

goho/剛法

nio ken: 仁王拳 - (*benevolent, king, fist*)

- kyu 4 - ryusui geri 流水蹴 - (*streaming, water, kick*) / uchi uke zuki 内受突 - (*inside, receive, punch*) / uwa uke geri 上受蹴 - (*up, receive, kick*)
- kyu 3 - uwa uke zuki 上受突 - (*up, receive, punch*)
- kyu 2 - tenshin geri 転身蹴 - (*turn, body, kick*) / uchi uke geri 内受蹴 - (*inside, receive, kick*)
- kyu 1 - soto uke zuki 外受突 - (*outside, receive, punch*) / soto uke geri 外受蹴 - (*outside, receive, kick*) / soto oshi uke zuki 外押受突 - (*outside, push, receive, punch*) / kusshin zuki 屈身突 - (*yield/bend, body, punch*) / kusshin geri 屈身蹴 - (*yield/bend, body, kick*)
- dan 2 - uchi age zuki 打上突 - (*strike, up, punch*) / kaishin zuki 開身突 - (*open space, body, punch*) / tanto tsuki komi shita uke zuki 短刀突込下受突 - (*short, knife, punch, intrude, down, receive, punch*) / tanto furi age ryusui geri 短刀振上流水蹴 - (*short, knife, swing, up, streaming, water, kick*)
- dan 3 - soto uke dan zuki 外受段突 - (*outside, receive, steps, punch*) / uchi age dan zuki 打上段突 - (*strike, up, steps, punch*) / shita uke zuki 下受突 - (*down, receive, punch*) / shita uke dan zuki 下受段突 - (*down, receive, steps, punch*)

sango ken: 三合拳 - (*three, meet, fist*)

- kyu 3 - shita uke geri 下受蹴 - (*down, receive, kick*) / shita uke jun geri 下受順蹴 - (*down, receive, front, kick*)
- kyu 2 - yoko tenshin geri 横転身蹴 - (*side, turn, body, kick*) / han tenshin geri 半転身蹴 - (*half, turn, body, kick*) / juji uke geri 十字受蹴 - (*ten, character, receive, kick*)
- dan 1 - harai uke geri 払受蹴 - (*sweep, receive, kick*)
- dan 2 - gyaku tenshin geri 逆転身蹴 - (*reverse, turn, body, kick*)
- dan 3 - gedan gaeshi 下段返 - (*down, level, return*) / chudan gaeshi 中段返 - (*middle, level, return*)

tenno ken 天王拳 - (*heaven, king, fist*)

- kyu 3 - tsuki ten 1 突天一 - (*punch, heaven, one*)
- dan 1 - furi ten 2 振天二 - (*swing, heaven, two*) / keri ten 3 蹴天三 - (*kick, heaven, three*) / tsuki ten 3 突天三 - (*punch, heaven, three*)
- dan 2 - tsuki ten 2 突天二 - (*punch, heaven, two*) / kon ten 1 浪天一 - (*wander, heaven, one*) / tai ten 1 対天一 - (*opposite, heaven, one*) / keri ten 1 (sukui kubi nage) 蹴天一 (救首投) - (*kick, heaven, one*) (*help, neck, throw*) / gyaku ten 1 逆天一 - (*reverse, heaven, one*)

byakuren ken 白蓮拳 - (*white, lotus, fist*)

- kyu 2 - tsubame gaeshi 燕返 - (*swallow, return*) / chidori gaeshi 千鳥返 - (*thousand, bird, return*)
- dan 3 - harai uke dan zuki 払受段突 - (*sweep, receive, steps, punch*) / mika zuki gaeshi - mika 突返 - (*?, punch, return*) / suigetsu gaeshi - 水月返 - (*water, moon, return*) / hangetsu gaeshi (sukui kubi nage) - 半月返 (救首投) - (*half, moon, return*) (*help, neck, throw*)

kakuritsu ken 確立拳 - (*firm, stance, fist*)

- dan 1 - kinteki geri hiza uke 金の蹴膝受 - (*gold, target, knee, receive*) / gyaku geri hiza uke 逆蹴膝受 - (*reverse, knee, receive*) / mawashi geri sambo uke nami gaeshi 廻蹴三防受波返 - (*revolve, kick, three, defence, receive, wave, return*)
- dan 3 - sokuto geri hiki ashi 足刀蹴引足 - (*foot, knife, pull, foot*) / dan geri sambo uke nami gaeshi 段蹴三防受波返 - (*steps, kick, three, defence, receive, wave, return*)

chio ken 地王拳 - (*earth, king, fist*)

- dan 2 - jun geri chi 1 順蹴地一 - (*front, kick, ground, one*) / gyaku geri chi 1 逆蹴地一 - (*reverse, kick, ground, one*) / gyaku geri chi 3 逆蹴地三 - (*reverse, kick, ground, three*)
- dan 3 - fukko chi 2 伏虎地二 - (*bend down, drunkard/tiger, ground, two*) kneeling / harai uke chi 2 払受地二 - (*sweep, receive, ground, two*) / jun geri chi 3 順蹴地三 - (*front, kick, ground, three*)

juho/柔法

kongo ken 金剛拳 - (*metal, hard, fist*)

- kyu 4 - ude juji gatame 腕十字固 - (*arm, ten, character, hold*)
- dan 2 - okuri tembin dori 送天秤捕 - (*send, heaven, balance, control*) / tsuri age dori 釣上捕 - (*fish, up, control*)

ryuo ken 龍王拳 - (*dragon, king, fist*)

- kyu 4 - kote nuki 小手拔 - (*small, hand, release*) / yori nuki (katate) 寄拔 (片手 & 両手) - (*draw near, release*) (*one, hand*) (*two, hands*)
- kyu 3 - maki nuki (katate & ryote) 巻拔 (片手 & 両手) - (*roll up, release*) (*one, hand*) (*two, hands*)
- kyu 2 - kiri nuki (uchi & soto) 切拔 (内 & 外) - (*cut, release*) (*inside*) (*outside*) / juji nuki (katate & ryote) 十字拔 (片手 & 両手) - (*ten, character, release*) (*one, hand*) (*two, hands*) / gassho nuki 合掌拔 - (*join, hand, release*) / kiri kaeshi nuki (katate & morote) 切返拔 (片手 & 諸手) - (*cut, return, release*) (*one, hand*) (*both, hands*) / sankaku nuki 三角拔 - (*three, angle, release*)
- kyu 1 - johaku nuki (katate & ryote) 上膊拔 (片手 & 両手) - (*upper, arm, release*) (*one, hand*) (*two, hands*) / oshi kiri nuki 押切拔 - (*push, cut, release*) / sode nuki 袖拔 - (*sleeve, release*) / eri nuki 襟拔 - (*collar, release*)

- dan 1 – nidan nuki 二段 抜 – (*two, steps, release*) / oshi nuki (katate) 押 抜 (片手) – (*push, release*) (*one, hand*) / hiki nuki (morote) 引 抜 (諸手) – (*pull, release*) (*both, hands*) / juji nuki (morote) 十字 抜 (諸手) – (*ten, character, release*) (*both, hands*)
- dan 2 – tsuki nuki (uchi & soto) 突 抜 (内 & 外) – (*punch, release*) (*inside*) (*outside*) / tsuki nuki (ryote & morote) 突 抜 (両手 & 諸手) – (*punch, release*) (*two, hands*) (*both, hands*) / age nuki 上 抜 – (*up, release*) / hiji nuki mae tembin 肘 抜 前 天秤 – (*elbow, release, forward, heaven, balance*) / uchi nuki (katate & ryote) 打 抜 (片手 & 両手) – (*strike, release*) (*one, hand*) (*two, hands*) / oshi nuki (morote) 押 抜 (諸手) (*push, release*) (*both hands*) / morote wa nuki (ippon se nage) 諸手 wa 抜 (一本背投) – (*both, hands, round, release*) (*one, basis, back, throw*) / morote maki nuki (ippon se nage) 諸手 巻 抜 (一本背投) – (*both, hands, roll up, release*) (*one, basis, back, throw*)

ryuka ken 龍樺拳 – (*dragon, brushwood, fist*)

- kyu 4 – gyaku gote (mae yubi gatame) 逆 小手 (前指固) – (*reverse, small, hand*) (*forward, fingers, hold*)
- kyu 3 – okuri gote (katate) 送 小手 (片手) – (*send, small, hand*) (*one, hand*) / okuri maki tembin 送 巻 天秤 – (*send, roll up, heaven, balance*)
- kyu 2 – juji gote (katate & ryote) 十字 小手 (片手 & 両手) – (*ten, character, small, hand*) (*one, hand*) (*two, hands*) / ryaku juji gote 略 十字 小手 (*shorten, ten, character, release*) / okuri gote (ryote) 送 小手 (両手) (*send, small, hand*) (*two, hands*) / kiri gote (katate & morote) 切 小手 (片手 & 諸手) – (*cut, small, hand*) (*one, hand*) (*both, hands*)
- kyu 1 – gyaku gote ura gaeshi nage 逆 小手 裏 返 投 – (*reverse, small, hand, side, return, throw*)
- dan 1 – oshi gote (katate & ryote) 押 小手 (片手 & 両手) – (*push, small, hand*) (*one, hand*) (*two, hands*) / kote maki gaeshi 小手 巻 返 (*small, hand, roll up, return*) / maki gote (katate & morote) 巻 小手 (片手 & 諸手) – (*roll up, small, hand*) (*one, hand*) (*both, hands*) / juji gote (morote) 十字 小手 (諸手) (*ten, character, small, hand*) (*both, hands*)
- dan 2 – gyakute nage 逆手 投 (*reverse, hand, throw*) / ryu nage 流 投 (*streaming, throw*) / soto maki tembin 外 巻 天秤 – (*outside, roll up, heaven, balance*) / nuki uchi oshi gote 抜 打 押 小手 (*release, strike, push, small, hand*) / morote okuri gote baku ho (ichi, ippon se nage) 諸手 送 小手 baku 法 (一, 一本背投) – (*both, hands, send, small, hand, bind, method*) (*one, one, basis, back, throw*) / okuri hiji zeme 送 肘 攻 – (*send, elbow, attack*) / tsuri otoshi 釣 落 (*fish, drop*) / okuri dori 送 捕 (*send, control*) / kiri kaeshi tembin 切 返 天秤 – (*cut, return, heaven, balance*) / kiri kaeshi maki tembin 切 返 巻 天秤 – (*cut, return, roll up, heaven, balance*) / gyaku gote (morote) 逆 小手 (諸手) (*reverse, small, hand*) (*both, hands*) / idori gyaku gote – idori 逆 小手 (*kneel, reverse, small, hand*) / idori oshi gote idori 押 小手 (*kneel, push, small, hand*)

- dan 3 – kiri kaeshi gote 切 返 小手 – (*cut, return, small, hand*) / kiri kaeshi nage 切 返 投 – (*cut, return, throw*) / morote kiri kaeshi nage 諸手 切 返 投 – (*both, hands, cut, return, throw*) / konoha okuri 木の葉 送 – (*tree, leaves, send*) / konoha gaeshi 木の葉 返 – (*tree, leaves, return*) / okuri yubi gaeshi 送 指 返 (*send, finger, return*) / nigiri kaeshi nigiri 返 (?/grab, return) / okuri shishi dori 送 shishi 捕 – (*send, ?, control*) / furisute omote nage 振 捨 表 投 (*swing, discard, exterior, throw*) / morote okuri kote nage 諸手 送 小手 投 – (*both, hands, send, small, hand, throw*) / okuri tsuki taoshi (ippon se nage) 送 突 打 押 (一本背投) – (*send, punch, strike, push*) (*one, basis, back, throw*) / koshi kujiki (ippon se nage) 腰 kujiki (一本背投) (*hip, ?*) (*one, basis, back, throw*)

rakan ken 羅漢拳 (*silk, china, fist*)

- kyu 1 – johaku dori (katate & ryote) 上 膊 捕 (片手 & 両手) – (*upper, arm, control*) (*one, hand*) (*two, hands*) / johaku maki (katate) 上 膊 巻 (片手) – (*upper, arm, roll up*) (*one, hand*) / sode dori 袖 捕 (*sleeve, control*) / sode maki 袖 巻 – (*sleeve, roll up*) / sode maki tembin 袖 巻 天秤 – (*sleeve, roll up, heaven, control*) / ude maki 腕 巻 (*arm, roll up*) / kata muna otoshi 片 胸 落 (*one, chest, drop*) / eri juji 襟 十字 (*collar, ten, character*)
- dan 2 – maki otoshi 巻 落 (*roll up, drop*) / soto maki otoshi 外 巻 落 (*outside, roll up, drop*) / hiki muna otoshi 引 胸 落 (*pull, chest, drop*) / ryo muna otoshi 両 胸 落 (*two, chest, drop*) / hiki otoshi 胸 落 (*chest, drop*)
- dan 3 – sode maki gaeshi 袖 巻 返 – (*sleeve, roll up, return*) / sode guchi dori 袖 口 捕 (*sleeve, opening, control*) / sode guchi maki 袖 口 巻 (*sleeve, opening, roll up*)

goka ken 五花拳 – (*five, blossoms, fist*)

- dan 2 – uwa uke nage 上 受 投 – (*up, receive, throw*) / uwa uke gyakute nage 上 受 逆手 投 – (*up, receive, reverse, hand, throw*) / gyaku tembin 逆 天秤 (*reverse, heaven, balance*)
- dan 3 – katate nage 片手 投 – (*one, hand, throw*) / gyaku katate nage 逆 片手 投 – (*reverse, one, hand, throw*) / gassho katate nage 合 掌 片手 投 – (*join, palms, one, hand, throw*) / okuri katate nage 送 片手 投 – (*send, one, hand, throw*) / ryote katate nage 両手 片手 投 – (*two, hands, one, hand, throw*) / morote katate nage 諸手 片手 投 – (*both, hands, one, hand, throw*) / hiki tembin 引 天秤 (*pull, heaven, balance*) / gyaku hiki tembin 逆 引 天秤 (*reverse, pull, heaven, balance*) / gassho hiki tembin 合 掌 引 天秤 (*gassho, pull, heaven, balance*)