

**Requirements for 9<sup>th</sup> Kyu in Ryukyu Kempo  
Orange Belt**

Basics:			
Knife Hand Block	Ridge Hand	Stepping Side Kick	2 Handed Parry / Catch
Spear Hand	Palm Heel	Jumping Front Kick	1 Handed Parry / Catch
Hammer Fist	Shoulder Roll	Basic Back Fall	Hook Stance

Basic Principals:	
Demonstrate 2-hand catch (brush-grab)	Explain proper use of 2-bone forearm in 2-hand catch
Describe the three types of location where pressure points are generally found.	Nerve crossings, Nerve bifurcation (split or fork), ends of muscles (insertion or origin)
Know Angle and Direction for ulnar (thumb) side vs. radial (little finger) side of arm	Straight in (thumb side) Toward wrist (little finger)
Know why the two bone block is superior to a single bone block	The two bone block is more than 10 times stronger because the two forearm bones reinforce each other.
Know that it is the proper angle and direction of the attack that causes the nerve impulse to travel the entire length of the nerve	
Know the result of stretching a nerve.	Stretching a nerve causes pain.
Know where your strength resides.	Below the breast near the middle or the lower Tiantien Bring the joint locked to your strength.
Give an example of the superiority of circular motion over linear motion,	The linear hair throw vs. the circular hair throw. This is part of small circle theory.
know 2-way action	Escape from two hand grab using the closing bow of the Kata.

Kata: Taiyoko Nidan and Sandan

Bunkai: Highlighted Bunkai are required for test		
Kata Move	Attack	Bunkai
Out block	opposite wrist grab	The outblock attacks the little finger side of the opponents wrist, turns them, and opens up the ribs. The punch should be into GB25.
Out block	Opposite elbow grab	Lock SI6 with elbow turning 45degrees punch SP21
Down block	Opposite side wrist grab	Rub TW 11 Golgi's complex above back of elbow, punch GB20
High Block / Ridge-hand	Same Side Push	Grasp attackers wrist at L8 & H6 with same side hand. Stike LU 10 with opposite wrist then ST 5 in load then highblock. Strike ST 9 with the outgoing ridgehand or GB 20 with the returning ridge hand.
Out block	Punch	Parry seizing fire and metal point on arm strike ST5 or GB20
High block/punch	Same side elbow grab	Raise arm up in high "block" and punch PC1
High block	Same side wrist grab	Reverse grip and seize L8, bring your radial side wrist bone up into TW11

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Points:			
Point	Location	Angle & Direction	Attack type
TW11(Triple Warmer 11)	Two AU above the tip of the Elbow	Rub in and up and down while pressing through the arm	Rub Fire Yang
GB 20 (Gall Bladder 20)	In the hollow of the skull bump at the base of the head just to the side of center.	Strike diagonally up and in through the skull	Strike Wood Yang
ST 9 (Stomach 9)	Level with the Adam's apple where the muscle meets the windpipe. (The carotid pulse may be felt here.)	Strike with a penetrating blow at 45 degree angle inward	Strike or rub (vibrate) Earth Yang
PC6 (Pericardium 6)	On the inside center of the forearm, two AU from the crease of the wrist	Press or strike toward the hand	Touch or strike Fire Yin
SI 17 (Small Intestine 17)	Behind the angle of the Jaw	Strike or press at 45 degree angle up toward the center of the head	Strike or Touch Fire Yang
ST 10 (Stomach 10)	One AU below ST 9 between the wind pipe and the neck muscle.	Strike in combination with S9 to produce unconsciousness.	Strike Earth Yang
LI 7 (Large Intestine 7)	About 5 AU up from the wrist on the thumb side of the forearm.	Strike against the bone, in the direction of the hand.	Strike Metal Yang
PC 1	1 AU to the outside of nipple	Strike on a line toward the center of the back.	Strike Fire Yin
SP21	On side of body midway between armpit and elbow	Straight in	Strike or rub Earth Yin
SI 6 (Small Intestine 6)	½ Au up from the crease of the wrist on the back of the forearm in the cleft of the bony knob of the bone.	Iternately press this point and LI4 towards each other.	Touch Fire Yang