

*Primary Principles and Secrets of the Ryu*

**Taking center**

**Skeletal alignment**

**Back pressure**

**Off balancing**

**Rotation and counter rotation**

**Skeletal locking**

**Freezing**

**Bridging**

**Pressure and counter pressure**

**Weighting and dropping**

**Extension**

**Maintaining connection**

**Weight transfer**

**Communitive locking**

**Elbow awareness**

**Hip position and power**

**Ki and Kokyu**

**Zanshin and intent**

### **IKKYO PRINCIPAL- (First principal)**

Ikkajo

Ude Osae Dori

Ude Otsu Dori

### **NIKKYO PRINCIPAL- (Second principal)**

Nikajo

Kote Mawashi (wrist turn in)

Kagi (keylock)

Shuto Jime (knife hand lock)

### **SANKYO PRINCIPAL- (Third principal)**

Sankajo

Kote Hineri (wrist turn)

Mochi Mawari (grip turn)

### **YONKYO PRINCIPAL- (Fourth principal)**

**Kote Gaeshi (wrist reversals et al.)**

Konoha Gaeshi (leaf reversal)

Kote Makikomi (wrist winding)

Kote Makigashi (winding reversals)

Gyaku Gote (reverse wrist)

## **GOKYU PRINCIPAL- (Fifth principal)**

### **Projections/throws/manipulations**

Katate Osae (wrist press)

Shiho Nage (4/8 corner throw)

Te Hanna (flower throws)

Irimi/Tenshin Nage (projections)

Ushiro Mae Nage (front/rear throw)

Niho Nage (2 direction throw)

Sumio Toshi

Kaiten Nage

Kokyu Nage

Kokyu Ho

Juji Nage

## **ROKYU PRINCIPAL- (Sixth principal)**

### **Pinning/strangulation/finger locks**

Osae Waza (pinning variations et al.)

Shime Waza (strangulation variations et al.)

Yubi Waza (finger locks)