

hokei

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- *nio ken* – single counter attack
- *sango ken* – hand as guard, counter attack with kick
- *tenno ken* – defense and counter attack triggered by punch
- *byakuren ken* – guarding hand or arm is used for counter attack
- *kakuritsu ken* – sequence of guarding against kicks and counter attack with kick
- *chio ken* – defense and counter attack triggered by kick
- *kongo ken* – lock and hold opponent
- *ryuo ken* – techniques for escaping from holds
- *ryuka ken* – ryuo ken techniques for throwing
- *rakan ken* – techniques based on traditional juho forms
- *goka ken* – throwing techniques, some guarding against goho

goho

nio ken

single counter attack

kyu 6 – ryusui geri (ushiro), uwa uke zuki (omote, ura), uchi uke zuki (ura), tenshin geri

kyu 5 – ryusui geri (mae), uwa uke geri (omote, ura)

kyu 4 – uchi age zuki (ura, omote), uchi age geri (ura, omote), soto uke zuki (ura, omote), soto uke geri (ura, omote)

kyu 3 – uchi uke geri (ura, omote), soto oshi uke zuki, uchi oshi uke zuki

kyu 2 – uchi uke zuki (omote), kusshin zuki, kusshin geri, kusshin zuki geri, soto oshi uke geri, uchioshi uke geri

dan 2 – hangetsu geri, kaishin zuki

dan 3 – machi geri, shita uke zuki, shita uke dan zuki, soto uke dan zuki, uchi age dan zuki, tanto tsuki komi shita uke uchi otoshi geri, tanto furi age ryusui geri

sango ken

hand as guard, counter attack with kick

kyu 5 – shita uke geri, shita uke jun geri

kyu 3 – juji uke geri

kyu 2 – han tenshin geri, yoko tenshin geri

kyu 1 – harai uke geri

dan 2 – gyaku tenshin geri?

dan 3 – gedan gaeshi?, chudan gaeshi

*tenno ken***defense and counter attack triggered by punch***kyu 3* – tsuki ten 1*kyu 2* – konten 1*kyu 1* – furi ten 2, tsuki ten 2, keri ten 3, tsuki ten 3*dan 2* – gyaku ten 1, tai ten 1*dan 3* – keri ten 1*byakuren ken***guarding hand or arm is used for counter attack***kyu 1* – tsubame gaeshi, chidori gaeshi*dan 2* – harai uke dan zuki*dan 3* – hangetsu gaeshi (sukui kubi nage), suigetsu gaeshi, mika zuki gaeshi*kakuritsu ken***sequence of guarding against kicks and counter attack with kick***dan 1* – kinteki geri hiza uke, gyaku geri hiza uke, mawashi geri sambo uke*dan 2* – sokuto geri hiki ashi nami gaeshi, mawashi geri sambo uke nami gaeshi, dan geri sambo uke dan geri gaeshi*chio ken***single counter attack***dan 2* – jun geri chi 1, gyaku geri chi 1, harai uke chi 2, jun geri chi 3, gyaku geri chi 3*dan 3* – fukko chi 2**juho***kongo ken***lock and hold opponent***kyu 6* – ude juji gatame*kyu 5* – mae jubi gatame*kyu 4* – okuri gatame*kyu 3* – ura gatame, jui gatame, tate gassho gatame*kyu 2* – okuri yubi dori*kyu 1* – mae tembin gatame, tembin gatame (ura)*dan 2* – okuri tembin dori, tate ichiji gatame, sekoshi ichiji gatame, tsuri age dori, tsuri age ura gatame, kumo garami, ura gassho gatame, ura hiza gatame, ryu gatame*dan 3* – osae yubi gatame, konoha gatame, gassho okuri dori, gyakute gatame*dan 4* – kannuki okuri (dori), mae ude gatame, ushiro ude gatame, sankaku gatame

dan 5 – soto gyaku te dori, uchi gyaku te dori

ryuo ken

techniques for escaping from holds

kyu 6 – kote nuki

kyu 5 – katate yori nuki, maki nuki (katate)

kyu 4 – tsuki nuki (soto, uchi), kiri nuki (soto, uchi)

kyu 3 – ryote yori nuki, tsuki nuki (ryote), maki nuki (ryote), juji nuki (katate), nidan nuki, hiji nuki yori mae tembin

kyu 2 – kiri kaeshi nuki (katate & morote), sankaku nuki juji nuki (ryote), gassho nuki, johaku nuki (katate, ryote), oshi kiri nuki

kyu 1 – morote tsuki nuki, katate oshi nuki, morote juji nuki, morote hiji nuki, eri nuki, sode nuki

dan 1 ? – nidan nuki, oshi nuki (katate), hiki nuki (morote), juji nuki (morote)

dan 2 – uchi nuki (katate & ryote)

dan 3 – age nuki

dan 4 – ashi nuki

ryuka ken

techniques for throwing

kyu 5 – gyaku gote

kyu 4 – okuri gote (katate), okuri maki tembin

kyu 3 – gyaku gote yori ura gaeshi nage, juji gote (katate)

kyu 2 – okuri gote (ryote), okuri dori, okuri yoko tembin, juji gote (ryote), ryaku juji gote, maki juji gote, kiri gote (katate & morote)

kyu 1 – maki gote (katate, morote), morote juji gote

dan 1 ? – oshi gote (katate & ryote), kote maki gaeshi, maki gote (katate & morote), juji gote (morote)

dan 2 – gyaku gote (morote), gyakute nage, shita uke geri kote nage, ryu nage, soto maki tembin, nuki uchi oshi gote, morote okuri gote tsumi otoshi, okuri hiji zeme, nuki uchi oshi gote, kiri kaeshi maki tembin, kiri kaeshi tembin

dan 3 – nigiri kaeshi, maki komi gote, morote okuri gote nage, konoha okuri, okuri yubi gaeshi, okuri tsuki taoshi (ippon se nage), okuri shishi dori, furisute omote nage, koshi kujiki (ippon se nage) kiri kaeshi gote, kiri kaeshi nage, morote kiri kaeshi nage, konoha gaeshi, idori okuri gote, idori gyaku gote, idori oshi gote

dan 4 – gassho gyaku gote, gyaku gassho nage, okuri gassho, kumade gaeshi (katate, rypte), katate nage kiri gaeshi, gassho choji, gassho tsuki otoshi

dan 5 – okuri kannuki gote, omote kumade gaeshi, okuri hiji zeme omote, choji nage, gyaku konoha gaeshi, konoha choji, okuri gassho konoha nage

rakan ken

techniques based on traditional juho forms

kyu 2 – johaku dori (katate, ryote)

kyu 1 – sode maki, sode dori, sode maki tembin, hiki otoshi, kata muna otoshi, ude maki, eri juji

dan 2 – hiki muna otoshi, ryo muna otoshi, maki otoshi, soto maki otoshi,

dan 3 – sode guchi dori, sode guchi maki sode maki gaeshi, sukui kubi nage, kata uchi nage

dan 4 – gyaku sode dori, ushiro sode maki (dori), okuri eri dori, ushiro eri dori (omote, ura), hangetsu kubi nage, maki uchi kubi nage, yahazu nage, kubi jume nage, kenjime dori, omote nage, ura nage, ushiro karo daoshi, gyaku sode maki ushiro kubi nage

dan 5 – sode juji, tekubi dori, choji dori, shikumi koshi nage, mae gami dori, obi dori, sode dori nai tambin, sode maki gaesho ura, okuri eri dori omote, shikumi nai tembin, kubi jume nage omote, tora daoshi, hasami daoshi, fukko daoshi

goka ken

throwing techniques, some guarding against goho

dan 2 – uwa uke nage, uwa uke gyakute nage, hiki tembin, gyaku hiki tembin

dan 3 – uwa uke se nage, katate nage, okuri katate nage, gyaku katate nage, gassho katate nage, ryote katate nage, morote katate nage, gassho hiki tembin

dan 4 – oshi uke nage, oshi uke maki nage, gashho katate nage, kannuku soto tembin, tembin nage

dan 5 – kannuki katate nage, katate kannuki nage, ryote kannuki nage, kammuki nai tembin, osae kannuki nage soto, bukkotsu nage, harai bukkotsu nage, ushiro bukkotsu nage