

仁王拳 – (benevolent, king, fist): single counter attack

- ryusui geri -- 流水蹴 – (streaming,water,kick)
- uchi uke zuki, -- 内受突 – (inside,receive,punch)
- uwa uke geri -- 上受蹴 – (up,receive,kick)
- uwa uke zuki -- 上受突 – (up,receive,punch)
- tenshin geri -- 轉身蹴 – (turn,body,kick)
- uchi uke geri -- 内受蹴 -- (inside,receive,kick)
- soto uke zuki – 外受突 – (outside,receive,punch)
- soto uke geri – 外受蹴 – (outside,receive,kick)
- soto oshi uke zuki -- 外押受突 – (outside,push,receive,punch)
- kusshin zuki -- 屈身突 – (yield/bend,punch)
- kusshin geri -- 屈身蹴 – (yield/bend,kick)
- uchi age zuki -- 打上突 – (strike,up,punch)
- kaishin zuki – 開身突 – (open space,body,punch)
- tanto tsuki komi shita uke zuki -- 短刀突込下受突 – (short,knife,punch,intrude,down,receive,punch)
- tanto furi age ryusui geri -- 短刀振上流水蹴– (short,knife,swing,up,streaming,water,kick)
- soto uke dan zuki -- 外受段突 – (outside,receive,steps,punch)
- uchi age dan zuki -- 打上段突 – (strike,up,steps,punch)
- shita uke zuki -- 下受突 – (down,receive,punch)
- shita uke dan zuki -- 下受段突 – (down,receive,steps,punch)

[sango ken](#)

三合拳 - (three,meet,fist): hand as guard, counter attack with kick

- shita uke geri -- 下受蹴 – (down,receive,kick)
- shita uke jun geri -- 下受順蹴 – (down,receive,front,kick)
- yoko tenshin geri -- 横轉身蹴 – (side,turn,body,kick)
- han tenshin geri – 半轉身蹴 – (half,turn,body,kick)
- juji uke geri -- 十字受蹴 – (ten,character,receive,kick)
- harai uke geri -- 払受蹴 – (sweep,receive,kick)
- gyaku tenshin geri -- 逆轉身蹴 – (reverse,turn,body,kick)
- gedan gaeshi -- 下段返 – (down,level,return)
- chudan gaeshi -- 中段返 – (middle,level,return)

[tenno ken](#)

天王拳 – (heaven,king,fist): defence and counter attack triggered by punch

- tsuki ten 1 -- 突天一 -- (punch,heaven,one)
- furi ten 2 -- 振天二 -- (swing,heaven,two)
- keri ten 3 -- 蹴天三 – (kick,heaven,three)
- tsuki ten 3 -- 突天三 -- (punch,heaven,three)
- tsuki ten 2 -- 突天二 -- (punch,heaven,two)
- kon ten 1 -- 混天一 -- (wander,heaven,one)
- tai ten 1 -- 対天一 -- (opposite,heaven,one)
- keri ten 1 (sukui kubi nage) -- 蹴天一 (掬首投) – (kick,heaven,one) (help,neck,throw)
- gyaku ten 1 -- 逆天一 -- (reverse,heaven,one)

byakuren ken

白蓮拳 – (white,lotus,fist): guarding hand or arm is used for counter attack

- tsubame gaeshi -- 燕返 – (swallow,return)
- chidori gaeshi -- 千鳥返 – (thousand,bird,return)
- harai uke dan zuki -- 払受段突 – (sweep,receive,steps,punch)
- mika zuki gaeshi (kari ashi) (kakate uke) – 三日月返 (刈足) (掛手受) -- (three,sun,moon,return)(push knee by foot)(charge,hand,receive)
- suigetsu gaeshi (oshitaoshi) – 水月返 (押倒) – (water,moon,return) (push away)
- hangetsu gaeshi (sukui kubi nage) – 半月返 (掬首投) – (half,moon,return) (help,neck,throw)

kakuritsu ken

鶴立拳 – (firm,stance,fist): sequence of guarding against kicks, counter attack with kick

- kinteki geri hiza uke -- 金の蹴膝受 -- (gold,metal,knee,receive)
- gyaku geri hiza uke -- 逆蹴膝受 -- (reverse,knee,receive)
- mawashi geri sambo uke nami gaeshi -- 廻蹴三防受波返 – (revolve,kick,three,defence,receive,wave,return)
- sokuto geri hiki ashi -- 足刀蹴引足 – (foot,knife,pull,foot)
- dan geri sambo uke nami gaeshi -- 段蹴三防受波返 – (steps,kick,three,defence,receive,wave,return)

chio ken

地王拳 – (earth,king,fist): defence and counter attack triggered by kick

- jun geri chi 1 -- 順蹴地一 -- (front,kick,ground,one)
- gyaku geri chi 1 -- 逆蹴地一 -- (reverse,kick,ground,one)
- gyaku geri chi 3 -- 逆蹴地三 -- (reverse,kick,ground,three)
- fukko chi 2 -- 伏虎地二 -- (bend down,drunkard/tiger, ground, two) -- kneeling
- harai uke chi 2 -- 払受地二 -- (sweep,receive,ground, two)
- jun geri chi 3 -- 順蹴地三 -- (front,kick,ground,one)

kongo ken

金剛拳 – (metal.hard,fist): lock and hold opponent

- ude juji gatame -- 腕十字固 – (arm,ten,character,hold)
- okuri tembin dori -- 送天秤捕 -- (send,heaven,balance,control)
- tsuri age dori -- 吊上捕 -- (fish,up,control)

ryuo ken

龍王拳 – (dragon,king,fist): techniques for escaping from holds

- kote nuki -- 小手拔 – (small,hand,release)
- yori nuki (katate) -- 寄拔 (片手 & 両手) – (draw near,release) (one,hand) (two, hands)
- maki nuki (katate & ryote) -- 巻拔 (片手 & 両手) – (roll up,release) (one, hand) (two,

- hands)
- kiri nuki (uchi & soto) -- 切 拔 (内 & 外) – (cut,release) (inside) (outside)
 - juji nuki (katate & ryote) -- 十字 拔 (片手 & 両手) – (ten,character,release) (one, hand) (two, hands)
 - gassho nuki -- 合掌 拔 -- (join, hand, release)
 - kiri kaeshi nuki (katate & morote) -- 切 返 拔 (片手 & 諸手) – (cut,return,release) (one, hand) (both, hands)
 - sankaku nuki -- 三角 拔 -- (three,angle,release)
 - johaku nuki (katate & ryote) -- 上膊 拔 (片手 & 両手) – (upper,arm,release) (one, hand) (two, hands)
 - oshi kiri nuki -- 押 切 拔 – (push,cut,release)
 - sode nuki -- 袖 拔 -- (sleeve, release)
 - eri nuki -- 襟 拔 – (collar,release)
 - nidan nuki -- 二段 拔 – (two,steps,release)
 - oshi nuki (katate) -- 押 拔 (片手) – (push,release) (one,hand)
 - hiki nuki (morote) -- 引 拔 (諸手) – (pull,release) (both,hands)
 - juji nuki (morote) -- 十字 拔 (諸手) – (ten,character,release) (both,hands)
 - tsuki nuki (uchi & soto) -- 突 拔 (内 & 外) – (punch,release) (inside) (outside)
 - tsuki nuki (ryote & morote) -- 突 拔 (両手 & 諸手) – (punch,release) (two,hands) (both,hands)
 - age nuki -- 上 拔 – (up,release)
 - hiji nuki mae tembin -- 肘 拔 前 天 秤 – (elbow,release,forward,heaven,balance)
 - uchi nuki (katate & ryote) -- 打 拔 (片手 & 両手) – (strike,release) (one, hand) (two, hands)
 - oshi nuki (morote) -- 押 拔 (諸手) -- (push,release) (both hands)
 - morote wa nuki (ippon se nage) -- 諸手 輪 拔 (一本背投) – (both,hands,round,release) (one,basis,back,throw)
 - morote maki nuki (ippon se nage) -- 諸手 卷 拔 (一本背投) – (both,hands,roll up,release) (one,basis,back,throw)

ryuka ken

龍華拳 – (dragon,brushwood,fist): ryuo ken techniques for throwing

- gyaku gote (mae yubi gatame) -- 逆 小手 (前 指 固) – (reverse,small,hand) (forward,fingers,hold)
- okuri gote (katate) -- 送 小手 (片手) – (send,small,hand) (one, hand)
- okuri maki tembin -- 送 卷 天 秤 – (send,roll up,heaven,balance)
- juji gote (katate & ryote) -- 十字 小手 (片手 & 両手) – (ten,character,small,hand) (one, hand) (two, hands)
- ryaku juji gote -- 略 十字 小手 -- (shorten,ten,character,release)
- okuri gote (ryote) -- 送 小手 (両手) -- (send,small,hand) (two,hands)
- kiri gote (katate & morote) -- 切 小手 (片手 & 諸手) – (cut,small,hand) (one, hand) (both, hands)
- gyaku gote ura gaeshi nage -- 逆 小手 裏 返 投 – (reverse,small,hand,side,return,throw)
- oshi gote (katate & ryote) -- 押 小手 (片手 & 両手) – (push,small,hand) (one, hand) (two, hands)
- kote maki gaeshi -- 小手 卷 返 -- (small,hand,roll up,return)
- maki gote (katate & morote) -- 卷 小手 (片手 & 諸手) – (roll up,small,hand) (one, hand) (both, hands)
- juji gote (morote) -- 十字 小手 (諸手) -- (ten,character,small,hand) (both, hands)

- gyakute nage -- 逆手 投 -- (reverse,hand,throw)
- ryu nage -- 龍投 -- (dragon/streaming,throw)
- soto maki tembin -- 外卷 天秤 -- (outside,roll up,heaven,balance)
- nuki uchi oshi gote -- 抜打押 小手 -- (release,strike,push,small,hand)
- morote okuri kote nage (ichi, ippon se nage) -- 諸手送小手投 (一, 一本背投) -- (both,hands,send,small,hand,throw) (one, one,basis,back,throw)
- okuri hiji zeme -- 送肘攻 -- (send,elbow,attack)
- tsuri otoshi -- 吊落 -- (?,drop)
- okuri dori -- 送捕 -- (send,control)
- kiri kaeshi tembin -- 切返 天秤 -- (cut,return,heaven,balance)
- kiri kaeshi maki tembin -- 切返 卷 天秤 -- (cut,return,roll up,heaven,balance)
- gyaku gote (morote) -- 逆 小手 (諸手) -- (reverse,small,hand) (both,hands)
- idori gyaku gote -- 居捕 逆 小手 -- (kneel,reverse,small,hand)
- idori oshi gote -- 居捕 押 小手 -- (kneel,push,small,hand)
- kiri kaeshi gote -- 切返 小手 -- (cut,return,small,hand)
- kiri kaeshi nage -- 切返 投 -- (cut,return,throw)
- morote kiri kaeshi nage -- 諸手切返 投 -- (both,hands,cut,return,throw)
- konoha okuri -- 木の葉 送 -- (tree,leaves,send)
- konoha gaeshi -- 木の葉 返 -- (tree,leaves,return)
- okuri yubi gaeshi -- 送指返 -- (send,finger,return)
- nigiri kaeshi -- 握返 -- (?/grab, return)
- okuri shishi dori -- 送四指捕 -- (send,four,finger,control)
- furisute omote nage -- 振捨表投 -- (swing,discard,exterior,throw)
- morote okuri kote nage -- 諸手送小手投 -- (both,hands,send,small,hand,throw)
- okuri tsuki taoshi (ippon se nage) -- 送突倒し (一本背投) -- (send,punch,strike,push) (one,basis,back,throw)
- koshi kujiki (ippon se nage) -- 腰挫 (一本背投) -- (hip,?) (one,basis,back,throw)

rakan ken

羅漢拳 - (silk,china,fist): techniques based on traditional juho forms

- johaku dori (katate & ryote) -- 上膊捕 (片手 & 両手) -- (upper,arm,control) (one, hand) (two, hands)
- johaku maki (katate) -- 上膊卷 (片手) -- (upper,arm,roll up) (one, hand)
- sode dori -- 袖捕 -- (sleeve,control)
- sode maki -- 袖卷 -- (sleeve,roll up)
- sode maki tembin -- 袖卷 天秤 -- (sleeve,roll up,heaven,control)
- ude maki -- 腕卷 -- (arm,roll up)
- kata muna otoshi -- 片胸落 -- (one,chest,drop)
- eri juji -- 襟十字 -- (collar,ten,character)
- maki otoshi -- 卷落 -- (roll up, drop)
- soto maki otoshi -- 外卷落 -- (outside, roll up, drop)
- hiki muna otoshi -- 引胸落 -- (pull,chest,drop)
- ryo muna otoshi -- 両胸落 -- (two,chest,drop)
- hiki otoshi -- 引落 -- (pull,drop)
- sode maki gaeshi -- 袖卷返 -- (sleeve,roll up,return)
- sode guchi dori -- 袖口捕 -- (sleeve,opening, control)
- sode guchi maki -- 袖口卷 -- (sleeve,opening, roll up)

五花拳 – (five,blossoms,fist): throwing techniques, some guarding against goho

- uwa uke nage -- 上受 投 – (up,receive,throw)
- uwa uke gyakute nage -- 上受 逆手 投 – (up,receive,reverse,hand,throw)
- gyaku tembin -- 逆 天秤 -- (reverse,heaven,balance)
- katate nage -- 片手 投 – (one, hand, throw)
- gyaku katate nage -- 逆 片手 投 – (reverse, one, hand, throw)
- gassho katate nage -- 合掌 片手 投 – (join,palms,one, hand, throw)
- okuri katate nage -- 送 片手 投 – (send,one, hand, throw)
- ryote katate nage -- 両手 片手 投 – (two,hands,one, hand, throw)
- morote katate nage -- 諸手 片手 投 – (both,hands,one, hand, throw)
- hiki tembin -- 引 天秤 -- (pull,heaven,balance)
- gyaku hiki tembin -- 逆 引 天秤 -- (reverse,pull,heaven,balance)
- gassho hiki tembin -- 合掌 引 天秤 -- (gassho,pull,heaven,balance)

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