

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
- *chiyakuzu (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
- *unpo 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
- *midori-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

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

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

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

material

- *fukudoku-hon* (textbook WSKO, 1995)
- *live half for yourself, half for others* (WSKO)

- *give me leaders, not followers* (WSKO)
- *kamoku* (WSKO, 1981)
- *primary curriculum* (WSKO, 1996)
- tokyo university site
- online resources (www.shorinjikempo.nl)
- www.shorinjikempo.or.jp