

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 |