

Requirements for 10th Kyu in Ryukyu Kempo Yellow Belt

Basics:			
Straight Punch	High Block	Front Kick	Horse Stance
Reverse Punch	Low Block	Side Kick	Front Stance
Knife Hand strikes	Middle Block	Round House Kick	Cat Stance

Basic Principals:	
Proper demonstration and explanation for fist and knife hand.	Curl fingers tightly. Thumb position. First two knuckles are the weapons (knifehand) Fingers slightly cupped, hand tightened, bone above wrist is weapon
Demonstrate and explain ¾ punch.	Aligns bones in arm and wrist for stronger punch. Fits into notch in ribs at solar plexus attacking CV14
Know the size and active area of a pressure point.	Size: End of ball point pen. Area: Quarter size to ½ dollar size depending on point and size of person.
Know three methods of activating a pressure point.	Strike, Rub, Touch
Know precautionary measures to be observed when working with pressure points.	Don't cross the body. Do not practice pressure points with anyone who is ill. Do not practice more than 15 minutes per week. Do not work pressure points with anyone over the age of 40 or under the age of 16 or who is nor physically mature.
Know basic energy restoration methods.	Rub point in direction of energy flow, or circularly if uncertain. Slap and rub spinal accessory nerve (near GB20)

Kata: Taiyoko Shodan

Bunkai: Highlighted Bunkai required for test		
Kata Movement	Attack	Bunkai
Opening "bow" movement.	2 hand lapel grab	Double down strike into Stomach 25 Pay attention to angle and direction.
Down block	2 hand lapel grab	Strike across to LI10 and opposite side rear hair throw with hip turning
Down block	Same side wrist grab	Use "set" motion of downblock to escape simultaneously punching LV14/GB24 then strike St5
Opening "bow" movement.	Fist in face	Grasp wrist at L8&H6 Use palm at TW3 to apply wrist lock and bring opponents down
Opening "bow" movement.	Against bear hug	Rub TW3 and lock finger joint
Down block	2 hand lapel grab	Reach <u>under</u> opponents arms seize HT 2 / LI 13 and opposite side rear hair throw with hip turning
Down block	Same side wrist grab	Step out to 45 degrees, rolling arm over and pinning wrist against your body at PC6, drop elbow on TW 12 (or use elbow to rub TW11) and "downblock" to GB25 or TW17
Down block	Same side wrist grab	Use "set" motion of downblock to seize hand at LI 10, "downblock" to TW17
Down block	Punch	(From inside) strike L6 simultaneously punching GB24/LV14 then strike ST 5
Down block	Punch	(From outside) strike <u>LI6</u> simultaneously punching GB24/LV14 then strike ST 5

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Points are listed for all Bunkai at Kyu level. Where Bunkai uses points from earlier Kyu, the points are not repeated in the points section.

Points: NOTE that only the typical attacks (strike/touch/rub) are presented. <u>Touch</u> typically means press or grab			
Point	Location	Angle & Direction	
LU8 Lung 8	One AU up from wrist crease on Thumb side and on the inside of the arm.	Press into bone and toward the wrist	Touch Metal Yin
HT6 Heart 6	½ AU up from the crease of the wrist on the little finger side	Press into bone and toward the wrist	Touch Fire Yin
TW3 Triple Warmer 3 (AKA Triple Heater 3)	One AU up from knuckle between little and ring fingers.	Press or rub against the ring finger bone	Touch or strike Fire Yang
TW12 Triple Warmer 12	On the back of the upper arm, in the middle of triceps at the point of the "V".	Strike straight into the bone	Strike Fire Yang
CV14 Conception 14	One AU below the notch at the bottom of the breast bone.	Strike in and slightly down	Strike Yin
ST25 Stomach 25	Two AU to the side of the navel.	Strike down and in toward the midline	Strike Earth Yin
ST5 Stomach 5	In the groove on the jaw line behind the corner of the mouth.	Strike at angle toward opposite corner of the head	Strike Earth Yang
TW17 Triple Warmer 17	Behind jaw in depression under ear	Strike diagonally back to front-can dislocate jaw	Strike Fire Yang
LI 13 Large Intestine 13	In the hollow near the elbow end of the biceps, about 3 AU up from the outer knob of the elbow	Bends the arm inward	Strike or touch Metal Yang
GB24 Gall Bladder 24	Inside edge of rib cage between 7 th and 8 th ribs. About 2 AU below the pec.	Strike or rub diagonally up and in- GB alarm pt	Strike or rub Wood Yang
LV14 Liver 14	Inside edge of rib cage between 6 th and 7 th ribs. About 1 AU below the pec.	Strike or rub diagonally up and in- LV alarm pt	Strike or rub Wood Yin
HT2 Heart 2	Three inches above elbow on inside	Strike or press into bone	Strike/touch Fire Yin
LI10 Large Intestine 10 (AKA Colon 10)	Two AU from the outside end of the crease of the elbow	Strike toward the bone. This is the motor control pt. For the forearm	Strike or touch Metal Yang