

# OKINAWAN GOJU RYU KENKYU KAI

## Kobudo Requirements

Steve Wilson – January 2018

### Bo

#### *Component Parts*

1. Moto – The center or the balance point of the Bo
2. Saki (or Kontei) – The very tip at either end of the Bo

### Bo Kihon

1. Hanzenkutsu Dachi, Jodan Uchi – Half front forward stance, strike middle of the head
2. Hanzenkutsu Dachi, Nanami Uchi – Half front forward stance, strike the neck at a diagonal
3. Hanzenkutsu Dachi, Chudan Yoko Uchi – Half front forward stance, middle level side strike
4. Hanzenkutsu Dachi, Gedan Nanami Uchi – Half front forward stance, knee strike at diagonal
5. Hanzenkutsu Dachi, Nodō Zuki – Half front forward stance, thrust to throat
6. Hanzenkutsu Dachi, Nodō Nuki – Half front forward stance, poke to throat (Bo slides to poke)
7. Neko Ashi Dachi, Kae Uke – Cat stance, hooking block
8. Heiko Dachi, Gedan Furi Uke – Natural stance, swinging low block (block is over knee and other end of Bo is against your lats)
9. Heiko Dachi, Jodan Uke – Natural stance, high block
10. Heiko Dachi, Ta'te Furi Uke – Natural stance, vertical block

### Bo Kihon Ido – (Forward and backward)

1. Hanzenkutsu dachi, Jodan Uchi – Half front stance, high strike to the center of head
2. Hanzenkutsu dachi, Nanami Uchi – Half front forward stance, strike the neck at a diagonal
3. Hanzenkutsu Dachi, Chudan Yoko Uchi – Half front forward stance, middle level side strike
4. Hanzenkutsu Dachi, Gedan Nanami Uchi – Half front forward stance, low diagonal strike (knee)
5. Heiko dachi-Ta'te Furi Uke; Hanzenkutsu Dachi-Jodan Uchi – Natural stance vertical block, Half front forward stance, strike to center of head
6. Neko Ashi Dachi-Kake Uke; Hanzenkutsu Dachi-Chudan Zuki – Cat stance hooking block, half front forward stance middle thrust to center
7. Neko Ashi Dachi, Sunakake, Chudan Zuki – Cat stance, throw sand, thrust to center
8. Shiko Dachi (90 degree) to Musubi Dachi, Nodō Nuki – Ninety degree horse stance, transition to heels together stance, strike to throat (Bo slide in hands to poke).
9. Hanzenkutsu Dachi-Gedan Furi Uke; Hanzenkutsu Dachi-Jodan Nanami Uchi – Half front forward stance, swinging low block, half front forward stance, strike neck at diagonal

10. Shiko Dachi 45 Degree, Ta'te Uke, Hanzenkutsu Dachi, Jodan Uchi – Forty-five degree Horse stance, block vertical block over front leg, shift to half front forward stance and strike the center of head

### **Bo Renzoku**

1. Step back into Heiko dachi, Jodan Uke, Hanzenkutsu dachi, Jodan Nanami uchi, switch stance to other foot forward in Hanzenkutsu dachi and strike other side Jodan Nanami uchi, return to kamae.
2. Step back into Neko ashi dachi, Kake uke kamae, slide forward into Hanzenkutsu dachi same foot, execute Chudan zuki, switch stance to other foot forward, execute Chudan Yoko Uchi, followed by Chdan Zuki, slide foot back switching feet again, returning to Neko ashi dachi, Kake uke kamae.
3. Pivot into Heio dachi, gedan Furi Uke, Hanzenkutsu dachi, Gedan Nanami Uchi, switch feet into other foot forward Hanzenkutsu dachi, strike other side Gedan Nanami Uchi, return to Heiko Dachi by stepping back.
4. Step back into Hanzenkutsu dachi, execute Tat'te Uke (vertical block), step forward into Hanzenkutsu dachi and execute Tat'te uke, return to kamae.

### **Beginning Bo Kata**

Kina No Kon Bo

Choun No Kom

Kina No Kon Bunkai

### **Bo Versus Bo Yakusoku Kumite**

- 1) Defend Jodan attack and counter
- 2) Defend Chudan attack (move to outside) and counter
- 3) Defend Gedan attack, (block inside) and counter
- 4) Defend Gedan attack by jumping over Bo, counter to Jodan.

### **Tonfa**

#### *Tonfa Component Parts*

- 1) Gedan tsukagashira – the forward end of the tonfa above the grip
- 2) Ushiro tsukagashira – the butt end of the tonfa
- 3) Yoko – the sides of the tonfa
- 4) Tasui – the underside of the tonfa
- 5) Yoko nage – the upper side of the tonfa
- 6) Tsuka – the handle grip
- 7) Tsukagashira – the round top of the grip

## **Tonfa Kihon**

- 1) Haiko dachi, Jodan Uke
- 2) Heiko dachi, Chudan Yoko Uke
- 3) Heiko dachi, Gedan Uke
- 4) Heiko dachi, Gedan Furi Uke
- 5) Shiko dachi, No Naka Ni (inside) Uke
- 6) Heiko dachi, Hiki Uke (Using the Tsuka)
- 7) Hanzenkutsu dachi, Jodan zuki (using the butt end)
- 8) Hanzenkutsu dachi, Chudan zuki (using the butt end)
- 9) Hanzenkutsu dachi, Chudan Furi Uchi (middle swing strike)
- 10) Hanzenkutsu dachi, Gedan zuki (using the butt end)
- 11) Hanzenkutsu dachi, Nodo zuki (Throat strike) using the long end butt of the Tonfa.
- 12) Heiko dachi, Jodan Furi zuki, using the top butt end of the handle. Strike to temple.
- 13) Hanzenkutsu dachi, Age zuki to underside of chin
- 14) Heiko dachi, Jiten (spin) Uchi or Uke
- 15) Heiko dachi, Chudan Hachinoji (Figure-eight) Also practice Jodan Hachinoji.

## **Tonfa Kihon Ido**

1. Hanzenkutsu dachi, Jodan zuki (throat strike using the butt of short end)
2. Hanzenkutsu dachi, Nodo zuki (throat strike using the butt of the long end)
3. Hanzenkutsu dachi, Chudan Furi Uchi (middle swing strike across)
4. Heiko dachi, Jodan Furi zuki using the butt end of handle striking at temple level
5. Hanzenkutsu dachi, Gedan uke Closed
6. Hanzenkutsu dachi, Gedan Furi Uke (Swinging low level block, open Tonfa)
7. Shiko dachi, No Naka Ni Uke (inside block at a 90 degree angle)
8. Hiki uke (holding shaft, hooking with handle), Jodan Tsukagashira (strike top of head with butt end of handle)
9. Hanzenkutsu dachi, Chudan Hachinoji (middle level figure eight)

## **Renzoku Tonfa**

1. Heiko dachi, Jodan Uke, Hanzenkutsu dachi, Jodan zuki, over the head open Tonfa swing strike to temple level, close Tonfa, Morote zuki, return to kamae.
2. Neko ashi dachi, Hiki uke (holding long end of Tonfa , blocking with handle), step forward into Hanzenkutsu dachi, strike Jodan using the butt end of the handle, then execute two Jodan Yoko Uchi (temple level) using the butt end of Tonfa handles, return to Kamae.
3. Heiko dachi, Gedan Furi Uke (raising leg), slide forward into hanzenkutsu dachi and execute Morote Gedan zuki (Tonfa closed), slide back into 45 degree Shiko dachi and execute closed Gedan Uke over forward leg, return to Kamae.

## **Tonfa Kata**

Kina Tonfa Sho

Kina Tonfa Dai Ni

- Taira system, Tonfa Shodan is also accepted

Kina Tonfa Sho Bunkai

## **Bo versus Tonfa Yakusoku Kumite**

1. Defend Jodan attack by blocking Jodan uke (closed). Step forward and strike Jodan zuki (closed).
2. Defend Chudan attack by blocking Hiki Uke (open, using handle) after having evaded by slide stepping using Neko ashi dachi, step forward after blocking and strike Jodan with the butt end of Tonfa handle to the head.
3. Defend Chudan attack by turning 90 degree and blocking No Naka Ni Uke (inside block), counter executing Yoko Hiji Ate to solar plexus using the butt end on long portion of Tonfa.
4. Defend Gedan attack by evading, raising leg and blocking Gedan Furi Uke. With other side counter with Jodan Yoko Furi Uchi to the head (high swinging side strike) with open Tonfa.

## **Sai**

### ***Sai Components***

1. Tsukagashira – the butt end of the handle
2. Tsuka – the actual handle grip
3. Yoko – the two-sided guards
4. Tsume – the tip of each side guard
5. Moto – the actual center point between the two side guards
6. Monouchi – the blade of the sai
7. Saki – the very tip of the sai blade

## **Sai Kihon**

1. Heiko dachi, Jodan uke
2. Heiko dachi, Chudan Hiki uke (sai closed)
3. Heiko dachi, Chudan furi uke (open)
4. Heiko dachi, Gedan uke (closed)
5. Heiko dachi, Gedan Furi Uke (open)
6. Heiko dachi, Jodan zuki closed
7. Heiko dachi, Nodo zuki (throat-sai open)
8. Shiko dachi, No Naka Ni Uke (inside block, sai closed)
9. Hanzenkutsu dachi, Jodan Juji Uke (cross block)
10. Hanzenkutsu dachi, Gedan Juji uke

### **Sai Kihon Ido**

1. Hanzenkutsu dachi, Jodan zuki (closed)
2. Hanzenkutsu dachi, Nodo zuki (open)
3. Hanzenkutsu dachi, Jodan Juji Uke, Morote zuki (closed)
4. Hanzenkutsu dachi, Gedan Furi Uke (open sai, lift front leg), Sit foot down in front and strike Chudan zuki (sai closed, like Gyaku zuki)
5. Shiko dachi (45 degree), Gedan Uke (sai closed), Chudan zuki (sai closed, like like Gyaku zuki)
6. Shiko dachi, No Naka Ni Uke
7. Hanzenkutsu dachi, Yoko furi uke (sai open), Chudan zuki (sai closed), open sai and strike Chudan zuki with sai open

### **Sai Renzoku**

1. Heiko dachi, Jodan uke (sai closed); step forward into Hanzenkutsu dachi, execute Jodan zuki (sai closed), open sai, thrust Nodo zuki to throat (sai open); execute Morote zuki, return to kamae
2. Neko ashi dachi, open sai Chudan Furi Uke; step forward into Hanzenkutsu dachi, execute Chudan zuki thrust to solar plexus, open sai and thrust Chudan zuki; slide the forward foot back a little into neko ashi dachi and execute Chudan furi uke (sai open), return to kamae
3. Heiko dachi slide step (zuri ashi) to avoid attack, block Gedan Furi Uke (sai open) while raising leg; sit leg down in front into Hanzenkutsu dachi, execute Gedan zuki, sai closed, open sai and execute Gedan zuki again; execute Morote Gedan zuki slide front foot back into 45 degree Shiko dachi and execute Gedan Uke (sai closed) over forward leg, return to kamae.

### **Kata**

Kina No Sai Sho

Kina No Sai Dai Ni

Kina No Sai Sho Bunkai

### **Sai versus Bo Yakusoku Kumite**

1. Defend Jodan attack by evading and blocking Jodan uke. Step forward and counter with Nodo zuki.
2. Defend Chudan attack by evading utilizing Neko ashi dachi zuri ashi, block Chudan yoko furi uke, step in and counter with Chudan zuki, open sai to solar plexus.
3. Defend Gedan attack by raising leg and blocking Gedan furi uke. Counter by stepping in and striking Gedan zuki to the groin with sai open.

## **OGRKK KATA REQUIREMENTS**

### **BO KATA**

1. Kina No Kon Bo Sho
2. Ryubi No Kon
3. Choun No Kon
4. Sakuagawa No Kon
5. Tsuken No Kon
6. Shishi No Kon

### **TONFA KATA**

1. Kina Tonfa Sho
2. Kina Tonfa Dai
  - Tonfa Shodan is also an accepted Tonfa Kata

### **NUNCHAKU KATA**

Ko-Bu Nunchaku

### **SAI KATA**

1. Kina Sai Dai Ichi
2. Kina Sai Dai Ni

### **IYERU (Eku)**

Tsuken Akachu No Iyeru Di

### **KAMA**

Kina No Nicho Gama

## **PROMOTIONAL REQUIREMENTS**

### Green Belt:

1. Bo Kihon
2. Bo Kihon Ido
3. Bo Renzoku
4. Kina No Kon Bo Sho
5. Basic Bo vs Bo Yakusoku – Jodan, Chudan, Gedan

### Brown Belt:

1. Ryubi No Kon or Shuishi No Kon
2. Tonfa Kihon
3. Tonfa Kihon Ido
4. Tonfa Renzoku
5. Kina Tonfa Sho
6. Bo Vs Tonfa Basic Yakusoku
  - Plus all Green belt requirements

### Shodan:

1. Sai Kihon
2. Sai Kihon Ido
3. Sai Renzoku
4. Kina No Sai
5. Choun No Kon
6. Sai vs Bo Basic Yakusoku
  - Plus all Brown Belt Requirements

### Nidan:

1. Nunchaku Kihon
2. Ko-Bu Nunchaku Kata
3. Kina Tonfa Dai
4. Sakugawa No Kon
5. Bunkai to Kina No Kon Bo Sho
  - Plus all Shodan Requirements

### Sandan:

1. Tsuken No Kon
2. Tsuken Akachu No Iyoku Di

3. Kina Sai Dai Ni
4. Bunkai to any three weapons and three different weapon kata
  - Plus all Nidan Requirements

Yondan:

1. Kama Kihon
2. Kama Kihon Ido
3. Kama Renzoku
4. Kina No Nicho Gama
5. Shishi No Kon
6. Bunkai to three Bo kata, one Tonfa Kata, and one Sai Kata
  - Plus all Sandan Requirements

Godan:

1. Bo vs Iyoku Yakusoku
2. Kama vs Bo Yakusoku
3. Bunkai to Kina No Nicho Gama
4. Free sparring – Randori with any weapons
  - Plus all Yondan Requirements