



[hokei.pdf](#)

techniques

<http://www.shorinjikempo.nl>

- nio ken – 仁王拳 -- single counter attack
- sango ken – 三合拳 -- hand as guard, counter attack with kick
- tenno ken -- 天王拳 -- defence and counter attack triggered by punch
- byakuren ken – 白蓮拳 -- guarding hand or arm is used for counter attack
- kakuritsu ken – 確立拳 -- sequence of guarding against kicks and counter attack with kick
- chio ken -- 地王拳 -- defence and counter attack triggered by kick
- kongo ken – 金剛拳 -- lock and hold opponent
- ryuo ken – 龍王拳 -- techniques for escaping from holds
- ryuka ken -- 龍樺拳 -- ryuo ken techniques for throwing
- rakan ken – 羅漢拳 -- techniques based on traditional juho forms
- goka ken – 五花拳 -- throwing techniques, some guarding against goho

goho

[nio ken](#)

仁王拳 – (benevolent, king, fist): single counter attack

- kyu 4 –
 - o ryusui geri -- 流水蹴 – (streaming,water,kick)
 - o uchi uke zuki, -- 内受突 – (inside,receive,punch)
 - o uwa uke geri -- 上受蹴 – (up,receive,kick)
- kyu 3 –
 - o uwa uke zuki -- 上受突 – (up,receive,punch)
- kyu 2 –
 - o tenshin geri -- 轉身蹴 – (turn,body,kick)
 - o uchi uke geri -- 内受蹴 -- (inside,receive,kick)

- kyu 1 –
 - o soto uke zuki – 外受突 – (outside, receive, punch)
 - o soto uke geri – 外受蹴 – (outside, receive, kick)
 - o soto oshi uke zuki -- 外押受突 – (outside, push, receive, punch)
 - o kusshin zuki -- 屈身突 – (yield/bend, punch)
 - o kusshin geri -- 屈身蹴 – (yield/bend, kick)
- dan 2 –
 - o uchi age zuki -- 打上突 – (strike, up, punch)
 - o kaishin zuki – 開身突 – (open space, body, punch)
 - o tanto tsuki komi shita uke zuki -- 短刀 突 込 下受突 – (short, knife, punch, intrude, down, receive, punch)
 - o tanto furi age ryusui geri -- 短刀 振 上 流水蹴 – (short, knife, swing, up, streaming, water, kick)
- dan 3 –
 - o soto uke dan zuki -- 外受段突 – (outside, receive, steps, punch)
 - o uchi age dan zuki -- 打上段突 – (strike, up, steps, punch)
 - o shita uke zuki -- 下受突 – (down, receive, punch)
 - o shita uke dan zuki -- 下受段突 – (down, receive, steps, punch)

sango ken

三合拳 - (three, meet, fist): hand as guard, counter attack with kick

- kyu 3 –
 - o shita uke geri -- 下受蹴 – (down, receive, kick)
 - o shita uke jun geri -- 下受順蹴 – (down, receive, front, kick)
- kyu 2 –
 - o yoko tenshin geri -- 横轉身蹴 – (side, turn, body, kick)
 - o han tenshin geri – 半轉身蹴 – (half, turn, body, kick)
 - o juji uke geri -- 十字 受蹴 – (ten, character, receive, kick)
- dan 1 –
 - o harai uke geri -- 払受蹴 – (sweep, receive, kick)
- dan 2 –
 - o gyaku tenshin geri -- 逆轉身蹴 – (reverse, turn, body, kick)
- dan 3 –
 - o gedan gaeshi -- 下段返 – (down, level, return)
 - o chudan gaeshi -- 中段返 – (middle, level, return)

tenno ken

天王拳 – (heaven, king, fist): defence and counter attack triggered by punch

- kyu 3 –
 - o tsuki ten 1 -- 突天一 -- (punch, heaven, one)
- dan 1 –

- o furi ten 2 -- 振天二 -- (swing,heaven,two)
- o keri ten 3 -- 蹴天三 -- (kick,heaven,three)
- o tsuki ten 3 -- 突天三 -- (punch,heaven,three)
- dan 2 –
 - o tsuki ten 2 -- 突天二 -- (punch,heaven,two)
 - o kon ten 1 -- 浪天一 -- (wander,heaven,one)
 - o tai ten 1 -- 対天一 -- (opposite,heaven,one)
 - o keri ten 1 (sukui kubi nage) -- 蹴天一 (救首投) – (kick,heaven,one) (help,neck,throw)
 - o gyaku ten 1 -- 逆天一 -- (reverse,heaven,one)

byakuren ken

白蓮拳 – (white,lotus,fist): guarding hand or arm is used for counter attack

- kyu 2 –
 - o tsubame gaeshi -- 燕返 – (swallow,return)
 - o chidori gaeshi -- 千鳥返 – (thousand,bird,return)
- dan 3 –
 - o harai uke dan zuki -- 払受段突 – (sweep,receive,steps,punch)
 - o mika zuki gaeshi – mika 突返 -- (?,punch,return)
 - o suigetsu gaeshi -- 水月返 – (water,moon,return)
 - o hangetsu gaeshi (sukui kubi nage) – 半月返 (救首投) – (half,moon,return) (help,neck,throw)

kakuritsu ken

確立拳 – (firm,stance,fist): sequence of guarding against kicks and counter attack with kick

- dan 1 –
 - o kinteki geri hiza uke -- 金の蹴膝受 -- (gold,metal,knee,receive)
 - o gyaku geri hiza uke -- 逆蹴膝受 -- (reverse,knee,receive)
 - o mawashi geri sambo uke nami gaeshi -- 廻蹴三防受波返 – (revolve,kick,three,defence,receive,wave,return)
- dan 3 –
 - o sokuto geri hiki ashi -- 足刀蹴引足 – (foot,knife,pull,foot)
 - o dan geri sambo uke nami gaeshi -- 段蹴三防受波返 – (steps,kick,three,defence,receive,wave,return)

chio ken

地王拳 – (earth,king,fist): defence and counter attack triggered by kick

- dan 2 –
 - o jun geri chi 1 -- 順蹴地一 -- (front,kick,ground,one)
 - o gyaku geri chi 1 -- 逆蹴地一 -- (reverse,kick,ground,one)

- o gyaku geri chi 3 -- 逆蹴地三 -- (reverse,kick,ground,three)
- dan 3 –
 - o fukko chi 2 -- 伏虎地二 -- (bend down,drunkard/tiger, ground, two) -- kneeling
 - o harai uke chi 2 -- 払受地二 -- (sweep,receive,ground, two)
 - o jun geri chi 3 -- 順蹴地二 -- (front,kick,ground,one)

juho

kongo ken

金剛拳 – (metal.hard,fist): lock and hold opponent

- kyu 4 –
 - o ude juji gatame -- 腕十字固 – (arm,ten,character,hold)
- dan 2 –
 - o okuri tembin dori -- 送天秤捕 -- (send,heaven,balance,control)
 - o tsuri age dori -- 釣上捕 -- (fish,up,control)

ryuo ken

龍王拳 – (dragon,king,fist): techniques for escaping from holds

- kyu 4 –
 - o kote nuki -- 小手抜 – (small,hand,release)
 - o yori nuki (katate) -- 寄抜 (片手 & 両手) – (draw near,release) (one,hand)) (two, hands)
- kyu 3 –
 - o maki nuki (katate & ryote) -- 巻抜 (片手 & 両手) – (roll up,release) (one, hand) (two, hands)
- kyu 2 –
 - o kiri nuki (uchi & soto) -- 切抜 (内 & 外) – (cut,release) (inside) (outside)
 - o juji nuki (katate & ryote) -- 十字抜 (片手 & 両手) – (ten,character,release) (one, hand) (two, hands)
 - o gassho nuki -- 合掌抜 -- (join, hand, release)
 - o kiri kaeshi nuki (katate & morote) -- 切返抜 (片手 & 諸手) – (cut,return,release) (one, hand) (both, hands)
 - o sankaku nuki -- 三角抜 -- (three,angle,release)
- kyu 1 –
 - o johaku nuki (katate & ryote) -- 上膊抜 (片手 & 両手) – (upper,arm,release) (one, hand) (two, hands)
 - o oshi kiri nuki -- 押切抜 – (push,cut,release)
 - o sode nuki -- 袖抜 -- (sleeve, release)

- o eri nuki -- 襟 抜 – (collar,release)
- dan 1 –
 - o nidan nuki -- 二段 抜 – (two,steps,release)
 - o oshi nuki (katate) -- 押 抜 (片手) – (push,release) (one,hand)
 - o hiki nuki (morote) -- 引 抜 (諸手) – (pull,release) (both,hands)
 - o juji nuki (morote) -- 十字 抜 (諸手) – (ten,character,release) (both,hands)
- dan 2 –
 - o tsuki nuki (uchi & soto) -- 突 抜 (内 & 外) – (punch,release) (inside) (outside)
 - o tsuki nuki (ryote & morote) -- 突 抜 (両手 & 諸手) – (punch,release) (two,hands) (both,hands)
 - o age nuki -- 上 抜 – (up,release)
 - o hiji nuki mae tembin -- 肘 抜 前 天秤 – (elbow,release,forward,heaven,balance)
 - o uchi nuki (katate & ryote) -- 打 抜 (片手 & 両手) – (strike,release) (one, hand) (two, hands)
 - o oshi nuki (morote) -- 押 抜 (諸手) -- (push,release) (both hands)
 - o morote wa nuki (ippon se nage) -- 諸手 wa 抜 (一本背投) – (both,hands,round,release) (one,basis,back,throw)
 - o morote maki nuki (ippon se nage) -- 諸手 巻 抜 (一本背投) – (both,hands,roll up,release) (one,basis,back,throw)

ryuka ken

龍樺拳 – (dragon,brushwood,fist): ryuo ken techniques for throwing

- kyu 4 –
 - o gyaku gote (mae yubi gatame) -- 逆 小手 (前 指 固) – (reverse,small,hand) (forward,fingers,hold)
- kyu 3 –
 - o okuri gote (katate) -- 送 小手 (片手) – (send,small,hand) (one, hand)
 - o okuri maki tembin -- 送 巻 天秤 – (send,roll up,heaven,balance)
- kyu 2 –
 - o juji gote (katate & ryote) -- 十字 小手 (片手 & 両手) – (ten,character,small,hand) (one, hand) (two, hands)
 - o ryaku juji gote -- 略 十字 小手 -- (shorten,ten,character,release)
 - o okuri gote (ryote) -- 送 小手 (両手) -- (send,small,hand) (two,hands)
 - o kiri gote (katate & morote) -- 切 小手 (片手 & 諸手) – (cut,small,hand) (one, hand) (both, hands)
- kyu 1 –
 - o gyaku gote ura gaeshi nage -- 逆 小手 裏 返 投 – (reverse,small,hand,side,return,throw)
- dan 1 –
 - o oshi gote (katate & ryote) -- 押 小手 (片手 & 両手) – (push,small,hand) (one, hand) (two, hands)

- o kote maki gaeshi -- 小手 卷 返 -- (small,hand,roll up,return)
- o maki gote (katate & morote) -- 卷 小手 (片手 & 諸手) -- (roll up,small,hand) (one, hand) (both, hands)
- o juji gote (morote) -- 十字 小手 (諸手) -- (ten,character,small,hand) (both, hands)
- dan 2 –
 - o gyakute nage -- 逆手 投 -- (reverse,hand,throw)
 - o ryu nage -- 流 投 -- (streaming,throw)
 - o soto maki tembin -- 外 卷 天秤 -- (outside,roll up,heaven,balance)
 - o nuki uchi oshi gote -- 抜 打 押 小手 -- (release,strike,push,small,hand)
 - o morote okuri gote baku ho (ichi, ippon se nage) -- 諸手 送 小手 baku 法 (一, 一本背 投) -- (both,hands,send,small,hand,bind,method) (one, one,basis,back,throw)
 - o okuri hiji zeme -- 送 肘 攻 -- (send,elbow,attack)
 - o tsuri otoshi -- 釣 落 -- (fish,drop)
 - o okuri dori -- 送 捕 -- (send,control)
 - o kiri kaeshi tembin -- 切 返 天秤 -- (cut,return,heaven,balance)
 - o kiri kaeshi maki tembin -- 切 返 卷 天秤 -- (cut,return,roll up,heaven,balance)
 - o gyaku gote (morote) -- 逆 小手 (諸手) -- (reverse,small,hand) (both,hands)
 - o idori gyaku gote -- idori 逆 小手 -- (kneel,reverse,small,hand)
 - o idori oshi gote -- idori 押 小手 -- (kneel,push,small,hand)
- dan 3 –
 - o kiri kaeshi gote -- 切 返 小手 -- (cut,return,small,hand)
 - o kiri kaeshi nage -- 切 返 投 -- (cut,return,throw)
 - o morote kiri kaeshi nage -- 諸手 切 返 投 -- (both,hands,cut,return,throw)
 - o konoha okuri -- 木の葉 送 -- (tree,leaves,send)
 - o konoha gaeshi -- 木の葉 返 -- (tree,leaves,return)
 - o okuri yubi gaeshi -- 送 指 返 -- (send,finger,return)
 - o nigiri kaeshi -- nigiri 返 -- (?/grab, return)
 - o okuri shishi dori -- 送 shishi 捕 -- (send,?,control)
 - o furisute omote nage -- 振 捨 表 投 -- (swing,discard,exterior,throw)
 - o morote okuri kote nage -- 諸手 送 小手 投 -- (both,hands,send,small.hand,throw)
 - o okuri tsuki taoshi (ippon se nage) -- 送 突 打 押 (一本背 投) -- (send,punch,strike,push) (one,basis,back,throw)
 - o koshi kujiki (ippon se nage) -- 腰 kujiki (一本背 投) -- (hip,?) (one,basis,back,throw)

羅漢拳 - (silk,china,fist): techniques based on traditional juho forms

- kyu 1 –
 - o johaku dori (katate & ryote) -- 上膊 捕 (片手 & 兩手) – (upper,arm,control) (one, hand) (two, hands)
 - o johaku maki (katate) -- 上膊 卷 (片手) – (upper,arm,roll up) (one, hand)
 - o sode dori -- 袖 捕 -- (sleeve,control)
 - o sode maki -- 袖 卷 -- (sleeve,roll up)
 - o sode maki tembin -- 袖 卷 天秤 -- (sleeve,roll up,heaven,control)
 - o ude maki -- 腕 卷 -- (arm,roll up)
 - o kata muna otoshi -- 片 胸 落 -- (one,chest,drop)
 - o eri juji -- 襟 十字 -- (collar,ten,character)
- dan 2 –
 - o maki otoshi -- 卷 落 -- (roll up, drop)
 - o soto maki otoshi -- 外 卷 落 -- (outside, roll up, drop)
 - o hiki muna otoshi -- 引 胸 落 -- (pull,chest,drop)
 - o ryo muna otoshi -- 兩 胸 落 -- (two,chest,drop)
 - o hiki otoshi -- 胸 落 -- (chest,drop)
- dan 3 –
 - o sode maki gaeshi -- 袖 卷 返 -- (sleeve,roll up,return)
 - o sode guchi dori -- 袖 口 捕 -- (sleeve,opening, control)
 - o sode guchi maki -- 袖 口 卷 -- (sleeve,opening, roll up)

goka ken

五花拳 – (five,blossoms,fist): throwing techniques, some guarding against goho

- dan 2 –
 - o uwa uke nage -- 上 受 投 – (up,receive,throw)
 - o uwa uke gyakute nage -- 上 受 逆手 投 – (up,receive,reverse,hand,throw)
 - o gyaku tembin -- 逆 天秤 -- (reverse,heaven,balance)
- dan 3 –
 - o katate nage -- 片手 投 – (one, hand, throw)
 - o gyaku katate nage -- 逆 片手 投 – (reverse, one, hand, throw)
 - o gassho katate nage -- 合掌 片手 投 – (join,palms,one, hand, throw)
 - o okuri katate nage -- 送 片手 投 – (send,one, hand, throw)
 - o ryote katate nage -- 兩手 片手 投 – (two,hands,one, hand, throw)
 - o morote katate nage -- 諸手 片手 投 – (both,hands,one, hand, throw)
 - o hiki tembin -- 引 天秤 -- (pull,heaven,balance)
 - o gyaku hiki tembin -- 逆 引 天秤 -- (reverse,pull,heaven,balance)
 - o gassho hiki tembin -- 合掌 引 天秤 -- (gassho,pull,heaven,balance)

[\[\] readme](#) [kyu 5](#) [kyu 4](#) [kyu 3](#) [kyu 2](#) [kyu 1](#) [dan 1](#) [dan 2](#) [dan 3](#) [dan 4](#) [syllabus](#) ? [notes](#)

syllabus@shorinjikempo.nl

This document was created with Win2PDF available at <http://www.daneprairie.com>.
The unregistered version of Win2PDF is for evaluation or non-commercial use only.