	Each of the 12 regular meridian is associated with a specific organ. (TW is associated with the region from the diaphragm to the top of the lungs.)
Meridian Element Association	Each of the 12 regular meridians is associated with one of the 5 elements of Fire, Water, Earth, Wood, or Metal.

Kata: Pinan Sandan

Bunkai: Highlighted Bunkai are required for test		
Kata Movement	Attack	Bunkai
Repeated Double Block	Wrist grab or a push	Bent arm lock at LU 7 / HT 3 to strike GB20
Spear hand	Push or shove	"Mapping" hand catches push and executes a palm twist. Spear hand strikes LI 7. Move into "X" block and spear hand to SI 16.
Skill	Tuite head turn	"Hook punches" using ST 5 and head GB points
Hook punch elbow combination	Grab from behind	Elbow to CV 14.
Double Block	Opponent grabs and pulls close in	Strike LV 12 / SP 12 and then ST 5
Double Block	One hand front grab	Seize Ht 6 / LU 8 and HT 2/ LI 13 and use front shoulder lock followed by strike to ST 5
Augmented block	One hand front lapel grab	"Augmented" block to LI 10 / ST 5
Augmented block reverse fist	Opposite wrist grab	"Augmented" block reversing fist over SI 5 & 6 while striking LI 10
Augmented block	Same side wrist grab	Reverse grip seizing PC 6 strike ST 5
Spear hand to hand up to ear	Push or shove	Using spear hand to hand up to ear to 180degree turn downblock and punch. Use thumb knuckle of spearhand up at HT 3, palm at L 7, step behind to bent arm lock and punch GB 20
Spear hand (advanced)	Wrist grab or caught punch	Attack to TW12 and kidney point cluster: Kidney Alarm Point, GB25 and Bladder Associated Point BL 23 from spear hand
Elbow Dip	Same side wrist grab	Reverse grip up, seize L 8 / HT 6 use "elbow dip" while stepping forward to attack TW 11 followed by strike TW 17.
Elbow Dip	"Unnatural" Wrist grab	Elbow Dip to LI 10 or TW 9 strike GB 20.

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Blue Belt**

Bunkai: Highlighted Bunkai are required for test		
Kata Movement	Attack	Bunkai
Elbow Dip	“Unnatural” Wrist grab	Above plus step representing knee attack to GB 31.

5/14

Points:			
Point	Location	Angle & Direction	Attack type
LI 3	In the depression on the back of the hand, just behind and to the outside of the knuckle of the index finger.	Press diagonally toward the knuckle to release the finger.	Touch
SP 11	On the inner thigh, about midway between the knee joint and the groin.	Strike in with toes. Buckles the leg and knocks opponent to the ground. Anecdotal evidence of delayed illness (several hours to days.)	Strike
TW 9	Five AU down from the elbow in depression on outer side of the arm.	Strike or rub toward the bone.	Strike
SI 7	In the middle of the forearm, 5 AU up from the wrist at the end of the muscle.	Strike or press this point against the ulnar bone.	Strike
LI 12	In the inguinal groove level with the pubic symphysis 2.5 AU from centerline	Down and slightly out (strike with LV12)	Strike
SP 12	In the inguinal groove level with the pubic symphysis 3.5 AU from centerline	Down and slightly out	Strike
GB 25 *	On the outside of the back, at the tip of the 12th (last) rib.	GB 25 is alarm pt. Kidney	Strike
BL 23 *	On the back, level with GB 25, 1.5 AU out from the centerline.	BL23 is associated pt. Kidney/	Strike
GB 31	Middle of the outside of the thigh at the fingertip	Strike straight in	Strike
GB 13 **	In the hair-line. About 2 AU in front of the ear, about 4 AU down from the centerline at the top of the skull.	Strike with palm Causes motor impairment and disorientation leading to unconsciousness.	Strike
GB 14 **	Directly above the pupil of the eye (eyes looking straight ahead) about 1/3 of the distance from the eyebrow to the top of the forehead.	Strike with palm or punch Causes motor impairment and disorientation leading to unconsciousness.	Strike
GB 15 **	About 3 AU in front of the ear, about 2 AU down from the centerline at the top of the skull	Strike with palm. Causes motor impairment and disorientation leading to unconsciousness.	Strike

* Note: GB 25 is the alarm point for the Kidney meridian. BL 23 is the associated point for the Kidney meridian. Strike both together for a very strong effect.

** Note: GB 13, GB 14, and GB 15 are often referred to as the GB cluster. Striking all three together with a palm can be very effective.