



Stanford Jujitsu Club

Kempo Karate Charts

Kempo Karate #1

Nome

Class Info

Curriculum

By chart

Aiki Jujitsu

Kempo
Karate

Nage

Katame Waza

Brazilian
Jujitsu

Ukemi

Miscellaneous

By belt rank

By attack
(incomplete)

Japanese glossary

Other documents

Video

Zen Budokai

Links

Blocks (*Uke*)

- Age uke
- Ude uke
- Soto ude uke
- Nagashi uke
- Jodan juji uke
- Gedan juji uke
- Soto age uke
- Gedan ulna uke
- Gedan barai uke
- Kakiwake uke
- Mikazuki geri uke

Strikes (*Uchi*)

- Cross shuto
- Yoko shuto
- Sakotsu shuto
- Ganmen shuto
- Nukite (pure form)
- Gohon nukite
- Ura tsuki
- Kage tsuki
- Uraken (downward/side)
- Mawashi tsuki
- Tate tsuki
- Oi tsuki
- Gyaku tsuki
- Hiji (forward/rear/side/up)
- Shotei
- Haitto
- Morote tsuki
- Tettsui

Kicks (*Geri*)

- Mae geri
- Rear mae geri
- Yoko geri
- Mawashi geri
- Mikazuki geri
- Soto mikazuki geri
- Ushiro geri
- Fumikomi geri
- Hittsui geri

Stances (*Dachi*)

- Zenkuzo/Zen (front)
- Kokuzo/Ko (back)
- Necho ashi/Necho (cat)
- Kiba (horse)

Kempo Karate #2

1. Club blow (or right blow): Age uke--zen--double ura tsuki
2. Straight right: Ude uke--ko--ganmen shuto
3. Straight right: Ude uke--ko--side uraken
4. Lapel grab: Ude uke--necho--gyaku tsuki
5. Straight right: Soto ude uke--kiba--hiji--kage tsuki
6. Straight right: Nagashi--kiba--yoko shuto--uraken
7. Straight right: Nagashi--kiba--yoko Haitto--cross shuto

8. Right blow: Cross shuto--ko--shuto uchi (strike)
9. Right blow: Cross shuto--zen--mawashi--kage--ura tsukis
10. Side club: Inside uke--kiba--rear hiji
11. Club blow (downward): Jodan juji--zen--tettsui (downward)
12. Club blow (downward): Jodan juji--zen--ura tsuki
13. Knife up thrust: Gedan juji--kage tsuki
14. Straight right: Soto shuto--ko--yoko haitto
15. Overhead chain: Soto age uke--ko--kage tsuki
16. Knife thrust (or club to legs): Left gedan barai--zen--left uraken
17. Knife thrust (or club to legs): Right gedan barai--zen--right uraken
18. Belt grab: Gedan ulna--necho--left uraken
19. Front choke: Kakiwake uke--zen--double ura tsuki
20. Front choke: Kakiwake uke--zen--sakotsu--double ura tsuki

Kempo Karate #3

1. Front choke, parry: Haitto--cross shuto--osoto gari
2. Right blow, block: Hiji--sakotsu--osoto gari
3. Right & left, spin: Sakotsu--osoto gari
4. Club blow, juji uke: Armbreak (side)--sakotsu--osoto gari
5. Right & left: Lo-hi-lo--double ura tsuki--bodyslam
6. Rear strangle: Right-left hiji--ippon seoi
7. Club blow, juji uke: Sakotsu--double ura tsuki--bodyslam
8. Front hug (pinned): Windmill--sakotsu--osoto gari
9. Police hammerlock: Hiji--armbreak (side)--sakotsu--osoto gari
10. Straight lapel: Arm-neck shutos--ura tsuki--bodyslam
11. Boxer's left, parry: Left hook--left uraken--standing tani otoshi
12. Front choke, parry: Right hook--right uraken--inside armtwist
13. Double lapel: Knee up--ear slap--kidney chops--headlock throw
14. Rear hug (pinned): Windmill--sakotsu--osoto gari
15. Front headlock: Groin haitto (pivot)--mae geri--sakotsu--osoto gari
16. Front choke: Ude uke--mae geri--tate tsuki--bodyslam
17. Straight right, parry: Yoko shuto--left uraken--collar dragdown
18. Straight right, parry: Yoko haitto--cross shuto--standing tani otoshi
19. Boxer's left: Arm-thigh chops--left shotei--tackle ouchi
20. Front choke, parry: Yoko shuto--left uraken--inside armtwist

21. Knife thrust, left gedan: Elbow break (up)--right mae geri--inside armtwist
22. Right blow, block: Elbow break (side)--left uraken--bodyslam
23. Front hug (free): Knee--ear slap--kidney chops--eyes takedown
24. Front choke: Winglock (to side)--double haitto--osoto guruma
25. Right & left: Knee-to-face--double uras--lapel guruma

Kempo Karate #4

Knife Defense

1. Right gedan barai--side armbreak--right yoko tettsui--left shotei
2. Right gedan barai--elbow break--right shotei--kosoto--rear kneelingbar--barflex
3. Right gedan barai--elbow break--right, left shotei--reverse hadake--tettsui smash
4. Left gedan barai--upward elbow break--mae geri--tettsui
5. Left gedan barai--right arm sakotsu--left gohon--left mae geri--left sakotsu (high)
6. Left gedan barai--right armchop--left gohon--right cross shuto--hittsui
7. Soto ude uke (double)--elbow break (right under)--right mawashi geri--osoto--fumi komi (to ribs)
8. Soto ude uke--elbow break--right kage (to face)--left kidney shuto--kosoto
9. Soto ude uke--left armbreak--right shotei--left kage (ribs)--osoto
10. Upthrust: Gedan juji--right mae geri--right tettsui--cross twist otoshi (to mat)
11. Upthrust: Gedan juji--right mae geri--right collarbone sakotsu--reverse armbar
12. Cross slash: Tensho grab (double soto ude uke)--armbreak (submit)--kosoto--rear kneelingbar
13. Overhead knife (down): Jodan juji--jodan tettsui--elbow break--hiji--bodyslam
14. Double inside uke--rear right hiji--ippon seoi--fumi komi (to axilla)
15. Draws pocket knife: Left gedan barai--upward armbreak--left face shotei
16. Straight thrust: Right yoko geri--wrist twist--fumi komi (to ribs)--yubi tori
17. Left gedan shuto--right sakotsu (to arm)--crosstwist--mae geri--sakotsu--flex comealong
18. Straight thrust: Right yoko haitto (to face)--hadake jime

19. Straight thrust: Right sakotsu (to arm)--nelson strangle
20. Straight thrust: Right yoko haitto (to face)--hittsui--inside armtwist
21. Straight thrust: Right yoko haitto (to face)--ude tori--otoshi--fumi komi (to ribs)--yubi tori

Kempo Karate #5

Club Defense

1. Blow: jodan juji uke--R sakotsu--elbow break--L hiji--R hittsui--osoto gari
2. Blow: jodan juji uke--R tetsui--L gedan ulna--R ura tsuki--inside armtwist
3. Blow: age uke--Mae geri--sakotsu--ulna press--barflex
4. Blow: age uke--Mae geri--tetsui--osoto gari--winglock
5. Straight thrust--Soto ude uke--elbow break--R shotei--osoto guruma
6. Blow: age uke--Sakotsu--hittsui--osoto gari
7. Thrust: parry--Right yoko haitto--cross shuto--ulna press--barflex--rear otoshi--yubi tori
8. Thrust: parry--Armbreak--right kage--left kidney chop--kosoto gari--rear kneelingbar--barflex
9. Thrust: parry--Yoko shuto--kage tsuki (to face)--inside armtwist
10. Thrust: parry--Yoko haitto--ude tori--barflex--rear otoshi
11. Thrust: parry--Right haitto--right gohon nukite--rear hadake
12. Thrust: parry--Yoko shuto--right kage--osoto gari--winglock
13. Attack legs--L gedan barai--up elbow break--L gohon--R ganmen shuto
14. Attack legs--L gedan barai--elbow break--left gohon--R gedan haitto--chicken head strike (under chin)--left: right gohon--kouchi gari
15. Attack legs--L gedan barai--R arm sakotsu--R yoko geri--L ushiro geri
16. Blow: jodan juji uke--Tetsui--double uras--ulna press--one-hand barflex--otoshi--fumi komi--yubi tori
17. Blow: age uke--R hiji--ippon seoi--fumi komi--club yawara
18. Blow: age uke--R tetsui--uras--hiji--bodyslam--ashi hishigi
19. Blow: jodan juji uke--Sakotsu--uras--gohon--lapel guruma--rolling heel kick
20. Blow: jodan juji uke--Tetsui--gohon--uras--hittsui--osoto gari

Kempo Karate #6

Boxer defense

1. Nagashi uke--Left yoko haitto---left rear hiji (to kidney)
2. Nagashi uke--Left-right kage tsuki
3. Left cross shuto--Right thigh shuto---left hiji---right kage
4. Left cross shuto--Right-left hiji---right uraken
5. Left cross shuto--Left yoko haitto---elbow break---right yoko shuto
6. Nagashi uke--Left kage tsuki---left downward uraken
7. Nagashi uke--Left hitted geri---left fumi komi---uraken
8. Nagashi uke--Left yoko haitto---right gohon---right kosoto
9. Nagashi uke--Left hiji---left osoto geri
10. Nagashi uke--Left yoko geri---right yoko geri
11. Nagashi uke--Left mawashi geri---right ushiro geri
12. Nagashi uke, spin--Right soto mikazuki geri
13. Nagashi uke, spin--Right soto mikazuki geri---right yoko shuto---left cross shuto
14. Nagashi uke--Left mawashi geri---right soto mikazuki geri
15. Nagashi uke, back--Right mawashi geri---left mae geri
16. Nagashi uke, spin--Soto ushiro geri
17. Nagashi uke, spin--Right ushiro geri---left yoko geri
18. Nagashi uke--Half-step shuffle---left-right yoko geri
19. Nagashi uke--Right mikazuki geri (to kidney)---left fumi komi
20. Nagashi uke--Left mawashi geri (to mat)---left fumi komi--sakotsu
21. Nagashi uke--Right ushiro geri---left yoko geri---right yoko shuto