

Ryusui-Ryu Martial Art Schools

Kihon Sets Required For Grading - Issued: February 2014 and Last Modified November 2017

Set No.	Technique	Target	Stances	Notes
1	Oi-zuki	Chudan	Naname-dachi	
	Gyaku-zuki	Chudan	Zenkutsu-dachi	From Kamae Slide into Punch
	Gedan-barai	Gedan	Shizen-dachi (@ 45 deg) Zenkutsu-dachi	From Kamae Slide into Punch. Punching hand blocks on next move
	Gyaku-zuki	Chudan		
2	Ni Mai-keri	Chudan	Naname-dachi	Forward: Front leg then back leg Backwards: Back leg then front leg Kamae change after 2nd kick
	Mawashi-keri	Gedan (Upper Thigh)		From Kamae Slide into Punch Forward: Back leg kicks Backwards: Front leg kicks
	Gyaku-zuki	Chudan	Zenkutsu-dachi	
	Ren-keri/Kensetsu-keri	Gedan (knee), Chudan, Gedan		From Kamae Slide into Punch Forward: Back leg kicks Backwards: Front leg kicks
3	Gyaku-zuki	Chudan	Zenkutsu-dachi	
	Sanpan-zuki	Jodan - Chudan - Chudan	Naname-dachi Zenkutsu-dachi	3 Punch combination
	Osae-uke/Gyaku-sukui-uke	Chudan into Gedan	Naname-dachi	Both blocks done on the spot Step on the punch only (forward or back)
3	Gyaku-zuki	Chudan	Zenkutsu-dachi	The back hand does Osae-uke Slide back into naname-dachi for block combo
	Jodan-uke Gyaku-zuki Chudan-uke Gyaku-zuki Gedan-barai Gyaku-zuki	Punch Chudan	Naname-dachi to Zenkutsu-dachi (Repeat)	All 3 block & punch combos are done on the spot sliding from one stance to the next. Step into the next set

Set No.	Technique	Target	Stances	Notes
4	Jodan-uke Gyaku-ura-zuki	Chudan (lower ribs)	Sanchin-dachi	Block/strike combo is done on the spot Step into next block Ura-zuki is reversed & all stances are in Sanchin-dachi Punching Hand Blocks
	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 Pivot sideways on for next elbow strike
	Gedan-barai/Ura-zuki Riken-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
2. Step back into yoi position to finish.
3. Emphasis should be on control, balance, coordination and a soft, relaxed application.
4. Correct posture and timing are more important than speed.
5. Lose of posture and correct technique, in an attempt to go fast, will count against you.