

Gojuryu five Categories of Technique

International Gojuryu Karatedo Kobudo Union Honbu
Nahate Gojuryu Karatedo Kobudo YUZENKAI Honbu

剛柔流五技の研修

For basical understanding of study of Bunkai / at Sweden on August,2016

II Basic techniques for release and Joint lock

10	手首への握みからの 逃れ Release technique of gripping my wrist	1)内腕の逃れ uchiwaki inside release —kote nage I ⅢⅢ —omote katame	2)上腕の逃れ uemuki upper release —hinari kote,kamite,koshin age	3)下腕の逃れ shidamuki lower release
11	上腕部・肩取りからの 逃れ Release from grasping to a shoulder and the upper arm	1)上腕部とし uwasedo otoshi —ura katame	2)上腕部逃れ uwasedomuki	
12	下腕部からの逃れ Release from grasping to a wing	1)下腕部逃れ shitasode patame	2)下腕部逃れ shitasodemaki	
13	脇骨部からの逃れ Release from grasping to the lapses	1)上腕部とし uwasedo otoshi —ura katame	2)小手指逃れ kote nage	
14	背後からの肩取からの 逃れ Release from the offensive of the back	1)後入腕逃れ hosonake	2)後方逃げ逃れ koko shida nopare	
15	腰取りからの逃れ Release from Udeori	1)腰逃れ hiji auki	=	
16	肘取りからの逃れ Release from Higor	1)肘逃れ hiji nuki	=	

These tables are guidelines when you study application of Kata.Each Kata has much Bunkai.In Kata, one movement has many interpretation.To study them might be the duty which ancient people assigned to us .



剛柔流国際空手道古武道連合勇善会



noice # higor
肘取りに続く攻撃

(throwing after an opening
screen)

(throwing a tiger)

against Judo ippon zeoi

seienchin

sanseru,
suparinpei

セーバイ
Sepai

sanseru,
seienchin

sepai
sanseru

Sisouchin

kururunfa

サイファー
Saifa

22 Toronage in the Bubushi
(List of Karate military texts)

第十回
虎
不
象
敗
陶
猪
手
勝



16	腰取逃れ Ura gohime	escape from goon reference	肘取り 肘取りに続く攻撃
17	腕取り Ude ori	reference 1,2,3	
18	腕取りに続く肘取り Ude kataguri		



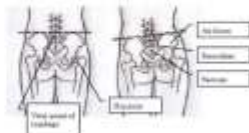
九氣流古流
kyusen fu
The martial
digs.
This is a military gyo or strain technique, standard in
Taiwan at south of China.
The believed as god of martial arts in Okinawa from
old days.

24	差手sashite	The principle of the lever
25	帯ひ掛け Obitori nage	grasping of obi and throw (okinawa sumou)
26	肩車投げ Kataguruma	→Judo kataguruma
27	十字受け投げ Jujiuke nage I ⅢⅢ	inside,out side
28	首投げ Kubi nage	application of Mawasiuke

- 1 The operation of rotation has throwing technique.
- 2 Kata often has the operation that is reverse to Bunkai on purpose.
- 3 Do not care about the demonstration line of Kata .
- 4 Like has always grab the opponent, and fall him.
- 5 The seiken attack to the face have to be converted to palm or nukite(The most are Kamite or Nukite to enemy's throat .)
- 6 The technique of fist has need to return to the technique the palm of the hand.
- 7 The one attack goes to only one enemy.
- 8 The direction of the tiger foretells the next technique.

19	腰取逃れ usate ori shime	bunkai of Joden ude	gohime
20	腕取逃れ Ura ori shime	bunkai of Joden ude	gohime
21	腕取逃れ Ura ori shime	bunkai of Hwaishi ude	himon
22	腰取逃れ usate ori shime		kururunfa
23	腕取逃れ usate ori shime		kururunfa soku
24	腕取逃れ usate ori shime		kururunfa soku
25	腕取逃れ usate ori shime		kururunfa soku
26	腰取逃れ usate ori shime		kururunfa

The adjusters of the pelvis and the backbone (manual therapeutics) after the training of KATA is useful for health. Our everyday life is full of bad posture which is a cause of the low back pain in particular.



腰取逃れコンタクト肘取りにつて

- shadow kumite
- kyushoku kumite
- kick mitt training
- mezz sparring

you kumite without the attack by the hand to the face
you kumite with the attack by the hand to the face (protector wearing kumite)



Ude	uke nagashi	joden ukimagashi	joden ukimagashi	hizaue	hiji back
		joden uke	hizaue	sume uke	
			hiji uke		

The outpost to Gojuryu full contact kumite rule.
The foundation of this rule is Kyokushin rule (two points system) [In other words, the attack by hand to opponent is forbidden because it is easy for many people to accept it. Finally the head protector and the open finger glove are installed, and the attack to the face by the hand is permitted.]
When your effective attack that brought the loss of the fighting spirit of opponent, it is 1point(2points).
When your correct attack that brought the stop of the movement of opponent, it is Waza-ari(1point).
And we add the follow elements to the rule more.
1. In any case, it is the foul that your body except sole contacts with the floor. It brings "Waza-ari;1point" to opponent. The cause includes the thing which is your responsibility. (dip e.t.c.) Therefore the technique along with your falling is prohibited. In addition, the ground technique such as Aju and the wrestling is prohibited, too.
2. The throwing ,grasping hold, joint lock and choking found in Gojuryu kata is permitted within three seconds. It is permitted to grip the opponent's belt and throw out him within three seconds. But it is prohibited to grasping from the beginning of kumite. After some approaching by baki and/or ker, the gripping becomes possible. Under any circumstance, it is forbidden catching an opponent's belt with your both hands.
When you throw out the opponent, you get "Waza-ari;1point". When you have the gesture of "kamite" (I) to opponent's neck after thrown, you get more "Waza-ari;1point". "Touch of opponent's lower side of throat by kamite" (because this is traditional terminator technique of Gojuryu). When you succeed those operation to opponent, the referee always stops the game at once and give you "Waza-ari;1point" for the accident prevention.

