

KIYOJUTE RYU SHOGEI TOITSU KEMPO

Techniques for beginning ranks.

	THROWS	BLOCKS	HAND TECHNIQUES	KICKS	CHOKES	COUNTERJOINT MOVEMENTS	FORMS
GOKYU YELLOW	OGOSHI OSOTOGARI SASAETSURIKOMIASHI	OUTER CIRCULAR BLOCK INNER CIRCULAR BLOCK	REVERSE PUNCH CHOP BACK ELBOW	FRONT SNAP KICK ROUNDHOUSE KICK SIDE SNAP KICK	HADAKA JIME KATA JUJI SHIME		HAMBO KATA KARATE KATA KARATE EMBU
YONKYU GREEN	DEASHIBARAI IPPONSEOINAGE TAIOTOSHI	CROSS BLOCK X BLOCK	STRAIGHT PUNCH HEEL OF HAND SLAP	STRAIGHT KICK INSIDE ROUNDHOUSE KICK KNEE KICK	ONE HAND CAROTID GRAB KATAHA JIME	KOTEGAESHI IKKYO	HAMBO EMBU KARATE KATA KARATE EMBU
SANKYU 3RD BROWN	TOMOENAGE MOROTESOEINAGE KATAGARUMA	RISING BLOCK TIGER CLAW CATCH	TIGER CLAW FORWARD ELBOW STRIKE HAMMERFIST	OUTER CRESCENT KICK LEAPNG FRONT SNAP KICK STOMP	NAMI JUJI SHIME ONE-HAND THUMB CHOKE	FINGER GRAB TETSUI GATAME	BO KATA KARATE KATA KARATE EMBU
NIKKYU 2ND BROWN	UKIGOSHI HIZAGARUMA SOTOMAKIKOMI	WING BLOCK INSIDE FOREARM BLOCK	JAB GRAB REVERSE CHOP	BACK KICK BACK THRUST KICK INNER CRESCENT KICK	OKUIERJIMI TWO-HANDED FRONT CHOKE	NIKKYO UDEGARAMI	BO EMBU KARATE KATA KARATE EMBU
IKKYU 1ST BROWN	UCHIMATA SUMIOTOSHI KOSHIGARUMA	WRIST ARCH BLOCK ELBOW BLOCK	BACKFIST BACKHAND DOWN ELBOW STRIKE	STATIONARY SIDE KICK WHEEL KICK FLYING SIDE KICK	TWO-HANDED REAR CHOKE JIGOKU JIME	WAKI GATAME UDE GATAME	NUNCHAKU KATA NUNCHAKU EMBU KARATE KATA KARATE EMBU