

Ryusui-Ryu Martial Art Schools

Kihon Sets

Set No.	Technique	Target	Stances	Notes
1 Punches	Oi-zuki	Chudan	Naname-dachi	
	Gyaku-zuki	Chudan	Zenkutsu-dachi	Slide into Punch to Start
	Sanbon-zuki	Jodan Chudan - Chudan	Naname-dachi Zenkutsu-dachi	3 Punch combination
2 Kicks	Mai-keri Mai-keri	Chudan Chudan	Naname-dachi Naname-dachi	Forward: Front leg then back leg Backwards: Back leg then front leg Kamae change after 2nd kick
	Mawashi-keri Gyaku-zuki	Gedan (Upper Thigh) Chudan	Zenkutsu-dachi	From Kamae Slide into Punch to Start Forward: Back leg kicks Backwards: Front leg kicks
	<u>Sanbon Keri:</u> Ren-keri, Kensetsu-keri Gyaku-zuki	Gedan (knee), Chudan Gedan Chudan	Zenkutsu-dachi	From kamae slide into Punch to Start Forward: Back leg kicks Backwards: Front leg kicks 3 kick combination with same leg. Kensetsu keri takes inside of knee.

Set No.	Technique	Target	Stances	Notes
3 Blocking & Punching Combinations	Gedan-barai	Gedan	Shizen-dachi (@ 45 deg to RHS) Zenkutsu-dachi	From kamae slide into Punch to Start Punching hand blocks on next move
	Gyaku-zuki	Chudan		
	Osae-uke/Gyaku-sukui-uke	Chudan into Gedan	Naname-dachi	Both blocks done on the spot Step on the punch only (forward or back)
	Gyaku-zuki	Chudan	Zenkutsu-dachi	The back hand does Osae-uke Slide back into naname-dachi for block combo
	<u>Sanbon Uke:</u> Jodan-uke Gyaku-zuki Chudan-uke Gyaku-zuki Gedan-barai Gyaku-zuki	All Punches Chudan	Naname-dachi to Zenkutsu-dachi (Repeat)	All 3 block & punch combos are done on the spot sliding from one stance to the next. As you step into the next move the punching hand does the block.
4 Blocking & Striking Combinations	Jodan-uke		Sanchin-dachi	Block/strike combo is done on the spot Step into next block
	Gyaku-ura-zuki	Chudan (lower ribs)		Ura-zuki is reversed & all stances are in Sanchin-dachi Punching Hand Blocks
	<u>Sanbon Empi:</u> Age-empi-uke Gyaku-mawashi-empi-uchi Yoko-empi-uchi	Jodan Jodan Chudan	Nekoachi-dachi Slide into Naname-dachi Pivot into Shiko-dachi	Elbow block in Nekoashi-dachi Slide forward for the elbow strike to head going forward & backward. Pivot sideways on for next elbow strike
	Ni Gedan-barai/Ura-zuki Uraken-uchi Gyaku-zuki	Gedan/Jodan Yokomen Chudan	Haisoku-dachi Naname-dachi Zenkutsu-dachi	Forward: All steps are forward Backwards: Gyakuzuki Zenkutsu-dachi is forward Punching hand does the following Ura-zuki

Main Points:

1. Each set is 5 steps forward & backwards with kia on 5th step. If space is limited they can be done on the spot or 2 steps forward or back
2. All start from Rei into Yoi. Then Hidari Kamae in Naname-dachi.
3. Step back into yoi position to finish.
4. Emphasis should be on control, balance, coordination and a soft, relaxed application.
5. Correct posture and timing are more important than speed.
6. Lose of posture and correct technique, in an attempt to go fast, will count against you.