

Kiado-Ryu Core Techniques [Core Tech 1]
Orange Belt through Blue Belt

Self-Defense Techniques: Grabs

#	Technique	A	B	C
1	Front Free Bearhug	Neck Nerve	Ear Pops	Hair grab/palm strike
2	Front Pinned Bearhug	Eye claw	Groin/knee/push	Biting Vice
3	Rear Free Bearhug	Eye claw	Knuckle rap	Elbows/Scrambler
4	Rear Pinned Bearhug	Head butt	Offset takedown	Stomp
5	Front Choke Hold	Pushaway	A-frame drop	Snap kick-knee/shin/groin
6	Rear Choke Hold	Duck/Spinout	Back kick	Drop/Rev upward kick
7	Rear Strangle Hold	Chin Set/Teeth	Eye Spears	Offset strikes/takedown
8	Side Headlock	Stomp	Dbl Palm takedown	Bite Vice
9	Full Nelson	Lock & Stomp	Drop & Kick	Elbows/Scrambler
10	Single Lapel Grab	Eye Whip	Snap/Thrust kick	Ripping rollout
11	Double Lapel Grab	Dbl eye spears	Kick or Knee strike	Snake out
12	Wrist Grabs	Crossed	Uncrossed	Double

[CL: center line Sm: simultaneous Ofs: offset R: right L: left IP: inward parry; OP: outward parry; HP: hooking parry; WP: windmill parry; WH: windmill hook; BK backknuckle; T: trap; DP: downward parry; Eob: extended outward block; R/P: rev punch; RK-roundhouse kick; SBK-spinning back kick; LS-linear strike; LK-linear kick]

Self-Defense Techniques: Strikes

#	Technique	vs.	Counter Notes
1	Ripping Tiger	R/P	Dbl inward block; BK; palm
2	Fists of Thunder	R/P	Step back; Eob; R/Ps
3	Windmill Palms	L/S	WH; opp. cross palm to face w/drive
4	Windmill Fists	L/S	WP; alternating #2 RPs [aka: windmill boom boom]
5	Wheel Thunder	L/S	WP; inside RK; SBK
6	Duck 'N Drop	R/P	duck; inside knee; outside ulnar drop
7	Offset Drop	L/S	Sm Ofs w/I P & RP
8	Offset Blade	L/K	Sm Ofs DP; knifedge kick
9	Nutcracker	L/S	Sm Ofs w/IP & palm to groin
10	Smothering Whip	L/S	downward trap: SM rollout w/eye whip
11	Bar Blast	R/P	OT; oblique throat or desc. armbar clavicle
12	Oneness	R/P	Sm forearm block/strike to armbar sandwich

Fighting Techniques

#	Technique	Align	Notes
1	Stretch nuck	Off- T	LoLo - Lullaby - Delayed strike; Hand Scissors Setup
2	Lead fork	Off- T	Ridge or BK; Hand Scissors Setup
3	Inverted fork	Off- T	Concludes with Waterwheel
4	Rear Trap 'N Go	Off- T	vs. Lead Guard - Direct trap rear hand
5	Push Blitz	Off- T-H	CL hands, push kick, taffy machine attack
6	Advancing Thunder	Off- T-H	Leads with BK ruse
7	Standing Thunder	Def- T-H	Stance width variations
8	Retreating Thunder	Def- T-H	Stance width variations
9	Ambush Thunder	Def- T-H	T-closed spin; H-open fallaway
10	Offset Drop	Def- T-H	Low to outside
11	Offset Ridge	Def- T-H	H-Lead hand- use a split out; T- Rear Hand-off angle fade
12	Three Spears	Off/Def	Covered (H) - Counter (T) - Jamming (H)

Modes of Motion: Simulbeat - Rocker - Static Single Leg - Body Mode - Hand Scissors