# Ryukyu Kyusho Martial Arts

## Black

<table>
<thead>
<tr>
<th>Katas</th>
<th>Chokes</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Tokomani No Kun</td>
<td>• Lapel noose choke  • Sleeve choke: single &amp; double  • Lapel wing choke</td>
</tr>
</tbody>
</table>

## Self Defense

### Transitional Flow

- • Lock flow from/into - finger to wrist to arm using: index, inverted, two finger, ring finger, all finger compression, reverse finger and two fingerlock, wristlock, reverse wrist lock, bent elbow wrist lock, vertical wrist lock, underhand wrist lock, chicken, goose and pistol grip, armbar, reverse armbar, armlock, reverse armlock, hammerlock, reverse hammerlock, figure-4 armbar, figure-4 armlock

## Arm & Shoulder Locks

### Cane Techniques, Strikes & Blocks

- • Figure-4 armbar  • Reverse figure-4 armbar  • Hand & Elbow from chest shove (1 & 2 hand variation)

### Drills

- • Double Stick Combo (10min): single sinawali, double sinawali, redonda, reverse sinawali  • Empty-hand tapi-tapi: 3 counter from inside (slap-off, center lock & wrist wrench) 3 counters from Outside (pull-off, center lock & armbar)

## Thows & Ground Grappling

### Pressure Points: show location, demonstrate angle & direction and effect

- • GB31, GB32, GB33, GB35, GB36, GB41, SP6, SP9, SP10, SP11, SP12, LV12

## Questions

- • When do we create space, take away space & why?
- • Why is the principle of Rotational Momentum a major movement in SCJ?
- • Create 3 Pressure Point KO's using same element theory.

## Tiger Rank Requirements (age 8-14)