

hokei

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- *nio ken* – single counter attack
- *sango ken* – hand as guard, counter attack with kick
- *tenno ken* – defense and counter attack triggered by punch
- *byakuren ken* – guarding hand or arm is used for counter attack
- *kakuritsu ken* – sequence of guarding against kicks and counter attack with kick
- *chio ken* – defense and counter attack triggered by kick
- *kongo ken* – lock and hold opponent
- *ryuo ken* – techniques for escaping from holds
- *ryuka ken* – ryuo ken techniques for throwing
- *rakan ken* – techniques based on traditional juho forms
- *goka ken* – throwing techniques, some guarding against goho

goho

nio ken

single counter attack

- *kyu 4* – ryusui geri, uchi uke zuki, uwa uke geri
- *kyu 3* – uwa uke zuki
- *kyu 2* – tenshin geri, uchi uke geri
- *kyu 1* – soto uke zuki, soto uke geri, soto oshi uke zuki, kusshin zuki, kusshin geri
- *dan 2* – uchi age zuki, kaishin zuki, tanto tsuki komi shita uke zuki, tanto furi age ryusui geri
- *dan 3* – soto uke dan zuki, uchi age dan zuki, shita uke zuki, shita uke dan zuki

sango ken

hand as guard, counter attack with kick

- *kyu 3* – shita uke geri, shita uke jun geri
- *kyu 2* – yoko tenshin geri, han tenshin geri, juji uke geri
- *dan 1* – harai uke geri
- *dan 2* – gyaku tenshin geri
- *dan 3* – gedan gaeshi, chudan gaeshi

tenno ken

defense and counter attack triggered by punch

- *kyu 3* – tsuki ten 1
- *dan 1* – furi ten 2, keri ten 3, tsuki ten 3

- *dan 2* – tsuki ten 2, kon ten 1, tai ten 1, keru ten 1 (sukui kubi nage), gyaku ten 1
byakuren ken

guarding hand or arm is used for counter attack

- *kyu 2* – tsubame gaeshi, chidori gaeshi
- *dan 3* – harai uke dan zuki, mika zuki gaeshi, suigetsu gaeshi, hangetsu gaeshi (sukui kubi nage)

kakuritsu ken

sequence of guarding against kicks and counter attack with kick

- *dan 1* – kinteki geri hiza uke, gyaku geri hiza uke, mawashi geri sambo uke
- *dan 3* – sokuto geri hiki ashi, dan geri sambo uke

chio ken

single counter attack

- *dan 2* – jun geri chi 1, gyaku geri chi 1, gyaku geri chi 3
- *dan 3* – fukko chi 2, harai uke chi 2, jun geri chi 3

juho

kongo ken

lock and hold opponent

- *kyu 4* – ude juji gatame
- *dan 2* – okuri tembin dori, tsuri age dori

ryuo ken

techniques for escaping from holds

- *kyu 4* – kote nuki, yori nuki (katate & ryote)
- *kyu 3* – maki nuki (katate & ryote)
- *kyu 2* – kiri nuki (uchi & soto), juji nuki (katate & ryote), gassho nuki, kiri kaeshi nuki (katate & morote), sankaku nuki
- *kyu 1* – johaku nuki (katate & ryote), oshi kiri nuki, sode nuki, eri nuki
- *dan 1* – nidan nuki, oshi nuki (katate), hiki nuki (morote), juji nuki (morote)
- *dan 2* – tsuki nuki (uchi & soto), tsuki nuki (ryote & morote), age nuki, hiji nuki mae tembin, uchi nuki (katate & ryote), oshi nuki (morote), morote wa nuki (ippon se nage), morote maki nuki (ippon se nage)

ryuka ken

ryuo ken techniques for throwing

- *kyu 4* – gyaku gote (mae yubi gatame)

- *kyu 3* – okuri gote (katate), okuri maki tembin
- *kyu 2* – juji gote (katate & ryote), ryaku juji gote, okuri gote (ryote), kiri gote (katate & morote)
- *kyu 1* – gyaku gote ura gaeshi nage
- *dan 1* – oshi gote (katate & ryote), kote maki gaeshi, maki gote (katate & morote), juji gote (morote)
- *dan 2* – gyakute nage, ryu nage, soto maki tembin, nuki uchi oshi gote, morote okuri gote baku ho (ichi, ippon se nage), okuri hiji zeme, tsuri otoshi, okuri dori, kiri kaeshi tembin, kiri kaeshi maki tembin, gyaku gote (morote), idori gyaku gote, idori oshi gote
- *dan 3* – kiri kaeshi gote, kiri kaeshi nage, morote kiri kaeshi nage, konoha okuri, konoha gaeshi, okuri yubi gaeshi, nigiri kaeshi, okuri shi shi dori, furisute omote nage, morote okuri kote nage, okuri tsuki taoshi (ippon se nage), koshi kujiki (ippon se nage)

rakan ken

techniques based on traditional juho forms

- *kyu 1* – johaku dori (katate & ryote), johaku maki (katate), sode dori, sode maki, sode maki tembin, ude maki, kata muna otoshi, eri juji
- *dan 2* – maki otoshi, soto maki otoshi, hiki muna otoshi, ryo muna otoshi, hiki otoshi
- *dan 3* – sode maki gaeshi, sode guchi dori, sode guchi maki

goka ken

throwing techniques, some guarding against goho

- *dan 2* – uwa uke nage, uwa uke gyakute nage, gyaku tembin
- *dan 3* – katate nage, gyaku katate nage, gassho katate nage, okuri katate nage, ryote katate nage, morote katate nage, hiki tembin, gyaku hiki tembin, gassho hiki tembin