

kyu 5

gakka

kyu 5

1. why do you want to study martial arts? why did you choose shorinji kempo instead of another martial art?
2. what do you find the most interesting about shorinji kempo and on which points do you place the most importance in your practice?

techniques

basic

1. zazen manner
2. dojo manner, japanese words, etiquette, kiai
3. kiso zuki
4. jyo chu niren zuki sashi-kae-ashi
5. jun-geri gyaku-geri niren sashi-kae-ashi, sashi-komi-ashi
6. jyo-dan sokuto-geri mae juji ashi (right & left)
7. mae-ukemi (right & left)
8. ushiro-ukemi (right & left)
9. dai-sharin (right & left)
10. umpo ho, taisabaki, basic movements

kata

1. giwa ken dai 1 (tan en)
2. ryo ken dai 1 (sotai)
3. tenchi ken dai 1 (sotai)

so-tai (pair form)

1. jyo-dan jun-zuki uwa-uke sashi kae-ashi
2. chu-dan gyaku-zuki shita-uke, jun-sagari
3. jyo-dan gyaku-zuki uchi-uke jun-sagari (right & left)
4. jyo-dan mawashi-geri yoko-juji-uke jun-sagari (right & left)

kihon

kyu 3

- *sokui-ho* – kaisoku-dachi, heisoku-dachi, gyaku-choji-dachi, kunoji-dachi, kokutsu-dachi, heima-dachi, kiba-dachi, fukko-dachi
- *umpo-ho* – mae chidori-ashi, ushiro chidori-ashi, mae yori-ashi, ushiro yori-ashi, kani-ashi, juji-ashi
- *fujin-ho* – seitai-gamae, tai-gamae, hiraki-gamae
- *tai-gamae* – gassho-gamae, byakuren chudan gamae, kesshu-gamae, ichiji-gamae, chudan-gamae, hasso-gamae, gedan-gamae, fukko-gamae
- *tai-sabaki* – hiraki-sagari, jun-sagari, yoko-furimi, ryusui, han-tenkan, zen-tenkan, 3-soku hantenshin, sashikae-irimi, chidori-irimi

- *ukemi* – mae ukemi, ushiro-ukemi, dai-sharin, oten yori oki-agari
- *kogi* – furiko zuki, jun-zuki, gyaku-zuki, 2-ren zuki, yoko kagi-zuki, urate-uchi, uraken uchi, shuto-giri, shuto-uchi, kumade-zuki, gedan-zuki, jun-geri, gyaku-geri (keri-age, mawashi-geri, sokuto-geri, kinteki-geri)
- *bogi* – uwa-uke, uchi-uke, shita-uke, harai-uke, soto-uke, 2-rembo, ryusui-uke, furimi-uke
- *shuho* – kagite-shuho, tsuitate-shuho

terminology

count

- *ichi, ni, san, shi, go, roku, shichi, hachi, ku, ju*

etiquette

- *shugo* – row up!
- *seirets* – straight line!
- *sensei* – master, teacher
- *ken-shi* – shorinji kempo students
- *lei* – salutation
- *naole* – arms down!
- *lenshu-o-hajime-masu* – salutation from sensei to kensshi
- *onegai-shimasu* – salutation from kensshi to sensei
- *lenshu owarime-masu* – salutation from sensei (at end of lesson)
- *arigato goza-imashita* – thanking for lesson
- *gasho* – salutation or greeting
- *chiyakuza (tjakza)* – sit down! (zazen way)
- *me-moku* – close eyes!
- *chosoku* – control breathing!
- *kiritsu* – stand up!
- *kesshu* – hands down (lock thumbs, fold)
- *hai* – yes!
- *yoi* – be ready!
- *kamae* – take position!
- *hajime* – start!
- *yame* – stop!

kihon

- *tai gamae* – stances
- *tai sabaki* – body motion
- *sokui ho* – foot and leg placement
- *umpo ho* – foot and leg movement
- *kogi* – attack techniques
- *bogi* – defence techniques
- *shuho* – defence methods

basics

- *kiso zuki* (kisjoski) – basic techniques
- *kaisoku chudan gamae* – basic stance (two fists)
- *me-uchi* – eye whip
- *jodan zuki* – punch head
- *chudan zuki* – punch chest
- *gedan zuki* – punch down
- *kinteki geri* – kick to groin
- *mae geri chudan* – front kick to chest
- *uwa-uke* – defend high (jodan zuki)
- *shita-uke* – defend middle (chudan zuki)
- *happo moku* – look at opponent!
- *hidari-mae chudan gamae* – left front, fist
- *hidari-mae ichiji gamae* – left front, open hand
- *midori-mae chudan gamae* – right front, fist
- *migi-mae ichiji gamae* – right front, open hand
- *dai sharin* – cart wheel
- *mae ukemi* – roll forwards
- *ushiro ukemi* – roll backwards
- *seitai gamae* – stance with partner
- *tai gamae* – symmetric stance (L/L or R/R)
- *hiraki gamae* – mirror stance (L/R or R/L)
- *mawashi geri* – round kick
- *sokuto geri* – side kick
- *sei-ken* – fist
- *ura-ken* – back of fist
- *hira-ken* – open side of fist
- *sho-ken* – under side of fist (hammer)
- *shuto* – under side of open hand (knife)
- *kumade* – punch with open hand (fingers closed)
- *harai-uke* – defense with lower arm
- *uchi harai-uke* – with lower arm and fist
- *yoko juji-uke* – with two arms crossed

shorinji kempo

- *goho* – hard techniques
- *seiho* – healing techniques
- *juho* – soft techniques

seiho

1. *seikei* – balancing the central meridians
2. *seimyaku* – balancing the peripheral meridians
3. *seikotsu* – correcting bone positions
4. *kappo* – resuscitation

goho

1. *tsuki waza* – strikes
2. *uchi waza* – hammers
3. *kiri waza* – cutting

4. *keri waza* – kicks
5. *kari waza* – reaping
6. *fumi waza* – stamps
7. *tai gi* – body techniques
8. *bogi* – defenses
9. *dokko den* – weapon techniques
10. *nyoi den* – short rod techniques
11. *kongo den* – stick and short staff techniques

juho

1. *gyaku waza* – joint reverses
2. *nage waza* – throws
3. *katame waza* – pins
4. *shime waza* – chokes
5. *tori waza* – arrests
6. *o-atsu waza* – pressure techniques
7. *nuki teho* – hand releases
8. *nuki miho* – escapes
9. *bakuho* – binding methods

kyu 4

gakka

kyu 4

1. in each lesson we are reading the philosophy, and each shorinji kempo school places great importance on this. as europeans, what do you think about this philosophy when you read it and how do you relate to it?

techniques

basic

1. mae ukemi with jump (right & left)
2. ushiro ukemi with push (right & left)
3. yoko ukemi (right & left)
4. dai sharin (with one hand, one side)
5. umpo, taisabaki, basic movements
6. jyo-chu niren zuki gyaku-geri san-ren kerikomi sashikae-ashi
7. jyo-dan mawashi-geri ushiro-geri niren, juji-ashi sashikae-ashi
8. dan-geri kinteki-mikazuki niren geri fumi-komi ashi, sashikae-ashi
9. tobi-komi geri ni-ren kinteki-jyodan jyo-chu-niren zuki (left & right)

kata

1. tenchi ken dai 2 (sotai)

so-tai (pair form)

1. jyo-dan mawashi geri yoko-juji-uke mawashi gerihanko (left & right)
2. jyo-dan-gyaku zuki jyo-dan mawashi geri niren uwa-uke nioke jyun-sagari (left & right)
3. sashikomi-ashi jyun-geri kerikomi uchi-harai-uke chudan zuki-hanko jyun-sagari (left & right)
4. ude-juji koshi-nage tachiai-gassho-gatame
5. shita-uke zuki
6. katate kiri nuki uchi

kihon

kyu 3

- *sokui-ho* – kaisoku-dachi, heisoku-dachi, gyakuchoji-dachi, kunoji-dachi, kokutsu-dachi, heima-dachi, kiba-dachi, fukko-dachi
- *umpo-ho* – mae chidori-ashi, ushiro chidori-ashi, mae yori-ashi, ushiro yori-ashi, kani-ashi, juji-ashi
- *fujin-ho* – seitai-gamae, tai-gamae, hiraki-gamae
- *tai-gamae* – gassho-gamae, byakuren chudan gamae, kesshu-gamae, ichiji-gamae, chudan-gamae, hasso-gamae, gedan-gamae, fukko-gamae

- *tai-sabaki* – hiraki-sagari, jun-sagari, yoko-furimi, ryusui, han-tenkan, zen-tenkan, 3-soku hantenshin, sashikae-irimi, chidori-irimi
- *ukemi* – mae ukemi, ushiro-ukemi, dai-sharin, oten yori oki-agari
- *kogi* – furiko zuki, jun-zuki, gyaku-zuki, 2-ren zuki, yoko kagi-zuki, urate-uchi, uraken uchi, shuto-giri, shuto-uchi, kumade-zuki, gedan-zuki, jun-geri, gyaku-geri (keri-age, mawashi-geri, sokuto-geri, kinteki-geri)
- *bogi* – uwa-uke, uchi-uke, shita-uke, harai-uke, soto-uke, 2-rembo, ryusui-uke, furimi-uke
- *shuho* – kagite-shuho, tsuitate-shuho

hokei

kyu 4

- **nio ken :**
[kyu 6] – ryusui geri (ushiro), uwa uke zuki (omote, ura), uchi uke zuki (ura), tenshin geri
[kyu 5] – ryusui geri (mae), uwa uke geri (omote, ura)
[kyu 4] – uchi age zuki (ura, omote), uchi age geri (ura, omote), soto uke zuki (ura, omote), soto uke geri (ura, omote)
- **sango ken :**
[kyu 5] – shita uke geri, shita uke jun geri
- **ryuo ken :**
[kyu 6] – kote nuki
[kyu 5] – katate yori nuki, maki nuki (katate)
[kyu 4] – tsuki nuki (soto, uchi), kiri nuki (soto, uchi)
- **ryuka ken :**
[kyu 5] – gyaku gote
[kyu 4] – okuri gote (katate), okuri maki tembin
- **kongo ken :**
[kyu 6] – ude juji gatame
[kyu 5] – mae jubi gatame
[kyu 4] – okuri gatame

terminology

kihon

- *tai gamae* – stances
- *tai sabaki* – body motion
- *sokui ho* – foot and leg placement
- *umpo ho* – foot and leg movement
- *kogi* – attack techniques
- *bogi* – defence techniques
- *shuho* – defence methods

basics

- *kiso zuki* (kijoski) – basic techniques
- *kaisoku chudan gamae* – basic stance (two fists)
- *me-uchi* – eye whip

- *jodan zuki* – punch head
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- *shita-uke* – defend middle (chudan zuki)
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- *migi-mae ichiji gamae* – right front, open hand
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- *mae ukemi* – roll forwards
- *ushiro ukemi* – roll backwards
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- *tai gamae* – symmetric stance (L/L or R/R)
- *hiraki gamae* – mirror stance (L/R or R/L)
- *mawashi geri* – round kick
- *sokuto geri* – side kick
- *sei-ken* – fist
- *ura-ken* – back of fist
- *hira-ken* – open side of fist
- *sho-ken* – under side of fist (hammer)
- *shuto* – under side of open hand (knife)
- *kumade* – punch with open hand (fingers closed)
- *harai-uke* – defense with lower arm
- *uchi harai-uke* – with lower arm and fist
- *yoko juji-uke* – with two arms crossed

actions

- *atemi* – striking, offense
- *dori* – grip, lock
- *gaeshi* – return
- *geri* – kick
- *gote* – twist
- *idori* – kneeling
- *jime* – strangle
- *kagi-te* – open hand
- *kiri* – cut
- *maki* – wrap, bind up
- *nage* – throw
- *nuki* – escape
- *tanto tori* – knife attack(s)
- *uke* – block
- *ukemi* – roll
- *zuki* – punch

kyu 3

gakka

kyu 3

1. So Doshin's motivation and purpose for founding Shorinji Kempo
2. the meaning of Bu and the essence of Budo
3. the essence of shorinji kempo
4. ken zen ichiniyo (unity of ken and zen)

techniques

basic

1. *kogi* – furiko zuki, keri age, zenshin jun zuki, gyaku zuki, jo chu ni ren zuki, sashi komi ashi keri age, sashi kae ashi keri age
2. *bogi* – uwa uke, uchi uke, shita uke
3. *umpo ho* – mae chidori ashi, ushiro chidori ashi, kani ashi, juji ashi, kumo ashi
4. *ukemi* – dai sha rin, mae ukemi, ushiro ukemi, oten oki agari
5. *tan en* – tenchi ken 1 (left & right)

kata

1. tenchi ken dai 3 (tan en)
2. tenchi ken dai 4 (tan en)
3. giwa ken dai 2 (tan en)
4. giwa ken dai 1 (sotai)

goho

1. uchi uke zuki
2. shita uke geri
3. uwa uke zuki
4. ryusui geri
5. uwa uke geri

juho

1. ude juji tate gassho gatame
2. kote nuki ura ken, chudan zuki
3. gyaku gote mae yubi gatame
4. katate yori nuki
5. ryote yori nuki

kumi embu

kyu 3

1. ryusui geri

2. uwa uke geri
3. kote nuki
4. gyaku gote
5. uchi uke zuki
6. shita uke geri
7. uwa uke zuki
8. katate yori nuki
9. ryote maki nuki
10. katate okuri gote

application

1. **goho** – offense: single straight punches to jodan and chudan ; counter offenses are allowed and both persons can attack.
2. **juho** – offense: grabbing inner or outer wrist of single hand; defense: nuki waza or gyaku waza

kihon

kyu 3

- **sokui-ho** – kaisoku-dachi, heisoku-dachi, gyaku-choji-dachi, kunoji-dachi, kokutsu-dachi, heima-dachi, kiba-dachi, fukko-dachi
- **umpo-ho** – mae chidori-ashi, ushiro chidori-ashi, mae yori-ashi, ushiro yori-ashi, kani-ashi, juji-ashi
- **fujin-ho** – seitai-gamae, tai-gamae, hiraki-gamae
- **tai-gamae** – gassho-gamae, byakuren chudan gamae, kesshu-gamae, ichiji-gamae, chudan-gamae, hasso-gamae, gedan-gamae, fukko-gamae
- **tai-sabaki** – hiraki-sagari, jun-sagari, yoko-furimi, ryusui, han-tenkan, zen-tenkan, 3-soku hantenshin, sashikae-irimi, chidori-irimi
- **ukemi** – mae ukemi, ushiro-ukemi, dai-sharin, oten yori oki-agari
- **kogi** – furiko zuki, jun-zuki, gyaku-zuki, 2-ren zuki, yoko kagi-zuki, urate-uchi, uraken uchi, shuto-giri, shuto-uchi, kumade-zuki, gedan-zuki, jun-geri, gyaku-geri (keri-age, mawashi-geri, sokuto-geri, kinteki-geri)
- **bogi** – uwa-uke, uchi-uke, shita-uke, harai-uke, soto-uke, 2-rembo, ryusui-uke, furimi-uke
- **shuho** – kagite-shuho, tsuitate-shuho

kamoku

kyu 3 (goho)

1. ryusui geri (ushiro ryusui)
2. tenshin geri
3. uchi uke zuki
4. uwa uke zuki
5. uwa uke geri
6. shita uke geri

kyu 3 (juho: nuki waza)

1. kote nuki [uraken, chudan zuki]
2. katate yori nuki
3. katate maki nuki
4. tsuki nuki (soto, uchi)
5. kiri nuki (soto, uchi)
6. juji nuki (katate)
7. oshi nuki (katate)

kyu 3 (juho: gyaku waza)

1. gyaku gote (mae yubi gatame)

hokei

kyu 3

• **nio ken** :

[*kyu 6*] – ryusui geri (ushiro), uwa uke zuki (omote, ura), uchi uke zuki (ura), tenshin geri
 [*kyu 5*] – ryusui geri (mae), uwa uke geri (omote, ura)
 [*kyu 4*] – uchi age zuki (ura, omote), uchi age geri (ura, omote), soto uke zuki (ura, omote), soto uke geri (ura, omote)
 [*kyu 3*] – uchi uke geri (ura, omote), soto oshi uke zuki, uchi oshi uke zuki

• **sango ken** :

[*kyu 5*] – shita uke geri, shita uke jun geri
 [*kyu 3*] – juji uke geri

• **tenno ken** :

[*kyu 3*] – tsuki ten 1

• **byakuren ken** :

• **chio ken** :

• **kakuritsu ken** :

• **ryuo ken** :

[*kyu 6*] – kote nuki
 [*kyu 5*] – katate yori nuki, maki nuki (katate)
 [*kyu 4*] – tsuki nuki (soto, uchi), kiri nuki (soto, uchi)
 [*kyu 3*] – ryote yori nuki, tsuki nuki (ryote), maki nuki (ryote), juji nuki (katate), nidan nuki, hiji nuki yori mae tembin

• **ryuka ken** :

[*kyu 5*] – gyaku gote
 [*kyu 4*] – okuri gote (katate), okuri maki tembin
 [*kyu 3*] – gyaku gote yori ura gaeshi nage, juji gote (katate)

• **goka ken** :

[*dan 5*] – kannuki katate nage, katate kannuki nage, ryote kannuki nage, kammuki nai tembin, osae kannuki nage soto, bukkotsu nage, harai bukkotsu nage, ushiro bukkotsu nage

• **kongo ken** :

[*kyu 6*] – ude juji gatame
 [*kyu 5*] – mae jubi gatame
 [*kyu 4*] – okuri gatame
 [*kyu 3*] – ura gatame, jui gatame, tate gassho gatame

• **rakan ken** :

kata

tenchi ken 1

- *hidari chudan gamae*
- **ichi:** hidari mae chidori ashi, jodan choku zuki
- **ni:** migi yose ashi, migi chudan gyaku zuki
- **san:** heima dachi (*left*), migi soto uke, hidari yoko kagi zuki
- **shi:** hidari hiraki sagari, migi uwa uke
- **go:** migi ushiro yose ashi, hidari shita uke, migi uchi uke
- **roku:** hikimi (*abdomen*), migi uchi harai uke, hidari soto uke
- **shichi:** migi keri age
- **hachi:** migi hiraki sagari, hidari shita uke, hidari ichiji gamae; zanshin
- **ku:** migi mae yose ashi, [kesshu dachi]

terminology

actions

- *atemi* – striking, offense
- *dori* – grip, lock
- *gaeshi* – return
- *geri* – kick
- *gote* – twist
- *idori* – kneeling
- *jime* – strangle
- *kagi-te* – open hand
- *kiri* – cut
- *maki* – wrap, bind up
- *nage* – throw
- *nuki* – escape
- *tanto tori* – knife attack(s)
- *uke* – block
- *ukemi* – roll
- *zuki* – punch

attacks

- *katate* – one hand
- *morote* – two hands, one side
- *ryote* – two hands, two sides

kyu 2

gakka

kyu 2

1. how to learn shorinji kempo
2. the three teachings of Ken
3. defense is primary, offense is secondary
4. shorinji kempo must not hurt people, but develop them

techniques

basic

1. *kogi* – zenshin jun zuki, gyaku zuki, jo chu ni ren zuki, jo chu keri san ren ko, sashi komi mawashi geri, sashi kae soku to geri
2. *bogi* – dan uke (uwa uke & uchi uke, uchi age uke & uchi otoshi uke), ren uke, harai uke, juji uke
3. *umpo ho* – mae chidori ashi, ushiro chidori ashi, kani ashi, juji ashi, kumo ashi
4. *ukemi* – dai sha rin, mae ukemi, ushiro ukemi, oten oki agari
5. *tan en* – tenchi ken 1, tenchi ken 2; giwa ken 1

kata

1. tenchi ken dai 2 (sotai)

random

- 5 goho & 5 juho

kumi embu

kyu 2

1. tsubame gaeshi
2. uchi uke geri
3. juji nuki (katate)
4. juji gote (katate)
5. han tenshin geri
6. juji uke geri
7. kiri kaeshi nuki (katate)
8. kiri gote (katate)
9. shita uke jun geri
10. tsuki ten 1

application

1. **goho** – offense tan or ni ren with tsuki and keri or tsuki and tsuki; counter offenses are allowed and both persons can attack.
2. **juho** – offense: katate and ryote; defense: nuki waza or gyaku waza

kihon

kyu 2

- *sokui-ho* – mae kagi ashi dachi
- *umpo-ho* – kumo ashi (mae, ushiro), sashi komi ashi, sashi kae ashi
- *tai-sabaki* – kusshin
- *kogi* – furi zuki, yoko hiji ate, shoken uchi, dan zuki (me-uchi & chudan zuki), sashi-komi geri, sashi-kae geri
- *bogi* – soto oshi uke, uchi-age uke

kamoku

kyu 2 (goho)

1. soto oshi uke zuki
2. kusshin zuki
3. kusshin geri
4. uchi uke geri
5. ryusui geri (mae, against shuto uchi)
6. uchi age zuki
7. uchi age geri

kyu 2 (juho: nuki waza)

1. yori nuki (ryote)
2. tsuki nuki (ryote)
3. maki nuki (ryote)
4. juji nuki (ryote)
5. gassho nuki
6. johaku nuki
7. nidan nuki
8. hiji nuki mae tembin

kyu 2 (juho: gyaku waza)

1. katate okuri dori yubi dori, ura gatame)
2. okuri gote (maki tembin)
3. johaku dori & johaku maki
4. sei juji gote (katate)
5. gyaku gote (ura gaeshi, ura gatame)

hokei

kyu 2

- *nio ken* :
 - [*kyu 6*] – ryusui geri (ushiro), uwa uke zuki (omote, ura), uchi uke zuki (ura), tenshin geri
 - [*kyu 5*] – ryusui geri (mae), uwa uke geri (omote, ura)
 - [*kyu 4*] – uchi age zuki (ura, omote), uchi age geri (ura, omote), soto uke zuki (ura, omote), soto uke geri (ura, omote)
 - [*kyu 3*] – uchi uke geri (ura, omote), soto oshi uke zuki, uchi oshi uke zuki
 - [*kyu 2*] – uchi uke zuki (omote), kusshin zuki, kusshin geri, kusshin zuki geri, soto oshi uke geri, uchioshi uke geri

- *sango ken* :

[*kyu 5*] – shita uke geri, shita uke jun geri
[*kyu 3*] – juji uke geri
[*kyu 2*] – han tenshin geri, yoko tenshin geri

- *tenno ken* :

[*kyu 3*] – tsuki ten 1
[*kyu 2*] – konten 1

- *byakuren ken* :

- *chio ken* :

- *kakuritsu ken* :

- *ryuo ken* :

[*kyu 6*] – kote nuki
[*kyu 5*] – katate yori nuki, maki nuki (katate)
[*kyu 4*] – tsuki nuki (soto, uchi), kiri nuki (soto, uchi)
[*kyu 3*] – ryote yori nuki, tsuki nuki (ryote), maki nuki (ryote), juji nuki (katate), nidan nuki, hiji nuki yori mae tembin
[*kyu 2*] – kiri kaeshi nuki (katate & morote), sankaku nuki juji nuki (ryote), gassho nuki, johaku nuki (katate, ryote), oshi kiri nuki

- *ryuka ken* :

[*kyu 5*] – gyaku gote
[*kyu 4*] – okuri gote (katate), okuri maki tembin
[*kyu 3*] – gyaku gote yori ura gaeshi nage, juji gote (katate)
[*kyu 2*] – okuri gote (ryote), okuri dori, okuri yoko tembin, juji gote (ryote), ryaku juji gote, maki juji gote, kiri gote (katate & morote)

- *goka ken* :

[*dan 5*] – kannuki katate nage, katate kannuki nage, ryote kannuki nage, kammuki nai tembin, osae kannuki nage soto, bukkotsu nage, harai bukkotsu nage, ushiro bukkotsu nage

- *kongo ken* :

[*kyu 6*] – ude juji gatame
[*kyu 5*] – mae jubi gatame
[*kyu 4*] – okuri gatame
[*kyu 3*] – ura gatame, jui gatame, tate gassho gatame
[*kyu 2*] – okuri yubi dori

- *rakan ken* :

[*kyu 2*] – johaku dori (katate, ryote)

kata

tenchi ken 1

- *hidari chudan gamae*
- *ichi*: hidari mae chidori ashi, jodan choku zuki
- *ni*: migi yose ashi, migi chudan gyaku zuki
- *san*: heima dachi (*left*), migi soto uke, hidari yoko kagi zuki
- *shi*: hidari hiraki sagari, migi uwa uke

- **go:** migi ushiro yose ashi, hidari shita uke, migi uchi uke
- **roku:** hikimi (*abdomen*), migi uchi harai uke, hidari soto uke
- **shichi:** migi keri age
- **hachi:** migi hiraki sagari, hidari shita uke, hidari ichiji gamae; zanshin
- **ku:** migi mae yose ashi, [kesshu dachi]

tenchi ken 2

- **hidari ichiji gamae**
- **ichi, ni:** hidari mae chidori ashi, jodan yoko furi zuki, chudan gyaku zuki
- **san:** heima dachi (*left*), migi uchi age, hidari yoko kagi zuki
- **shi, go:** sashi kae ashi (*right*), jodan chodan zuku (*right*), chudan gyaku zuki (*left*)
- **roku, shichi:** jun sgarai (*left*), uchi uke (*right*), uchi otoshi uke, soto uke (*left*), nio uke (*nio gamae*), keri age (*right*)
- **hachi:** hiraki sagari (*right*), shita uke (*left*), hidari ichiji gamae; zanshin.
- **ku:** mae yose ashi (*right*), [kesshu dachi]

giwa ken 1

- **hidari ichiji**
- **ichi, ni:** mae chidori ashi, jodan zuki (*left*); chudan gyaku zuki
- **san, shi:** jun sagari, soto uke (*right*), uchi uke, uchi otoshi uke (*left*), nioke; nio gamae, keri age (*left*), ichiji gamae, zanshin.
- **go, roku:** yoko kagi ashi, zen tenkan; (migi) gedan gamae, chudan gamae
- *repeat with right side.*

terminology

- *ashi* – foot
- *bukkotsu* – throat
- *eri* – collar
- *hiji* – elbow
- *hiza* – knee
- *jo-haku* – upper arm
- *gi* – uniform
- *ken* – fist
- *kinteki* – groin
- *kata* – shoulder
- *koshi* – hip
- *kote* – wrist
- *kubi* – neck
- *obi* – belt
- *sode* – sleeve
- *tembin* – elbow
- *yubi* – thumb

kyu 1

gakka

kyu 1

1. on timing and distance during offense and defense
2. the five elements of atemi
3. go ju itai (unity of go and ju)
4. kumite shutai (emphasizing practice in pairs)
5. the true meaning of hokei

techniques

basic

1. *tai gamae & umpo ho:*
[tai gamae] – chudan gamae, ichiji gamae, hasso gamae, taiki gamae
[umpo ho] – mae chidori ashi, ushiro chidori ashi, kani ashi, juji ashi, kumo ashi
2. *tai sabaki & ukemi:*
[tai sabaki] – hiraki sagari, han tenshin, gyaku tenshin, han tenkan, zen tenkan
[ukemi] – dai sharin, mae ukemi, ushiro ukemi, oten yori okiagari
3. *tan en* – tenchi ken 1, tenchi ken 2; tenchi ken 3, tenchi ken 4, ryuo ken 1
4. *so tai* – tenchi ken 1, giwa ken 1

kata

1. tenchi ken dai 5 (tan en)
2. tenchi ken dai 6 (tan en)
3. byakuren ken dai 1 (tan en)

random

- 5 goho & 5 juho

kumi embu

kyu 1

1. uchi uke zuki – ren hanko
2. soto uke zuki – ren hanko
3. sode nuki
4. sode dori
5. kusshin zuki – ren hanko
6. soto oshi uke zuki – ren hanko
7. kata muna otoshi
8. eri juji
9. ude maki
10. chidori gaeshi – ren hanko

application

1. **goho** – free randori
2. **juho** – offense: grab wrist, sleeve or lapel; defense: nuki waza or gyaku waza

kihon

kyu 1

- *tai gamae* – nio-gamae
- *kogi* – nai wanto uchi,keri-komi, ren-geri, tobikomi-geri
- *bogi* – uchi oshi-uke, dan-uke, uchi otoshi-uke,yoko juji-uke, shita juji-uke
- *shuho* – sankaku-shuho

hokei

kyu 1

- ***nio ken*** :
[*kyu 6*] – ryusui geri (ushiro), uwa uke zuki (omote, ura), uchi uke zuki (ura), tenshin geri
[*kyu 5*] – ryusui geri (mae), uwa uke geri (omote, ura)
[*kyu 4*] – uchi age zuki (ura, omote), uchi age geri (ura, omote), soto uke zuki (ura, omote), soto uke geri (ura, omote)
[*kyu 3*] – uchi uke geri (ura, omote), soto oshi uke zuki, uchi oshi uke zuki
[*kyu 2*] – uchi uke zuki (omote), kusshin zuki, kusshin geri, kusshin zuki geri, soto oshi uke geri, uchioshi uke geri
[*kyu 1*] – harai uke geri
- ***sango ken*** :
[*kyu 5*] – shita uke geri, shita uke jun geri
[*kyu 3*] – juji uke geri
[*kyu 2*] – han tenshin geri, yoko tenshin geri
[*kyu 1*] – harai uke geri
- ***tenno ken*** :
[*kyu 3*] – tsuki ten 1
[*kyu 2*] – konten 1
[*kyu 1*] – furi ten 2, tsuki ten 2, keri ten 3, tsuki ten 3
- ***byakuren ken*** :
[*kyu 1*] – tsubame gaeshi, chidori gaeshi
- ***chio ken*** :
- ***kakuritsu ken*** :
- ***ryuo ken*** :
[*kyu 6*] – kote nuki
[*kyu 5*] – katate yori nuki, maki nuki (katate)
[*kyu 4*] – tsuki nuki (soto, uchi), kiri nuki (soto, uchi)
[*kyu 3*] – ryote yori nuki, tsuki nuki (ryote), maki nuki (ryote), juji nuki (katate), nidan nuki, hiji nuki yori mae tembin
[*kyu 2*] – kiri kaeshi nuki (katate & morote), sankaku nuki juji nuki (ryote), gassho nuki, johaku nuki (katate, ryote), oshi kiri nuki
[*kyu 1*] – morote tsuki nuki, katate oshi nuki, morote juji nuki, morote hiji nuki, eri nuki, sode nuki

• ***ryuka ken*** :

[*kyu 5*] – gyaku gote
[*kyu 4*] – okuri gote (katate), okuri maki tembin
[*kyu 3*] – gyaku gote yori ura gaeshi nage, juji gote (katate)
[*kyu 2*] – okuri gote (ryote), okuri dori, okuri yoko tembin, juji gote (ryote), ryaku juji gote, maki juji gote, kiri gote (katate & morote)
[*kyu 1*] – maki gote (katate, morote), morote juji gote

• ***goka ken*** :

[*dan 5*] – kannuki katate nage, katate kannuki nage, ryote kannuki nage, kammuki nai tembin, osae kannuki nage soto, bukkotsu nage, harai bukkotsu nage, ushiro bukkotsu nage

• ***kongo ken*** :

[*kyu 6*] – ude juji gatame
[*kyu 5*] – mae jubi gatame
[*kyu 4*] – okuri gatame
[*kyu 3*] – ura gatame, jui gatame, tate gassho gatame
[*kyu 2*] – okuri yubi dori
[*kyu 1*] – mae tembin gatame, tembin gatame (ura)

• ***rakan ken*** :

[*kyu 2*] – johaku dori (katate, ryote)
[*kyu 1*] – sode maki, sode dori, sode maki tembin, hiki otoshi, kata muna otoshi, ude maki, eri juji

kata

tenchi ken 1

- *hidari chudan gamae*
- ***ichi:*** hidari mae chidori ashi, jodan choku zuki
- ***ni:*** migi yose ashi, migi chudan gyaku zuki
- ***san:*** heima dachi (*left*), migi soto uke, hidari yoko kagi zuki
- ***shi:*** hidari hiraki sagari, migi uwa uke
- ***go:*** migi ushiro yose ashi, hidari shita uke, migi uchi uke
- ***roku:*** hikimi (*abdomen*), migi uchi harai uke, hidari soto uke
- ***shichi:*** migi keri age
- ***hachi:*** migi hiraki sagari, hidari shita uke, hidari ichiji gamae; zanshin
- ***ku:*** migi mae yose ashi, [kesshu dachi]

tenchi ken 2

- *hidari ichiji gamae*
- ***ichi, ni:*** hidari mae chidori ashi, jodan yoko furi zuki, chudan gyaku zuki
- ***san:*** heima dachi (*left*), migi uchi age, hidari yoko kagi zuki
- ***shi, go:*** sashi kae ashi (*right*), jodan chodan zuku (*right*), chudan gyaku zuki (*left*)

- **roku, shichi:** jun sgarai (*left*), uchi uke (*right*), uchi otoshi uke, soto uke (*left*), nio uke (*nio gamae*), keri age (*right*)
- **hachi:** hiraki sagari (*right*), shita uke (*left*), hidari ichiji gamae; zanshin.
- **ku:** mae yose ashi (*right*), [kesshu dachi]

giwa ken 1

- *hidari ichiji*
- **ichi, ni:** mae chidori ashi, jodan zuki (*left*); chudan gyaku zuki
- **san, shi:** jun sagari, soto uke (*right*), uchi uke, uchi otoshi uke (*left*), nioke; nio gamae, keri age (*left*), ichiji gamae, zanshin.
- **go, roku:** yoko kagi ashi, zen tenkan; (migi) gedan gamae, chudan gamae
- *repeat with right side.*

terminology

attacks

- *katate* – one hand
- *morote* – two hands, one side
- *ryote* – two hands, two sides

orientation

- *irimi* – forward, inside
- *omote* – exterior
- *mae* – front
- *uchi* – inside
- *ushiro* – back
- *soto* – outside
- *uwa* – upwards
- *yoko* – side

parts

- *ashi* – foot
- *bukkotsu* – throat
- *eri* – collar
- *hiji* – elbow
- *hiza* – knee
- *jo-haku* – upper arm
- *gi* – uniform
- *ken* – fist
- *kinteki* – groin
- *kata* – shoulder
- *koshi* – hip
- *kote* – wrist
- *kubi* – neck
- *obi* – belt
- *sode* – sleeve
- *tembin* – elbow
- *yubi* – thumb

dan 1

gakka

dan 1

1. shorinji kempo is a discipline that develops individuals
2. six distinguishing characteristics of shorinji kempo
3. key attitudes towards training
4. the five elements of atemi
5. systems of training
6. kisei and kiai
7. timing and distance during offenses and defences
8. discuss about true strength

essay

1. what is true strength?
2. your motives for starting shorinji kempo and your present state of mind

techniques

basic: dan 1

1. *tai gamae, tai sabaki & umpo ho:*
[tai gamae] – chudan gamae, hasso gamae, ichiji gamae
[tai sabaki] – zen tenkan, han tenkan, jun sagari, hiraki sagari
[umpo ho] – chidori ashi, kani ashi, juji ashi, kumo ashi
2. *ukemi:* dai sharin, mae ukemi, ushiro ukemi, oten yori okiagari
3. *basic offense techniques:* (kaisoku dachi) furiko zuki, shuto uchi, kumade zuke, keri age; (right and left sides) jo chu niren zuki, jo chu mawashi geri, ren geri, sashi kae sokuto geri
4. *basic defense techniques:* uwa uke (tsuki), uchi uke (tsuki), shita uke (keri), soto uke (tsuki), uchi age uke (keri), uchi harai uke (keri)
5. *offenses and defenses while moving:* zenshin tsuki keri (jo chu niren zuki, jo chi mawashi geri), hiraki sagari and ren uke
6. *tan en* – tenchi ken 1, tenchi ken 2; tenchi ken 3, tenchi ken 4, tenchi ken 5, tenchi ken 6, byakuren ken 1
7. *so tai* – tenchi ken 1, tenchi ken 2, giwa ken dai 1, ryuo ken dai 1

random: dan 1

- 5 goho & 5 juho

kumi embu

dan 1

1. harai uke geri & tsuki ten san
2. gyaku geri hiza uke name gaeshi & tsuki ten ichi

3. morote kiri gote (attack: ude ushiro neji age)
4. morote oshi nuki (attack: gyaku tembin)
5. chidori gaeshi kari ashi
6. kote maki gaeshi (continue: kannuki gatame)

application

1. *goho* – free randori
2. *juho* – offense: grab wrist, sleeve or lapel; defense: nuki waza or gyaku waza

kihon

kihon: dan 1

- *kogi* – tobi ren geri
- *bogi* – san rembo

kamoku

dan 1 (goho)

1. tsuki ten san
2. keri ten san

dan 1 (juho)

1. sode nuki
2. sode dori
3. sode maki
4. sode maki tembin
5. eri juji
6. ude juji
7. kiri gote (katate, morote)
8. maki gote (katate, morote)
9. oshi gote (ryote)
10. morote maki nuki (from: ippon se nage)
11. wa nuki (from: ippon se nage)
12. morote okuri gote (from: ippon se nage)
13. ude maki or sode dori (against collar and sleeve grab)

hokei

dan 1

- *nio ken* :
 [*kyu 6*] – ryusui geri (ushiro), uwa uke zuki (omote, ura), uchi uke zuki (ura), tenshin geri
 [*kyu 5*] – ryusui geri (mae), uwa uke geri (omote, ura)
 [*kyu 4*] – uchi age zuki (ura, omote), uchi age geri (ura, omote), soto uke zuki (ura, omote), soto uke geri (ura, omote)
 [*kyu 3*] – uchi uke geri (ura, omote), soto oshi uke zuki, uchi oshi uke zuki
 [*kyu 2*] – uchi uke zuki (omote), kushshin zuki, kushshin geri, kushshin zuki geri, soto oshi uke geri, uchioshi uke geri

- *sango ken* :
 [*kyu 5*] – shita uke geri, shita uke jun geri
 [*kyu 3*] – juji uke geri
 [*kyu 2*] – han tenshin geri, yoko tenshin geri
 [*kyu 1*] – harai uke geri
- *tenno ken* :
 [*kyu 3*] – tsuki ten 1
 [*kyu 2*] – konten 1
 [*kyu 1*] – furi ten 2, tsuki ten 2, keri ten 3, tsuki ten 3
- *byakuren ken* :
 [*kyu 1*] – tsubame gaeshi, chidori gaeshi
- *chio ken* :
- *kakuritsu ken* :
 [*dan 1*] – kinteki geri hiza uke, gyaku geri hiza uke, mawashi geri sambo uke
- *ryuo ken* :
 [*kyu 6*] – kote nuki
 [*kyu 5*] – katate yori nuki, maki nuki (katate)
 [*kyu 4*] – tsuki nuki (soto, uchi), kiri nuki (soto, uchi)
 [*kyu 3*] – ryote yori nuki, tsuki nuki (ryote), maki nuki (ryote), juji nuki (katate), nidan nuki, hiji nuki yori mae tembin
 [*kyu 2*] – kiri kaeshi nuki (katate & morote), sankaku nuki juji nuki (ryote), gassho nuki, johaku nuki (katate, ryote), oshi kiri nuki
 [*kyu 1*] – morote tsuki nuki, katate oshi nuki, morote juji nuki, morote hiji nuki, eri nuki, sode nuki
 [*dan 1*]? – nidan nuki, oshi nuki (katate), hiki nuki (morote), juji nuki (morote)
- *ryuka ken* :
 [*kyu 5*] – gyaku gote
 [*kyu 4*] – okuri gote (katate), okuri maki tembin
 [*kyu 3*] – gyaku gote yori ura gaeshi nage, juji gote (katate)
 [*kyu 2*] – okuri gote (ryote), okuri dori, okuri yoko tembin, juji gote (ryote), ryaku juji gote, maki juji gote, kiri gote (katate & morote)
 [*kyu 1*] – maki gote (katate, morote), morote juji gote
 [*dan 1*]? – oshi gote (katate & ryote), kote maki gaeshi, maki gote (katate & morote), juji gote (morote)
- *goka ken* :
 [*dan 5*] – kannuki katate nage, katate kannuki nage, ryote kannuki nage, kammuki nai tembin, osae kannuki nage soto, bukkotsu nage, harai bukkotsu nage, ushiro bukkotsu nage
- *kongo ken* :
 [*kyu 6*] – ude juji gatame
 [*kyu 5*] – mae jubi gatame
 [*kyu 4*] – okuri gatame
 [*kyu 3*] – ura gatame, jui gatame, tate gassho gatame
 [*kyu 2*] – okuri yubi dori
 [*kyu 1*] – mae tembin gatame, tembin gatame (ura)

- **rakan ken :**

[*kyu 2*] – jōhaku dori (katate, ryote)

[*kyu 1*] – sode maki, sode dori, sode maki tembin, hiki otoshi, kata muna otoshi, ude maki, eri juji

kata

tenchi ken 5

- *migi ichiji gamae*
- **ichi, ni:** uchi harai uke (*right*), keri age (*right*)
- **san, shi:** mae kagi ashi dachi (*right*), uchi harai uke (*left*), [ichiji gamae], taka geri (*left*), [fuji komi]
- **go, roku:** mae kagi ashi dachi (*left*), uchi harai uke (*right*), sokuto geri, tsuruashi dachi
- **shichi, hachi:** jodan choku zuki (*right*), soto uke (*right*), chudan gyaku zuki (*left*)
- **ku:** uchi harai uke (*right, closed*), [gedan gamae]
- **ju:** yoko kagi ashi, uchi harai uke (*left, open*), zen tenkan, [hidari ichiji gamae, zanshin]
- **ju-icho:** mae yose ashi, [kesshu dachi]

tenchi ken 6

- *hidari ichiji gamae*
- **ichi, ni:** mae yose ashi (*right*), uchi harai (*left*), yoko geri (*left*), [ichiji gamae (*left*)]
- **san, shi:** juji ashi (*left crosses right*), uchi harai (*right*), soto uke (*left*), yoko geri (*right*), [tsuru ashi dachi]
- **go, roku, shichi:** jodan choku zuki (*right*), chudan gyaku zuki (*left*), [kokutsu dachi], jodan modori zuki (*right*)
- **hachi, ku:** keri age (*right*), hidari han tenkan, uchi harai uke (*left*), [hidari ichiji gamae, zanshin]
- **ju:** mae yose ashi, [kesshu dachi]

byakuren ken 1

- *hidari taiki gamae*
- **ichi, ni, san:** chidori ashi (*left*, uchi uke (*left*), shuto giri (*left*), chudan choku zuki (*right*)
- **shi, go:** jun sagari (*right*), shita uke (*left*), keri age (*left*)
- **roku, shichi:** yoko kagi ashi, zen tenkan; (migi) taiki gamae
- *repeat with right side, finish with hidari ichiji gamae*

terminology

attacks

- *katate* – one hand
- *morote* – two hands, one side
- *ryote* – two hands, two sides

dan 2

gakka

dan 2

- home work:

1. describe shorinji kempo as a discipline (gyo) that develops
2. the symbols and activities of shorinji kempo individuals

- basic subjects:

1. the six distinguishing characteristics of shorinji kempo
2. motivation and goals for the founding of shorinji kempo

- from tokuhon

1. the three techniques of ken
2. the three essentials of ken
3. the technical principles of shorinji kempo practice

- questions:

1. the practice of chinkon
2. the classification system of shorinji kempo techniques
3. mind, ki and strength

essay

1. describe shorinji kempo as a discipline (gyo) that develops individuals

techniques

basic: dan 2

1. *tai gamae, tai sabaki & umpo ho:*

[tai gamae] – chudan gamae, hasso gamae, ichiji gamae

[tai sabaki] – zen tenkan, han tenkan, jun sagari, hiraki sagari

[umpo ho] – chidori ashi, kani ashi, juji ashi, kumo ashi

2. *ukemi:* dai sharin, mae ukemi, ushiro ukemi, oten yori okiagari

3. *basic offense techniques:* (kaisoku dachi) furiko zuki, shuto uchi, kumade zuke, keri age; (right and left sides) jo chu niren zuki, jo chu mawashi geri, ren geri, sashi kae sokuto geri

4. *basic defense techniques:* uwa uke (tsuki), uchi uke (tsuki), shita uke (keri), soto uke (tsuki), uchi age uke (keri), uchi harai uke (keri)

5. *offenses and defenses while moving:* zenshin tsuki keri (jo chu niren zuki, jo chi mawashi geri), hiraki sagari and ren uke

6. *tan en* – tenchi ken 1, tenchi ken 2; tenchi ken 3, tenchi ken 4, tenchi ken 5, tenchi ken 6, byakuren ken 1
7. *so tai* – tenchi ken 1, tenchi ken 2, giwa ken dai 1, ryuo ken dai 1

random: dan 2

- 5 goho & 5 juho

kumi embu

dan 2

1. tai ten 1 & keri ten san – (defense) 3 ren ko: jodan, chudan zuki, mawashi geri
2. jun geri chi 3 & tsuki ten 2 – (defense) 2 tsuki to jodan
3. ryu nage → ryu gatamae
4. morote gyaku gote – (offense) ippon se nage
5. shita uke geri kote nage → tembin gatamae (ura)
6. uwa uke nage → kannuki gatamae

application

1. *goho* – free randori
2. *juho* – offense: grab wrist, sleeve or lapel; defense: nuki waza or gyaku waza

kihon

dan 2

- *sokui-ho* – neko-ashi
- *tai-gamae* – taiki gamae, gyaku gedan-gamae
- *kogi* – hebi-zuki (snake strike), kaeshi geri, kari-ashi
- *bogi* – hiza-uke, ken-uke

hokei

dan 2

- ***nio ken*** :
 [kyu 6] – ryusui geri (ushiro), uwa uke zuki (omote, ura), uchi uke zuki (ura), tenshin geri
 [kyu 5] – ryusui geri (mae), uwa uke geri (omote, ura)
 [kyu 4] – uchi age zuki (ura, omote), uchi age geri (ura, omote), soto uke zuki (ura, omote), soto uke geri (ura, omote)
 [kyu 3] – uchi uke geri (ura, omote), soto oshi uke zuki, uchi oshi uke zuki
 [kyu 2] – uchi uke zuki (omote), kusshin zuki, kusshin geri, kusshin zuki geri, soto oshi uke geri, uchioshi uke geri
 [dan 2] – hangetsu geri, kaishin zuki
- ***sango ken*** :
 [kyu 5] – shita uke geri, shita uke jun geri
 [kyu 3] – juji uke geri
 [kyu 2] – han tenshin geri, yoko tenshin geri
 [kyu 1] – harai uke geri
 [dan 2] – gyaku tenshin geri?

- ***tenno ken*** :

[kyu 3] – tsuki ten 1

[kyu 2] – konten 1

[kyu 1] – furi ten 2, tsuki ten 2, keri ten 3, tsuki ten 3

[dan 2] – gyaku ten 1, tai ten 1

- ***byakuren ken*** :

[kyu 1] – tsubame gaeshi, chidori gaeshi

[dan 2] – harai uke dan zuki

- ***chio ken*** :

[dan 2] – jun geri chi 1, gyaku geri chi 1, harai uke chi 2, jun geri chi 3, gyaku geri chi 3

- ***kakuritsu ken*** :

[dan 1] – kinteki geri hiza uke, gyaku geri hiza uke, mawashi geri sambo uke

[dan 2] – sokuto geri hiki ashi nami gaeshi, mawashi geri sambo uke nami gaeshi, dan geri sambo uke dan geri gaeshi

- ***ryuo ken*** :

[kyu 6] – kote nuki

[kyu 5] – katate yori nuki, maki nuki (katate)

[kyu 4] – tsuki nuki (soto, uchi), kiri nuki (soto, uchi)

[kyu 3] – ryote yori nuki, tsuki nuki (ryote), maki nuki (ryote), juji nuki (katate), nidan nuki, hiji nuki yori mae tembin

[kyu 2] – kiri kaeshi nuki (katate & morote), sankaku nuki juji nuki (ryote), gassho nuki, johaku nuki (katate, ryote), oshi kiri nuki

[kyu 1] – morote tsuki nuki, katate oshi nuki, morote juji nuki, morote hiji nuki, eri nuki, sode nuki

[dan 1]? – nidan nuki, oshi nuki (katate), hiki nuki (morote), juji nuki (morote)

[dan 2] – uchi nuki (katate & ryote)

- ***ryuka ken*** :

[kyu 5] – gyaku gote

[kyu 4] – okuri gote (katate), okuri maki tembin

[kyu 3] – gyaku gote yori ura gaeshi nage, juji gote (katate)

[kyu 2] – okuri gote (ryote), okuri dori, okuri yoko tembin, juji gote (ryote), ryaku juji gote, maki juji gote, kiri gote (katate & morote)

[kyu 1] – maki gote (katate, morote), morote juji gote
 [dan 1]? – oshi gote (katate & ryote), kote maki gaeshi, maki gote (katate & morote), juji gote (morote)

[dan 2] – gyaku gote (morote), gyakute nage, shita uke geri kote nage, ryu nage, soto maki tembin, nuki uchi oshi gote, morote okuri gote tsuri otoshi, okuri hiji zeme, nuki uchi oshi gote, kiri kaeshi maki tembin, kiri kaeshi tembin

- ***goka ken*** :

[dan 2] – uwa uke nage, uwa uke gyakute nage, hiki tembin, gyaku hiki tembin

[dan 5] – kannuki katate nage, katate kannuki nage, ryote kannuki nage, kammuki nai tembin, osae

kannuki nage soto, bukkotsu nage, harai bukkotsu nage, ushiro bukkotsu nage

- **kongo ken** :
[kyu 6] – ude juji gatame
[kyu 5] – mae jubi gatame
[kyu 4] – okuri gatame
[kyu 3] – ura gatame, jui gatame, tate gassho gatame
[kyu 2] – okuri yubi dori
[kyu 1] – mae tembin gatame, tembin gatame (ura)
[dan 2] – okuri tembin dori, tate ichiji gatame, sekoshi ichiji gatame, tsuri age dori, tsuri age ura gatame, kumo garami, ura gassho gatame, ura hiza gatame, ryu gatame
- **rakan ken** :
[kyu 2] – johaku dori (katate, ryote)
[kyu 1] – sode maki, sode dori, sode maki tembin, hiki otoshi, kata muna otoshi, ude maki, eri juji
[dan 2] – hiki muna otoshi, ryo muna otoshi, maki otoshi, soto maki otoshi,

kata

ko manji ken (manji no kata)

- *uchi otoshi (right, closed), migi gedan gamae*
- **ichi, ni, san:** sashi kae ashi (*left*), soto uke (*right*), jodan zuki (*left*); chudan gyaku dachi (*right*), [zenkutsu dachi]; shita uke (*left*), [ichiji gamae, kokutsu dachi]
- **shi, go, roku:** uchi uke (*left*), chudan gyaku zuki, gyaku geri (*right*)
- **shichi, hachi:** [kokutsu dachi], shita uke (*left*), [hidari ichiji gamae], migi ken uke
- **ku:** yoko kagi ashi (*left*), migi han tenkan, migi uchi otoshi, [migi gedan gamae, zanshin]
- *repeat until original facing, optionally in combination with ryo-o-ken or tan-en embu of ryu-kei techniques*

terminology

orientation

- *irimi* – forward, inside
- *omote* – exterior
- *mae* – front
- *uchi* – inside
- *ushiro* – back
- *soto* – outside
- *uwa* – upwards
- *yoko* –side

dan 3

gakka

dan 3

- home work:
 1. describe the six distinguishing characteristics of shorinji kempo
 2. describe the history and founding of shorinji kempo
- basic subjects:
 1. the history and founding of shorinji kempo
- from tokuhon
 1. on sen (initiative)
 2. ma'ai and opportunities for offense and defense
 3. shorinji kempo symbols and activities
- questions:
 1. pressure points of the head, face and neck (22 points)
 2. pressure points of the arm and hand (15 points)
 3. pressure points of the leg and foot (21 points)
 4. pressure points of the chest and stomach (12 points)

essay

1. describe the six distinguishing characteristics of shorinji kempo

techniques

basic: dan 3

1. *tai gamae, tai sabaki & umpo ho:*
[tai gamae] – chudan gamae, hasso gamae, ichiji gamae
[tai sabaki] – zen tenkan, han tenkan, jun sagari, hiraki sagari
[umpo ho] – chidori ashi, kani ashi, juji ashi, kumo ashi
2. *ukemi:* dai sharin, mae ukemi, ushiro ukemi, oten yori okiagari
3. *basic offense techniques:* (kaisoku dachi) furiko zuki, shuto uchi, kumade zuke, keri age; (right and left sides) jo chu niren zuki, jo chu mawashi geri, ren geri, sashi kae sokuto geri
4. *basic defense techniques:* uwa uke (tsuki), uchi uke (tsuki), shita uke (keri), soto uke (tsuki), uchi age uke (keri), uchi harai uke (keri)
5. *offenses and defenses while moving:* zenshin tsuki keri (jo chu niren zuki, jo chi mawashi geri), hiraki sagari and ren uke
6. *tan en* – tenchi ken 1 - 6, giwa ken dai 1 & 2, byakuren ken 1, ko manji ken (2: ryo ken dai 1, 4: ryu no kata)

7. *so tai* – tenchi ken 1, tenchi ken 2, giwa ken dai 1

random: dan 3

- 5 goho & 5 juho

kumi embu

dan 3

1. kusshin geri ten kai ren geri
2. mikazuki gaeshi kari ashi
3. morote kiri kaeshi nage – (offense) ude ushiro neji nage
4. ryote katate nage → kannuki gatamae
5. keriten 1 sukui nage
6. sode maki gaeshi → kannuki gatamae – (offense) ashi barai

application

1. *goho* – free randori
2. *juho* – offense: grab wrist, sleeve or collar; defense: ryuo ken, ryuka ken, rakan ken

kihon

dan 3

- *tai-sabaki* – han-tensin, gyaku-tenshin
- *umpo ho* – nisoku-tenkai
- *kogi* – tenkai ren-geri, kari-taoshi
- *bogi* – sukui-uke, sambo-uke
- *shuho* – kubi-jime shuho

hokei

dan 3

- ***nio ken*** :
 [kyu 6] – ryusui geri (ushiro), uwa uke zuki (omote, ura), uchi uke zuki (ura), tenshin geri
 [kyu 5] – ryusui geri (mae), uwa uke geri (omote, ura)
 [kyu 4] – uchi age zuki (ura, omote), uchi age geri (ura, omote), soto uke zuki (ura, omote), soto uke geri (ura, omote)
 [kyu 3] – uchi uke geri (ura, omote), soto oshi uke zuki, uchi oshi uke zuki
 [kyu 2] – uchi uke zuki (omote), kusshin zuki, kusshin geri, kusshin zuki geri, soto oshi uke geri, uchioshi uke geri
 [dan 2] – hangetsu geri, kaishin zuki
 [dan 3] – machi geri, shita uke zuki, shita uke dan zuki, soto uke dan zuki, uchi age dan zuki, tanto tsuki komi shita uke uchi otoshi geri, tanto furi age ryusui geri

- ***sango ken*** :

[kyu 5] – shita uke geri, shita uke jun geri
 [kyu 3] – juji uke geri
 [kyu 2] – han tenshin geri, yoko tenshin geri
 [kyu 1] – harai uke geri
 [dan 2] – gyaku tenshin geri?
 [dan 3] – gedan gaeshi?, chudan gaeshi

- ***tenno ken*** :

[kyu 3] – tsuki ten 1
 [kyu 2] – konten 1
 [kyu 1] – furi ten 2, tsuki ten 2, keri ten 3, tsuki ten 3
 [dan 2] – gyaku ten 1, tai ten 1
 [dan 3] – keri ten 1

- ***byakuren ken*** :

[kyu 1] – tsubame gaeshi, chidori gaeshi
 [dan 2] – harai uke dan zuki
 [dan 3] – hangetsu gaeshi (sukui kubi nage), suigetsu gaeshi, mika zuki gaeshi

- ***chio ken*** :

[dan 2] – jun geri chi 1, gyaku geri chi 1, harai uke chi 2, jun geri chi 3, gyaku geri chi 3
 [dan 3] – fukko chi 2

- ***kakuritsu ken*** :

[dan 1] – kinteki geri hiza uke, gyaku geri hiza uke, mawashi geri sambo uke
 [dan 2] – sokuto geri hiki ashi nami gaeshi, mawashi geri sambo uke nami gaeshi, dan geri sambo uke dan geri gaeshi

- ***ryuo ken*** :

[kyu 6] – kote nuki
 [kyu 5] – katate yori nuki, maki nuki (katate)
 [kyu 4] – tsuki nuki (soto, uchi), kiri nuki (soto, uchi)
 [kyu 3] – ryote yori nuki, tsuki nuki (ryote), maki nuki (ryote), juji nuki (katate), nidan nuki, hiji nuki yori mae tembin
 [kyu 2] – kiri kaeshi nuki (katate & morote), sankaku nuki juji nuki (ryote), gassho nuki, johaku nuki (katate, ryote), oshi kiri nuki
 [kyu 1] – morote tsuki nuki, katate oshi nuki, morote juji nuki, morote hiji nuki, eri nuki, sode nuki
 [dan 1]? – nidan nuki, oshi nuki (katate), hiki nuki (morote), juji nuki (morote)
 [dan 2] – uchi nuki (katate & ryote)
 [dan 3] – age nuki

- ***ryuka ken*** :

[kyu 5] – gyaku gote
 [kyu 4] – okuri gote (katate), okuri maki tembin
 [kyu 3] – gyaku gote yori ura gaeshi nage, juji gote (katate)
 [kyu 2] – okuri gote (ryote), okuri dori, okuri yoko tembin, juji gote (ryote), ryaku juji gote, maki juji gote, kiri gote (katate & morote)

[*kyu 1*] – maki gote (katate, morote), morote juji gote [*dan 1*]? – oshi gote (katate & ryote), kote maki gaeshi, maki gote (katate & morote), juji gote (morote)

[*dan 2*] – gyaku gote (morote), gyakute nage, shita uke geri kote nage, ryu nage, soto maki tembin, nuki uchi oshi gote, morote okuri gote tsumi otoshi, okuri hiji zeme, nuki uchi oshi gote, kiri kaeshi maki tembin, kiri kaeshi tembin

[*dan 3*] – nigiri kaeshi, maki komi gote, morote okuri gote nage, konoha okuri, okuri yubi gaeshi, okuri tsuki taoshi (ippon se nage), okuri shishi dori, furisute omote nage, koshi kujiki (ippon se nage) kiri kaeshi gote, kiri kaeshi nage, morote kiri kaeshi nage, konoha gaeshi, idori okuri gote, idori gyaku gote, idori oshi gote

- ***goka ken*** :

[*dan 2*] – uwa uke nage, uwa uke gyakute nage, hiki tembin, gyaku hiki tembin

[*dan 3*] – uwa uke se nage, katate nage, okuri katate nage, gyaku katate nage, gassho katate nage, ryote katate nage, morote katate nage, gassho hiki tembin

[*dan 5*] – kannuki katate nage, katate kannuki nage, ryote kannuki nage, kammuki nai tembin, osae kannuki nage soto, bukkotsu nage, harai bukkotsu nage, ushiro bukkotsu nage

- ***kongo ken*** :

[*kyu 6*] – ude juji gatame

[*kyu 5*] – mae yubi gatame

[*kyu 4*] – okuri gatame

[*kyu 3*] – ura gatame, jui gatame, tate gassho gatame

[*kyu 2*] – okuri yubi dori

[*kyu 1*] – mae tembin gatame, tembin gatame (ura)

[*dan 2*] – okuri tembin dori, tate ichiji gatame, sekoshi ichiji gatame, tsumi age dori, tsumi age ura gatame, kumo garami, ura gassho gatame, ura hiza gatame, ryu gatame

[*dan 3*] – osae yubi gatame, konoha gatame, gassho okuri dori, gyakute gatame

- ***rakan ken*** :

[*kyu 2*] – johaku dori (katate, ryote)

[*kyu 1*] – sode maki, sode dori, sode maki tembin, hiki otoshi, kata muna otoshi, ude maki, eri juji

[*dan 2*] – hiki muna otoshi, ryo muna otoshi, maki otoshi, soto maki otoshi,

[*dan 3*] – sode guchi dori, sode guchi maki sode maki gaeshi, sukui kubi nage, kata uchi nage

kata

ryu no kata

- gyaku gote form of ryu ken 1

dan 4

gakka

dan 4

- home work:

1. describe the motive and purpose of founding shorinji kempo and its organization
2. describe what you have gained in training shorinji kempo

essay

1. describe the purpose of founding shorinji kempo based on the founder's experience
2. describe the goals of shorinji kempo and its training method
3. describe the pain of living and the way to resolve that pain
4. describe the spirituality of humans

techniques

basic: dan 4

1. *tai gamae, tai sabaki* :

[tai gamae] – chudan gamae, hasso gamae, ichiji gamae gedan gamae, hasso gamae, taiki gamae, midare gamae

[tai sabaki] – zen tenkan, han tenkan, jun sagari, hiraki sagari

[umpo ho] – chidori ashi, kani ashi, juji ashi, kumo ashi

byakuren hachijin, giwa kyujin

2. *tan en* – tenchi ken 1 - 6, giwa ken dai 1 & 2, byakuren ken 1, ko manji ken (2: ryo ken dai 1, 4: ryu no kata)
3. *so tai* – tenchi ken 1, tenchi ken 2, giwa ken dai 1

random: dan 4

- 5 goho & 5 juho

1. sango ken or ten'o ken
2. byakuren ken
3. kakaritsu ken or chio ken
4. ryuo ken
5. ryaku ken

kumi embu

dan 4

1. gedan gaeshi → tobi ren geri
2. chudan gaeshi → uchi uke zuki
3. kubi jime shuho juji nage
4. maki komi gote
5. oshi uke maki nage
6. hangetsu gaeshi sukui kubi nage, fukko chi ni

application

1. *goho* – free randori
2. *juho* – offense: grab wrist, sleeve or collar; defense: ryuo ken, ryuka ken, rakan ken and counterattack

kihon

dan 4

- *kogi* – dan-geri
- *bogi* – hangetsu-uke

hokei

dan 4

• *nio ken* :

[*kyu 6*] – ryusui geri (ushiro), uwa uke zuki (omote, ura), uchi uke zuki (ura), tenshin geri

[*kyu 5*] – ryusui geri (mae), uwa uke geri (omote, ura)

[*kyu 4*] – uchi age zuki (ura, omote), uchi age geri (ura, omote), soto uke zuki (ura, omote), soto uke geri (ura, omote)

[*kyu 3*] – uchi uke geri (ura, omote), soto oshi uke zuki, uchi oshi uke zuki

[*kyu 2*] – uchi uke zuki (omote), kushshin zuki, kushshin geri, kushshin zuki geri, soto oshi uke geri, uchioshi uke geri

[*dan 2*] – hangetsu geri, kaishin zuki

[*dan 3*] – machi geri, shita uke zuki, shita uke dan zuki, soto uke dan zuki, uchi age dan zuki, tanto tsuki komi shita uke uchi otoshi geri, tanto furi age ryusui geri

• *sango ken* :

[*kyu 5*] – shita uke geri, shita uke jun geri

[*kyu 3*] – juji uke geri

[*kyu 2*] – han tenshin geri, yoko tenshin geri

[*kyu 1*] – harai uke geri

[*dan 2*] – gyaku tenshin geri?

[*dan 3*] – gedan gaeshi?, chudan gaeshi

• *tenno ken* :

[*kyu 3*] – tsuki ten 1

[*kyu 2*] – konten 1

[*kyu 1*] – furi ten 2, tsuki ten 2, keri ten 3, tsuki ten 3

[*dan 2*] – gyaku ten 1, tai ten 1

[*dan 3*] – keri ten 1

• *byakuren ken* :

[*kyu 1*] – tsubame gaeshi, chidori gaeshi

[*dan 2*] – harai uke dan zuki

[*dan 3*] – hangetsu gaeshi (sukui kubi nage), suigetsu gaeshi, mika zuki gaeshi

• *chio ken* :

[*dan 2*] – jun geri chi 1, gyaku geri chi 1, harai uke chi 2, jun geri chi 3, gyaku geri chi 3

[*dan 3*] – fukko chi 2

• *kakuritsu ken* :

[*dan 1*] – kinteki geri hiza uke, gyaku geri hiza uke, mawashi geri sambo uke

[*dan 2*] – sokuto geri hiki ashi nami gaeshi, mawashi geri sambo uke nami gaeshi, dan geri sambo uke dan geri gaeshi

• *ryuo ken* :

[*kyu 6*] – kote nuki

[*kyu 5*] – katate yori nuki, maki nuki (katate)

[*kyu 4*] – tsuki nuki (soto, uchi), kiri nuki (soto, uchi)

[*kyu 3*] – ryote yori nuki, tsuki nuki (ryote), maki nuki (ryote), juji nuki (katate), nidan nuki, hiji nuki yori mae tembin

[*kyu 2*] – kiri kaeshi nuki (katate & morote), sankaku nuki juji nuki (ryote), gassho nuki, johaku nuki (katate, ryote), oshi kiri nuki

[*kyu 1*] – morote tsuki nuki, katate oshi nuki, morote juji nuki, morote hiji nuki, eri nuki, sode nuki

[*dan 1*] – nidan nuki, oshi nuki (katate), hiki nuki (morote), juji nuki (morote)

[*dan 2*] – uchi nuki (katate & ryote)

[*dan 3*] – age nuki

[*dan 4*] – ashi nuki

• *ryuka ken* :

[*kyu 5*] – gyaku gote

[*kyu 4*] – okuri gote (katate), okuri maki tembin

[*kyu 3*] – gyaku gote yori ura gaeshi nage, juji gote (katate)

[*kyu 2*] – okuri gote (ryote), okuri dori, okuri yoko tembin, juji gote (ryote), ryaku juji gote, maki juji gote, kiri gote (katate & morote)

[*kyu 1*] – maki gote (katate, morote), morote juji gote
[*dan 1*] – oshi gote (katate & ryote), kote maki gaeshi, maki gote (katate & morote), juji gote (morote)

[*dan 2*] – gyaku gote (morote), yakute nage, shita uke geri kote nage, ryu nage, soto maki tembin, nuki uchi oshi gote, morote okuri gote tsuri otoshi, okuri hiji zeme, nuki uchi oshi gote, kiri kaeshi maki tembin, kiri kaeshi tembin

[*dan 3*] – nigiri kaeshi, maki komi gote, morote okuri gote nage, konoha okuri, okuri yubi gaeshi, okuri tsuki taoshi (ippon se nage), okuri shishi dori, furisute omote nage, koshi kujiki (ippon se nage) kiri kaeshi gote, kiri kaeshi nage, morote kiri kaeshi nage, konoha gaeshi, idori okuri gote, idori gyaku gote, idori oshi gote

[*dan 4*] – gassho gyaku gote, gyaku gassho nage, okuri gassho, kumade gaeshi (katate, rypte), katate nage kiri gaeshi, gassho choji, gassho tsuki otoshi

[*dan 5*] – okuri kannuki gote, omote kumade gaeshi, okuri hiji zeme omote, choji nage, gyaku konoha gaeshi, konoha choji, okuri gassho konoha nage

• *goka ken* :

[*dan 2*] – uwa uke nage, uwa uke yakute nage, hiki tembin, gyaku hiki tembin

[*dan 3*] – uwa uke se nage, katate nage, okuri katate nage, gyaku katate nage, gassho katate nage, ryote katate nage, morote katate nage, gassho hiki tembin
 [*dan 4*] – oshi uke nage, oshi uke maki nage, gashho katate nage, kannuku soto tembin, tembin nage
 [*dan 5*] – kannuki katate nage, katate kannuki nage, ryote kannuki nage, kammuki nai tembin, osae kannuki nage soto, bukkotsu nage, harai bukkotsu nage, ushiro bukkotsu nage

● **kongo ken :**

[*kyu 6*] – ude juji gatame
 [*kyu 5*] – mae jubi gatame
 [*kyu 4*] – okuri gatame
 [*kyu 3*] – ura gatame, jui gatame, tate gassho gatame
 [*kyu 2*] – okuri yubi dori
 [*kyu 1*] – mae tembin gatame, tembin gatame (ura)
 [*dan 2*] – okuri tembin dori, tate ichiji gatame, sekoshi ichiji gatame, tsuri age dori, tsuri age ura gatame, kumo garami, ura gassho gatame, ura hiza gatame, ryu gatame
 [*dan 3*] – osae yubi gatame, konoha gatame, gassho okuri dori, gyakute gatame
 [*dan 4*] – kannuki okuri (dori), mae ude gatame, ushiro ude gatame, sankaku gatame
 [*dan 5*] – soto gyaku te dori, uchi gyaku te dori

● **rakan ken :**

[*kyu 2*] – johaku dori (katate, ryote)
 [*kyu 1*] – sode maki, sode dori, sode maki tembin, hiki otoshi, kata muna otoshi, ude maki, eri juji
 [*dan 2*] – hiki muna otoshi, ryo muna otoshi, maki otoshi, soto maki otoshi,
 [*dan 3*] – sode guchi dori, sode guchi maki sode maki gaeshi, sukui kubi nage, kata uchi nage
 [*dan 4*] – gyaku sode dori, ushiro sode maki (dori), okuri eri dori, ushiro eri dori (omote, ura), hangetsu kubi nage, maki uchi kubi nage, yahazu nage, kubi jume nage, kenjime dori, omote nage, ura nage, ushiro karo daoshi, gyaku sode maki ushiro kubi nage
 [*dan 5*] – sode juji, tekubi dori, choji dori, shikumi koshi nage, mae gami dori, obi dori, sode dori nai tambin, sode maki gaesho ura, okuri eri dori omote, shikumi nai tembin, kubi jume nage omote, tora daoshi, hasami daoshi, fukko daoshi

terminology

orientation

- *irimi* – forward, inside
- *omote* – exterior
- *mae* – front
- *uchi* – inside
- *ushiro* – back
- *soto* – outside
- *uwa* – upwards
- *yoko* –side