



Garyu means 'reclining dragon'.

The kata Garyu, is not taken from traditional Okinawan Karate but was created by Masutatsu Oyama and named after his pen name (*Garyu* = reclining dragon), which is the Japanese pronunciation of the characters *臥龍*, the name of the village (II Loong) in Korea where he was born.

In Japanese philosophy, a great man who remains in obscurity is called a Garyu. A dragon is all-powerful, but a reclining dragon chooses not to display his power until it is needed.

Likewise, a true Karateka does not brag about or show off his abilities. He never forgets the true virtue of humility.

Dachi Waza Tsuki or Te Waza **Uke Waza** Fudo Dachi Jodan Morote Tsuki Kake Jodan Morote Uke Chudan Gyaku Tsuki Shuto Morote Gedan Barai Musubi Dachi Hachiji Dachi/Joi Chudan Yonhon Nukite Shotei Gedan Morote Uke Heiko Dachi Koken Jodan Morote Uke Zenkutsu Dachi Kake Jodan Morote Uke Kokutsu Dachi Seiken Gedan Juji Uke Kake Ashi Dachi Kake Chudan Uke Sochin Dachi Shuto Mawashi Uke Haito Chudan Morote Uchi Uke

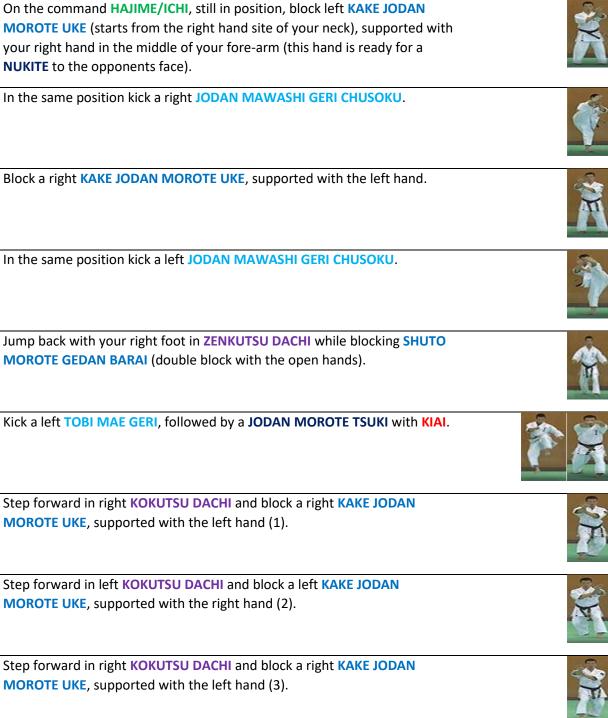
Geri Waza

Jodan Mawashi Geri Chusoku Tobi Mae Geri Jodan Mawashi Geri Haisoku Jodan Ushiro Mawashi Geri Jodan Mae Geri

Kihon Jutsugo

Yoi, Mokuso, Hajime, Ibuki, Kiai, Suni, Naore, Yasume

Haito Chuden Uchi Uke



Begin the Kata in FUDO DACHI. Move into MUSUBI DACHI and MOKUSO on the command MOKUSO. On the next command GARYU, open eyes and wait until the command YOI. Then start perform a slow YOI DACHI with

10 Step forward in left KOKUTSU DACHI and block a left KAKE JODAN **MOROTE UKE**, supported with the right hand (4).

Garyu - 臥竜

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4

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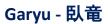
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IBUKI that ends in **HEIKO DACHI**.





3^e Dan















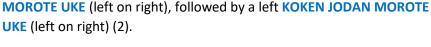












left SHOTEI GEDAN MOROTE UKE (right hand is on top of the left),

Step back in right KOKUTSU DACHI (move left foot back), while blocking a

followed by a right KOKEN JODAN MOROTE UKE (right is on top of the left)

Step back in left KOKUTSU DACHI, while blocking a right SHOTEI GEDAN

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(1).

11

12

- Step back in right KOKUTSU DACHI, while blocking a left SHOTEI GEDAN 13 MOROTE UKE (right on left), followed by a right KOKEN JODAN MOROTE UKE (right on left) (3).
- 14 Step back in left KOKUTSU DACHI, while blocking a right SHOTEI GEDAN MOROTE UKE (left on right), followed by a left KOKEN JODAN MOROTE **UKE** (left on right) (4).
- 15 Kick right JODAN MAWASHI GERI HAISOKU, followed with left JODAN USHIRO MAWASHI GERI (both connected) and step into left KOKUTSU DACHI and block left KAKE JODAN MOROTE UKE, supported with the right hand.
- Step forward in right KOKUTSU DACHI and block right KAKE JODAN 16 **MOROTE UKE**, supported with the left hand (1).
- 17 Step forward in left KOKUTSU DACHI and block a left KAKE JODAN **MOROTE UKE**, supported with the right hand (2).
- 18 Turn 270° clockwise back in right KOKUTSU DACHI, and block a right KAKE JODAN MOROTE UKE, supported with the left hand (3).

19 Move the right leg across and turn 180° counterclockwise into left KOKUTSU DACHI, and block a left KAKE JODAN MOROTE UKE, supported with the right hand (4).

- Leap sideward into KAKE ASHI DACHI (jump with the right foot sideward, 20 followed by the left one, behind the right one) and block a right KAKE MOROTE UKE, supported with the left hand, with KIAI.
- 21 Jump high in the air, turn 180° counterclockwise and land in a low KAKE ASHI DACHI (a crossed leg crouching position) and block a right SEIKEN JUJI **GEDAN UKE.**

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BUDOKAI VLEESENBEEK

























- **22** Stay low and move the right leg 90° clockwise into right **SOSHIN DACHI** and block a right **SHUTO MAWASHI UKE**.

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- 23 In the same position block a slow right KAKE CHUDAN UKE, followed by a left CHUDAN GYAKU TSUKI.
- 24 Bring your weight on the right leg and move the left leg across and turn 180° counterclockwise into left SOSHIN DACHI and make a left SHUTO MAWASHI UKE.
- **25** In the same position block a slow left **KAKE CHUDAN UKE**, followed by a right **CHUDAN GYAKU TSUKI**.
- 26 Open both hands and slowly extend both arms forward and to the side, bring them to the SUNI of the opponents kicking leg (left on top knee, right below ankle).
- 27 Stand up whilst moving forward into right KOKUTSU DACHI and block a right HAITO CHUDAN MOROTE UCHI UKE (supported with the left hand) (1).
- 28 Step forward into left KOKUTSU DACHI and block a left HAITO CHUDAN MOROTE UCHI UKE (supported with the right hand) (2).
- 29 Step forward into right KOKUTSU DACHI and block a right HAITO CHUDAN MOROTE UCHI UKE (supported with the left hand) (3).

30 Move the left foot across and turn 180° counterclockwise into left KOKUTSU DACHI, and block left HAITO CHUDAN UCHI UKE, followed by right CHUDAN GYAKU YONHON NUKITE with KIAI.

Move the left foot back into **MUSUBI DACH** and the **MOKUSO** position is retained. The Kata is completed on the command **NAORE** and the **FUDO DACHI** position is taken.

At the command **YASUME** relax and at ease.

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The Kata is learned from Shihan Henny Ruberg (Shihan Loek Hollander - IKO) and has some influences from Shihan Hatsuo Royama (KIKO).

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2.

7.

11c.

15c.









5.







10.





13.



17.



14.



23a.



23b.





6a.

11a.

15a.

19.





6b. KIAI



11b.











20. KIAI



21.

26.











16.





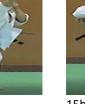


27.















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28.

29.



30a.



30b. KIAI



