

Basic Structure of Shorinji Kempo Wrist Escapes

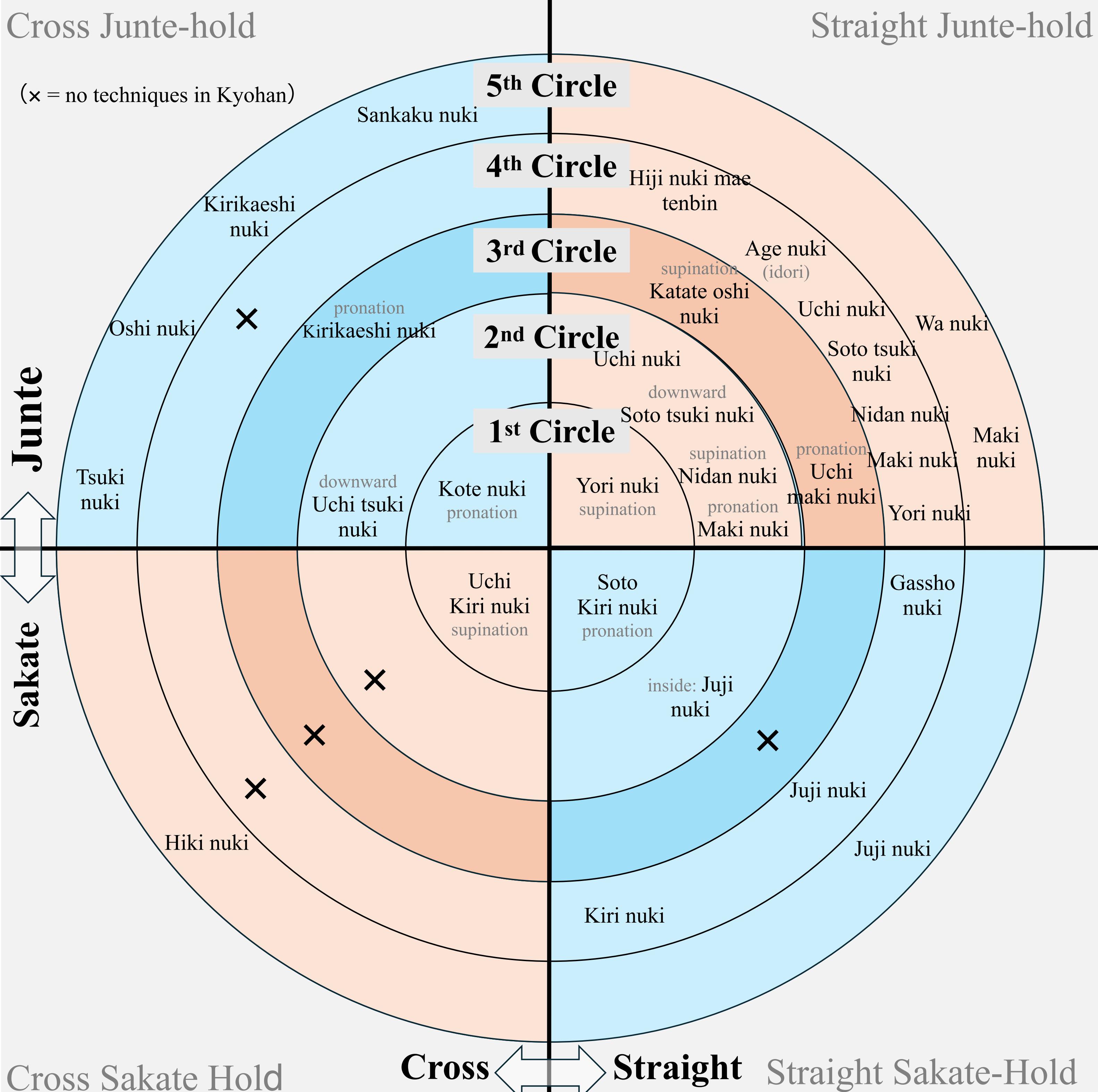
(2025年3月 作成)

[Basic assumptions for one-hand escape: pull, push, obstruct]

‘Cross’ type hold = arms cross as in Kote nuki; ‘Straight’ type hold = Arms are straight as in Yori nuki

‘Junte’ hold = the little finger side is closest to the defender’s hand (force is applied typically by the thumb side); ‘Sakate’ hold = the thumb side is closest to the defender’s hand (force is applied typically by the little finger side)

Wrist pronation (naisen) = defender’s palm turns away from his/her face; Wrist supination (gaisen) = defender’s palm turns toward his/her face.



1st Circle: Four basic wrist escapes

2nd Circle: Same hold, force changes

3rd Circle: Grip changes

4th Circle: Ryote nuki

5th Circle: Morote nuki (hokei only; in reality, many variations possible)

- 4th Circle (derivatives of 1st and 2nd Circles)
- In Shorinji Kempo, only straight holds
- After the first nuki, either Yori nuki or Kiri nuki

* Houkei for ryote nuki: Tai gamae

* Hokei for katate nuki: Tai gamae for cross-hold types and Hiraki gamae for straight hold types are standard.

* Uchi kiri nuki (supination) and Soto kiri nuki (pronation) are based on author’s approach.