

dan 4

gakka

1. what is religion?
2. what is a buddhist temple?
3. innen (kharma)
4. the correct teaching of the Buddha
5. the teachings of Kongo Zen
6. the moralnature of Dharma and human divinity (spirituality)
7. go ju ittai (the unity of go and ju)
8. kumite shutai (emphasizing practice in pairs)
9. diagram of pressure points (kyusho) in head, face and neck
10. diagram of pressure points in hand and arm
11. diagram of pressure points in feet and legs
12. diagram of pressure points in trunk

subjects

1. what are the central ideas of shorinji kempo
2. explain each of the riho
3. discuss why shorinji kempo is not merely a sport or martialart

essay

1. explain the essence of shorinji kempo and describe the proper behavior of shorinji kempo leaders (min. 2000 words)
2. your present state of mind and aspirations (min. 600 words)

techniques

basic

1. *tan en* – tenchi ken 1, tenchi ken 2; tenchi ken 3, tenchi ken 4, tenchi ken 5, tenchi ken 6, byakuren dai 1, ko manji ken

random

- 5 goho & 5 juho

kumi embu

dan 4

1. gedan gaeshi to tobi ren geri
2. gyaku geri chi san – ren hanko
3. okuri sode dori or okuri sode maki
4. omote nage or ura nage
5. chudan gaeshi to uchi uke zuki
6. dan geri sambo uke dan geri gaeshi

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7. maki komi gote or morote kiri gote
 8. ushiro eri dori or ushiro kubi nage
 9. kaishin zuki to osae kannuki nage
 10. hangetsu kubi nage

application

1. *goho* – free randori
2. *juho* – offense: grab wrist, sleeve or lapel; defense: nuki waza or gyaku waza
attack and defence
1. tsuki ten 1
2. keri ten 3
3. sashi komi mawashi geri & harai uke geri
4. sashi kae mawashi geri & mawashi geri sambo uke nami gaeshi
5. dan geri sambo uke dan geri gaeshi

kihon

dan 4

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

kamoku

dan 4 (extra)

1. bukkotsu nage
2. harai bukkotsu nage
3. ushiro bukkotsu nage
4. kubi jime shuho juji nage
5. kubi jime nage
6. kenjime dori
7. hangetsu geri
8. tembin nage
9. kumade gaeshi (katate & ryote)
10. okuri gaeshi (two types)
11. kannuki okuri (dori)
12. kannuki soto tembin
13. gyaku sode dori
14. gyaku sode maki
15. hangetsu kubi nage
16. osae kannuke nage (soto & uchi)
17. omote nage
18. ura nage
19. maki uchi kubi nage
20. katate nage kiri kaeshi
21. okuri kannuki gote
22. maki komi gote

23. okuri eri dori
24. ushiro eri dori
25. yahazu nage
26. ushiro kubi nage
27. ushiro sode maki (dori)
28. uwa uke se nage
29. oshi uke nage
30. oshi uke maki nage
31. gassho choji
32. gassho tsuki otoshi
33. ashi nuki (two types)
34. chudan gaeshi to uchi uke zuki
35. gedan gaeshi to tobi ren geri

1. fukko chi 2
2. gedan gaeshi tobi 2-ren geri
3. chudan gaeshi
4. gyakuten 1
5. hangetsu gaeshi (sukui kubi nage)
6. tai ten 1
7. chio ken 3 (jun, gyaku)
8. kakuritsu ken 5
9. hangetsu kubi nage
10. hangetsu geri

1. nuki uchi oshi gote
2. kiri kaeshi gote (kiri kaeshi gatame)
3. kiri kaeshi nage
4. maki komi gote
5. morote okuri gote nage
6. furisute omote-nage
7. gyaku gassho (two types)
8. gassho choji
9. gassho tsuki otoshi
10. gassho gyaku gote
11. uwa uke yakute nage
12. okuri katate nage
13. ryote katate nage
14. morote katate nage
15. bukkotsu nage
16. harai bukkotsu nage
17. maki uchi kubi nage
18. omote nage
19. ura nage
20. kubi jime nage
21. kubi jime shuho juji nage
22. ken jime dori
23. shikumi nai-tembin
24. shikumi koshi-nage
25. katauchi nage (kata guruma) – shoulder wheel
26. tembin nage (koma nage) – okuri, hiki

hokei

see hokei dan 3.

kata

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*), keru age (*left*)
- ***roku, shichi:*** yoko kagi ashi, zen tenkan; (migi) taiki gamae
- *repeat with right side, finish with hidari ichiji gamae*

dan 4 (goho)

dan 4 (juho)