

8 KYU Jukempo8th grade, white belt

柔拳法八級

Hachi-kyu (八級), shiro-obi (白帶)

REIGISAHO**CHOKURITSU-TAI****RITSU-REI****SUWARI-KATA****SEIZA-TAI****ZA-REI****TACHI-KATA****KAMAE****CHOKURITSU-TAI****KIBA-KAMAE****CHUDAN-KAMAE****JODAN-KAMAE****GEDAN-KAMAE****SOKUTAI-DOSA****OKURI-ASHI****HIKI-ASHI****MIGI-UTSURI-ASHI****HIDARI-UTSURI-ASHI****TSUME-ASHI****AYUMI-ASHI****IRIMI-TAI****UKEMI****MAE-UKEMI****TSUME-ASHI MAE-UKEMI****AYUMI-ASHI MAE-UKEMI****USHIRO-UKEMI****SONOBA-USHIRO-UKEMI****TSUME-ASHI USHIRO-UKEMI****AYUMI-ASHI USHIRO-UKEMI**

7 KYU Jukempo

柔拳法七級

7th grade, white belt, white hakama

Nana-kyu (七級), shiro-obi (白帶), shiro hakama (白袴)

SOKUTAI-DOSA

CHIDORI-ASHI

NEKO-ASHI

TENKAN-TAI

MA-AI

REI-MA

KAMAE-MA

KUMI (TE)-MA

UKEMI

KIHON-TENSHIN-UKEMI

RENZOKU-TENSHIN-UKEMI

NUKI-KEN

UKE

TAGAI-DORI

KATATE-DORI

MOROTE-DORI

RYOTE-DORI

RYOTE-DORI

GYAKUTE-DORI

TORI

/ HIRAI-KEN TATE-NUKI

/ HIRAI-KEN HIRA-NUKI

/ SHUTO-KIRI-NUKI

/ SHUTO-AGE-NUKI

/ AGE-KAESHI-NUKI

/ GASSHO-NUKI

6 KYU Jukempo

柔拳法六級

6th grade, white belt, white hakama

Roku-kyu (六級), shiro-obi (白帶), shiro hakama (白袴)

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5 KYU Jukempo

柔拳法五級

5th grade, white belt, white hakama

Go-kyu (五級), shiro-obi (白帶), shiro hakama (白袴)

TANGEKI-KEN-WAZA / UKE-WAZA**KIBA-KAMAE****SENTE****TATE-KEN-JODAN-TSUKI****TATE-KEN-CHUDAN-TSUKI****YOKO-KEN-JODAN-TSUKI****YOKO-KEN-CHUDAN-TSUKI****YOKO-KEN-YOKO-UCHI****YOKO-KEN-AGE-UCHI****URAKEN-MUKAI-UCHI****URAKEN-GYAKU-AGE-UCHI****KÔTE**/ **JODAN-UCHI-BARAI-UKE**/ **CHUDAN-UCHI-BARAI-UKE**/ **JODAN-UCHI-BARAI-UKE**/ **CHUDAN-UCHI-BARAI-UKE**/ **JODAN-SOTO-BARAI-UKE**/ **CHUDAN-UCHI-BARAI-UKE**/ **SHOMEN-UKE**/ **CHUDAN-UCHI-BARAI-UKE****TANGEKI-KERI-WAZA / UKE-WAZA****KIBA-KAMAE****SENTE****ATE-GERI-CHUDAN****ATE-GERI-JODAN****HARAI-GERI-CHUDAN****HARAI-GERI-GEDAN****KÔTE**/ **CHU-JODAN-HARAI-UKE**/ **JO-CHUDAN-HARAI-UKE**/ **CHU-JODAN-HARAI-UKE**/ **GE-CHUDAN-HARAI-UKE****4 KYU Jukempo**

柔拳法四級

4th grade, white belt, white hakama

Yon-kyu (四級), shiro-obi (白帶), shiro hakama (白袴)

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3 KYU Jukempo**柔拳法三級**3rd grade, brown belt, white hakama

San-kyu (三級), chairo-obi (茶色帯), shiro hakama (白袴)

TANGEKI-KEN-WAZA / UKE-WAZA**KIBA-KAMAE****SENTE****TATE-KEN-TATE-UCHI****TATE-KEN-YOKO-UCHI****TATE-KEN-GYAKU-YOKO-UCHI****TATE-KEN-CHUDAN-UCHI****TATE-KEN-GYAKU-CHUDAN-UCHI****KÔTE****/ JODAN-SHOMEN-UKE****/ JODAN-SOTO-BARAI-UKE****/ JODAN-UCHI-BARAI-UKE****/ CHUDAN-SOTO-BARAI-UKE****/ CHUDAN-UCHI-BARAI-UKE****NIDAN- / SANDAN-GEKI-WAZA****CHUDAN-KAMAE****TATE-KEN-JODAN-TSUKI / YOKO-KEN-CHUDAN-TSUKI (RYOTE-RENGEKI)****TATE-KEN-CHUDAN-TSUKI / YOKO-KEN-JODAN-TSUKI (RYOTE-RENGEKI)****TATE-KEN-JODAN-TSUKI / URA-KEN-MUKAI-UCHI (KATATE-RENGEKI)****TATE-KEN-CHUDAN-TSUKI / URA-KEN-MUKAI-UCHI (KATATE-RENGEKI)****TATE-KEN-JODAN-TSUKI / ATE-GERI-CHUDAN****TATE-KEN-CHUDAN-TSUKI / ATE-GERI-JODAN****TATE-KEN-JODAN-TSUKI / HARAI-GERI-GEDAN****TATE-KEN-JODAN-TSUKI / TATE-KEN-JODAN-TSUKI / YOKO-KEN-CHUDAN-TSUKI (RYOTE-RENGEKI)****TATE-KEN-CHUDAN-TSUKI / TATE-KEN-CHUDAN-TSUKI / YOKO-KEN-JODAN-TSUKI (RYOTE-RENGEKI)****TATE-KEN-JODAN-TSUKI / TATE-KEN-CHUDAN-TSUKI / ATE-GERI-CHUDAN****TATE-KEN-CHUDAN-TSUKI / TATE-KEN-JODAN-TSUKI / HARAI-GERI-GEDAN****2 KYU Jukempo****柔拳法二級**2nd grade, brown belt, white hakama

Ni-kyu (二級), chairo-obi (茶色帯), shiro hakama (白袴)

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1 KYU Jukempo

柔拳法一級

1st grade, blue belt, white hakama

Ik-kyu (一級), kon-obi (紺帯), shiro hakama (白袴)

TANGEKI-KERI-WAZA / UKE-WAZA

KIBA-KAMAE

SENTE

HARAI-GERI-JODAN

ORI-GERI-CHUDAN

ORI-GERI-JODAN

KÔTE

/ JODAN-SOTO-BARAI-UKE

/ CHUDAN-UCHI-BARAI-UKE

/ JODAN-UCHI-BARAI-UKE

UKE-KAESHI-WAZA

SOKUGEKI-KEN-WAZA

SENTE

TATE-KEN-JODAN-TSUKI

TATE-KEN-CHUDAN-TSUKI

TATE-KEN-JODAN-TSUKI

ATE-GERI-CHUDAN

ATE-GERI-CHUDAN

HARAI-GERI-CHUDAN

HARAI-GERI-GEDAN

KÔTE

/ JODAN-UCHI-BARAI-UKE / TATE-KEN-CHUDAN-TSUKI-KAESHI

/ CHUDAN-UCHI-BARAI-UKE / TATE-KEN-JODAN-TSUKI-KAESHI

/ JODAN-UCHI-BARAI-UKE / URAKEN-MUKAI-UCHI-KAESHI

/ CHUDAN-SOTO-BARAI-UKE / TATE-KEN-JODAN-TSUKI-KAESHI

/ CHUDAN-SOTO-BARAI-UKE / TATE-KEN-CHUDAN-TSUKI-KAESHI

/ CHUDAN-SOTO-BARAI-UKE / URAKEN-MUKAI-UCHI-KAESHI

/ GEDAN-SOTO-BARAI-UKE / TATE-KEN-CHUDAN-TSUKI-KAESHI

SOKUGEKI-KERI-WAZA

SENTE

TATE-KEN-JODAN-TSUKI

TATE-KEN-CHUDAN-TSUKI

TATE-KEN-JODAN-TSUKI

ATE-GERI-CHUDAN

KÔTE

/ JODAN-UCHI-BARAI-UKE / ATE-GERI-CHUDAN-KAESHI

/ CHUDAN-SOTO-BARAI-UKE / GEDAN-HARAI-GERI-KAESHI

/ JODAN-SOTO-BARAI-UKE / GEDAN-HARAI-GERI-KAESHI

/ CHUDAN-SOTO-BARAI-UKE / ATE-GERI-CHUDAN-KAESHI

SOKUGEKI-NAGE-WAZA

SENTE

TATE-KEN-JODAN-TSUKI

TATE-KEN-JODAN-TSUKI

ATE-GERI-CHUDAN

ATE-GERI-JODAN

KÔTE

/ JODAN-SOTO-BARAI-UKE / USHIRO-BARAI

/ JODAN-SOTO-BARAI-UKE / UDE-GARAME

/ ASHI-KAKAE / KAKAE-KOSHI-GURUMA

/ SUIKUI-UKE / GYAKU-UCHI-GARI

Three sample forms for Jukempo Dan committee
柔拳法段審査会の形参考例

SHODAN (初段)

Sample 1

例1

Uchi	撃ち	Uke	受け
TATE-KEN-JO • CHU-TSUKI (Migi-Hidari • Hidari-Migi)	縦拳上・中突 (右左・左右)	JO • CHU-UCHI-BARAI	上・中内払
URAKEN-MUKAE • AGE-UCHI (Migi-Hidari • Hidari-Migi)	裏拳向・揚打 (右左・左右)	JO-SHOMEN • CHU-UCHI-BARAI	上正面・中内払
ATE-GERI-CHU • ORI-GERI-CHU (Migi-Hidari • Hidari-Migi)	当蹴中・折蹴中 (右左・左右)	CHU-BARAI-UKE	中払受
USHIRO-BARAI (Soto-uke-dori)	後払(外受捕)	JO or CHU-TSUKI	上か中突拳
SHUTO-ATE (Soto-uke-dori)	手刀当(外受捕)	CHU-ATE or CHU-HARAI-GERI	中当か中払蹴

Sample 2

例2

Uchi	撃ち	Uke	受け
YOKO-KEN-JO • CHU-TSUKI (Migi-Hidari • Hidari-Migi)	横拳上・中突 (右左・左右)	JO-SOTO • CHU-UCHI-BARAI	上外・中内払
YOKO-KEN-YOKO • AGE-UCHI (Migi-Hidari • Hidari-Migi)	横拳横・揚打 (右左・左右)	JO-SOTO • CHU-UCHI-BARAI	上外・中内払
ATE-GERI-CHU • HARAI-GERI-GE (Migi-Hidari • Hidari-Migi)	当蹴中・払蹴下 (右左・左右)	CHU-BARAI • GE-BARAI	中払・下払
USHIRO-GARI (Uchi-uke-dori)	後刈(内受捕)	URA or YOKO-UCHI-KEN	裏か横打拳
KOSHI-GURUMA (Uchi-uke-dori)	腰車(内受捕)	JO or CHU-TSUKI-KEN	上か中突拳

SHODAN (初段)

Sample 3

例3

Uchi	撃ち	Uke	受け
TATE-KEN-JO • YOKO-KEN-CHU (Migi-Hidari • Hidari-Migi)	縦拳上・横拳中 (右左・左右)	JO • CHU-UCHI-O-BARAI	上・中内大払
TATE-KEN-CHU • URAKEN-MUKAE (Migi-Hidari • Hidari-Migi)	縦拳中・裏拳向 (右左・左右)	CHU-UCHI-BARAI • JO-SHOMEN	中内払・上正面
HARAI-GERI-CHU • GEDAN (Migi-Hidari • Hidari-Migi)	払蹴中・下段 (右左・左右)	CHU • GE-SOTO-O-BARAI	中・下外大払
UDE-GARAME (Soto-uke-dori)	腕搦(外受捕)	JO-TSUKI or CHU-TSUKI	上突か中突
IPPON-SEOI (Uchi-uke-dori)	一本背負(外受捕)	JO-TSUKI or CHU-TSUKI	上突か中突

NIDAN (二段)

Sample 1

例1

Uchi	撃ち	Uke	受け
JO-CHU-TSUKI (Migi/Hidari-kamae)	上中突(右左構)	JO-CHU-UCHI-BARAI	上・中内払
JO-TSUKI・CHU-ATE-GERI (Migi/Hidari-kamae)	上突・中当蹴 (右左構)	JO-UCHI-BARAI・CHU-O-BARAI	上内払・中大払
JO-UCHI-BARAI・CHU-ATE-GERI (Migi/Hidari-kamae)	上内払・中当蹴 (右左構)	JO-TSUKI・CHU-AKE	上突・中あけ
GE-O-BARAI・CHU-TSUKI (Migi/Hidari-kamae)	下大払・中突 (右左構)	GE-HARAI・CHU-AKE	下払・中あけ
GYAKU-KAKAE-KOSHI Migi/Hidari (Soto-sukui)	逆抱腰 右左 (外掬)	CHU-ATE or ORI-GERI	中当か折蹴

Sample 2

例2

Uchi	撃ち	Uke	受け
JO-TSUKI・URA-MUKAE (Migi/Hidari-kamae)	上突・裏向(右左構)	JO-UCHI-BARAI・SHOMEN	上内払・正面
CHU-ATE-GERI・JO-TSUKI (Migi/Hidari-kamae)	中当蹴・上突 (右左構)	CHU-O-BARAI・JO-UCHI-BARAI	中大払・上内払
CHU-O-BARAI・URA-MUKAE (Migi/Hidari-kamae)	中大払・裏向 (右左構)	CHU-HARAI-GERI・JO-AKE	中払蹴・上あけ
CHU-UCHI-BARAI・JO-TSUKI (Migi/Hidari-kamae)	中内払・上突 (右左構)	CHU-TSUKI・JO-AKE	中突・上あけ
UDE-ATE-USHIRO-GARI Migi/Hidari (Soto-uke-dori)	腕当後刈 右左 (外受捕)	JO or CHU-TSUKI	上又は中突

Sample 3

例3

Uchi	撃ち	Uke	受け
CHU-JO-TSUKI (Migi/Hidari-kamae)	中上突(右左構)	CHU-JO-UCHI-BARAI	中上内払
GE-HARAI・JO-TSUKI (Migi/Hidari-kamae)	下払・上突(右左構)	GE-O-BARAI・JO-UCHI-BARAI	下大払・上内払
JO-UCHI-BARAI・CHU-TSUKI (Migi/Hidari-kamae)	上内払・中突 (外受捕)	JO-TSUKI・CHU-AKE	上突・中あけ
CHU-UCHI-BARAI・GE-HARAI-GERI (Migi/Hidari-kamae)	中内払・下払蹴 (外受捕)	CHU-TSUKI・GE-AKE	中突・下あけ
KAKAE-KOSHI-GURUMA Migi/Hidari (Uchi-kakae)	抱腰車 右左(内抱)	CHU-ATE or HARAI-GERI	中当か払蹴

SANDAN (三段)

Sample 1

例1

Uchi	撃ち	Uke	受け
KATA-JO-CHU-TSUKI (Migi/Hidari-kamae)	URA-MUKAE 片上中突・裏向 (右左構)	KATA-JO-CHU-BARAI (Migi/Hidari-kamae)	片上中払・正面 SHOMEN
JO-TSUKI (Migi/Hidari-kamae)	CHU-ATE 上突・中当 (右左構)	JO-TSUKI (Migi/Hidari-kamae)	上払・大払・上払 JO-BARAI
JO-CHU-TSUKI (Migi/Hidari-kamae)	GE-HARAI 上中突・下払 (右左構)	JO-CHU-TSUKI (Migi/Hidari-kamae)	上中払・下大払 GE-O-BARAI
GYAKU-KAKAE-MAKIKOMI (Migi/Hidari-kamae)	逆抱巻込(右左構)	CHU-ATE-GERI (Uke)	中当蹴(受)
USHIRO-BARAI-MAKIKOMI (Migi/Hidari-kamae)	後払巻込(右左構)	JO or CHU-TSUKI	上か中突

Sample 2

例2

Uchi	撃ち	Uke	受け
KATA-JO-TSUKI (Migi/Hidari-kamae)	URA-MUKAE 片上突・裏向・ 中突(右左構)	KATA-JO-TSUKI (Migi/Hidari-kamae)	片上払・正面・中払 SHOMEN ・ CHU-BARAI
CHU-ATE (Migi/Hidari-kamae)	JO-TSUKI 中払・上突・下払 (右左構)	CHU-ATE (Migi/Hidari-kamae)	大払・上払・下大払 GE-O-BARAI
CHU-JO-TSUKI (Migi/Hidari-kamae)	CHU-HARAI-GERI 中上突・中払蹴 (右左構)	CHU-JO-TSUKI (Migi/Hidari-kamae)	中上払・下大払 GE-O-BARAI
UDE-ATE-GYAKU-UCHI-GARI (Migi/Hidari-kamae)	腕当逆内刈 (右左構)	CHU-HARAI-GERI (Uke)	中払蹴(受)
TOBIKOMI-UCHI-GARI-SUTEMI (Migi/Hidari-kamae)	飛込内刈捨 (右左構)	URAKEN ・ YOKO-UCHI	裏拳・横打

SANDAN (三段)

Sample 3

例3

Uchi	撃ち	Uke	受け
KATA-CHU-JO-TSUKI (Migi/Hidari-kamae)	YOKO-UCHI 片中上突・横打 (右左構)	KATA-CHU-JO-BARAI (Migi/Hidari-kamae)	片中上払・上外払
GE-HARAI (Migi/Hidari-kamae)	CHU-TSUKI 下払・中突・裏向 (右左構)	JO-SOTO-BARAI	
URA-MUKAE (Migi/Hidari-kamae)		GE-O-BARAI (Migi/Hidari-kamae)	下大払・中払・正面
		CHU-BARAI (Migi/Hidari-kamae)	SHOMEN
JO-TSUKI (Migi/Hidari-kamae)	CHU-ATE-ORI-GERI 上突・中当折蹴 (右左構)	JO-BARAI (Migi/Hidari-kamae)	上払・片大払
UCHI-BARAI (Migi/Hidari-kamae)	YOKO-KOSHI-MAKI 内払・横腰卷 (右左構)	KATA-O-BARAI (Migi/Hidari-kamae)	
		CHUDAN-TSUKI (Uke)	中段突(受)
SOTO-BARAI (Migi/Hidari-kamae)	KUBI-KAKAE-KOSHI-SHIME 首抱腰締(右左構)	JO-TSUKI (Migi/Hidari-kamae)	上突・横拳
		YOKO-KEN	