

## Requirements for 8<sup>th</sup> Kyu in Ryukyu Kempo Green Belt

Nomenclature: Highlighted items required for the test			
Karate (Original)	China Hand	Kiske	Attention
Karate (Modern)	Open Hand	Rei	Bow
To-De	Ancient Okinawan Martial Art	Yoi	Ready
Kohai	Junior student	Yame	Stop
Sempai	Senior students	Hajime	Begin
Kyu	Level below black belt	Dojo	Training hall
Dan	Black belt levels	Tuite	Joint Locks
Sensei	Teacher	Kyusho Juitsu	Pressure Point attacks
		Dim Mak	“Death Touch”

Basics:			
Back Fist	Flat Fist	Eagle Claw	Single Knuckle Fists
Augmented Block	Chicken Beak	Tiger’s Mouth	Ox Head

Basic Principals:	
Heart Influence and 2 to 1 ratio	The opponents left side (the side the heart leans toward) has a stronger influence on them. Thus you would want to attack their left side twice for each time you attack the right side.
Length and strength principle of proper stance	Your strength is in the direction of your stance's length. Thus you might turn sideways on an opponent and move into a horse stance while you were jerking his arm to gain greatest strength for this move.
Know the 1-5 point attack theory	Attacking pressure points in the proper sequence, with the proper angle and direction, and with intent will lead to successful self-defense results. 1-point attacks can cause pain and reflex actions 2-point attacks can cause a stun or light knock out 3-point attacks can cause a stun or light knockout 4-point attacks can cause a deep knockout with revival required 5-point attacks can cause serious injury and death despite revival attempts
Know the direction of your arm strength	The arms are much stronger pressing together - toward you center-line - than they are pulling away or pressing out. Thus you would have a much greater chance of crossing your opponents arms instead of pushing them outward.
Know the 6 rules of kata interpretation	<ol style="list-style-type: none"> <li>1) No Blocks: There are no blocks in Kata. All moves are attacks.</li> <li>2) Pressure Point: Each kata technique is a pressure point technique.</li> <li>3) Two Hand Rule: There are no wasted or useless moves in Kata. Example: chambering is part of the attack it involves wrist point manipulation.</li> <li>4) Multiple Interpretation Rule: There are multiple interpretations for each move in a Kata. There should be at least 3; joint manipulation (tuite), knockout (kyusho jitsu), crippling/killing (Dim Mak).</li> <li>5) Direction of Movement: The direction of movement in the kata indicates the angle that the defender assumes in relation to the attacker to insure successful application of the technique.</li> <li>6) Visualization: Kata is not principally a physical exercise, it is a mental one. Always visualize the opponent when performing Kata.</li> </ol>

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Kata: Pinan Shodan

Bunkai: Highlighted Bunkai are required for test		
Kata Movement	Attack	Bunkai
Down block	Same side grab	Two hand parry to the inside and pull turning sideways to your opponent. Attack LI 13 or TW 12 with the elbow as part of the down block.
Skill	Attacking opponents outer arm	Parry and Attack to TW 12 or LI13 Using 2 <sup>nd</sup> move
Hammer Fist	Hair throw at side of head & leg points	Use a circular motion to grab the hair at GB 8 and 9 and bring the opponents head down. Strike SP 10 with the knee (cat stance). Punch KI 27.
High block	Lapel grab	Seize LU8 Ht6 with the outside hand. Attack LU5 with high block load. Attack ST 5 with the high “block” move.
Using low knife hand “blocks	Front kick	Step to the outside at about 45 degrees. Parry / strike the GB meridian on the lower leg. Front kick (or toe kick) LV 9 on the opposite leg.
Down block	Punch	Two-hand parry to the outside. Brush and grab LI 8 and HT 6. Strike LV 14 and / or GB 24. (Note: a stronger technique would be to grab PC 6 or 7 instead of HT 6.)
Down block high punch:	Opposite side wrist grab/punch	Parry or reverse and seize SI5 and LI5 punch LI18
Knife Hands at the end	Same side wrist grab	Reverse the grab. Seize fire and metal on the wrist. Step to the angle and strike GB 20.
Skill	Bent arm elbow lock	Using low knife hand “blocks” to LU7 and HT 3, followed by strike GB20

Points				
Point	Location	Angle & Direction	Attack type	Element Polarity
LU 5	One inch down from the crease of the elbow on the front / outside of the lower arm	C-motion toward wrist	Strike or touch	Metal Yin
LV 9	4 AU up from the knee. On the inside front of the thigh.	Kick straight into bone	Strike	Wood Yin
HT 3	On top of the inner knob of the elbow.	Straight into bone and slightly toward wrist	Strike or touch	Fire Yin
BL 10	At the base of the skull. 1 AU to the outside of the centerline. At the origin of the Trapezius muscle.	Struck from back to front with slight rising motion	Strike	Water Yang
SI 5	At the crease of the wrist on the back of the forearm	Bends the wrist. Press point against the bone and toward the hand	Touch	Fire Yang
LI 18	On the side of the neck, level with the Adam’s apple, directly below the ear.	Strike straight in, when the neck is bent to the side opposite the point	Strike	Metal Yang
GB 8, 9	In the scalp, along a curve 1 1/2 AU above and behind the ear.	Rub or grab hair and dig knuckles into the points.	Rub	Wood Yang
L 5	In the depression between the two tendons at the base of the thumb	Press toward the wrist. (Responds to strike but is difficult to hit.)	Strike or touch	Metal Yang
LU 7	1 1/2 AU up from the crease of the wrist, in the depression just behind the knob. Thumb side, outside.	Roll thumb across LU 7 while squeezing against SI6 with the fingertips.	Strike, rub, touch	Metal Yin

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