

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

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
- *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
- *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 keri-komi sashi-kae-ashi
7. jyo-dan mawashi-geri ushiro-geri niren, juji-ashi sashi-kae-ashi
8. dan-geri kinteki-mikazuki niren geri fumi-komi ashi, sashi-kae-ashi
9. tobi-komi geri ni-ren kinteki-jyodan jyo-chu-niren zuki (left & right)

so-tai (pair form)

1. jyo-dan mawashi geri yoko-juji-uke mawashi geri-hanko (left & right)
2. jyo-dan-gyaku zuki jyo-dan mawashi geri niren uwa-uke nioke jyun-sagari (left & right)
3. sashi-komi-ashi jyun-geri keri-komi uchi-harai-uke chu-dan 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, 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

hokei

kyu 4

- *nio ken* :
[kyu 4] – ryusui geri, uchi uke zuki, uwa uke geri
- *kongo ken* :
[kyu 4] – ude juji gatame
- *ryuo ken* :
[kyu 4] – kote nuki, yori nuki (katate & ryote)
- *ryuka ken* :
[kyu 4] – gyaku gote (mae yubi gatame)
kata muna otoshi, eri juji

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

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- *hidari-mae ichiji gamae* – left front, open hand
- *midai-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
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- *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)

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 4] – ryusui geri, uchi uke zuki, uwa uke geri
[kyu 3] – uwa uke zuki
- **sango ken** :
[kyu 3] – shita uke geri, shita uke jun geri
- **tenno ken** :
[kyu 3] – tsuki ten 1
- **kongo ken** :
[kyu 4] – ude juji gatame
- **ryuo ken** :
[kyu 4] – kote nuki, yori nuki (katate & ryote)
[kyu 3] – maki nuki (katate & ryote)
- **ryuka ken** :
[kyu 4] – gyaku gote (mae yubi gatame)
[kyu 3] – okuri gote (katate), okuri maki tembin
kata muna otoshi, 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]

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

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* – kushshin
- *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. kushshin zuki
3. kushshin 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 4*] – ryusui geri, uchi uke zuki, uwa uke geri
[*kyu 3*] – uwa uke zuki
[*kyu 2*] – tenshin geri, uchi uke geri
- *sango ken* :
[*kyu 3*] – shita uke geri, shita uke jun geri
[*kyu 2*] – yoko tenshin geri, han tenshin geri, juji uke geri

- **tenno ken** :
[kyu 3] – tsuki ten 1
- **byakuren ken** :
[kyu 2] – tsubame gaeshi, chidori gaeshi
- **kongo ken** :
[kyu 4] – ude juji gatame
- **ryuo ken** :
[kyu 4] – kote nuki, yori nuki (katate & ryote)
[kyu 3] – maki nuki (katate & ryote)
[kyu 2] – kiri nuki (uchi & soto), juji nuki (katate & ryote), gassho nuki, kiri kaeshi nuki (katate & morote), sankaku nuki
- **ryuka ken** :
[kyu 4] – gyaku gote (mae yubi gatame)
[kyu 3] – okuri gote (katate), okuri maki tembin
[kyu 2] – juji gote (katate & ryote), ryaku juji gote, okuri gote (ryote), kiri gote (katate & morote)

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

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

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. kushshin 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

kamoku

kyu 1 (goho)

1. soto uke zuki
2. soto uke geri
3. uchi oshi uke geri
4. furi ten ni
5. harai uke geri
6. juji-uke geri
7. tsuki ten ichi

kyu 1 (juho: nuki waza)

1. hiki nuki (ryote)
2. juji nuki (morote)
3. morote oshi nuki (for gyaku tembin)
4. tsuki nuki (morote)
5. oshi kiri nuki
6. eri nuki
7. kiri kaeshi nuki
8. sankaku nuki

kyu 1 (juho: gyaku waza)

1. juji gote (ryote)
2. juji gote (morote)
3. ude maki
4. ryaku juji gote
5. ryote okuri gote (from: yori nuki, maki nuki, tsuki nuki)
6. oshi gote (katate)
7. kata muna otoshi

hokei

kyu 1

- *nio ken* :
[*kyu 4*] – ryusui geri, uchi uke zuki, uwa uke geri
[*kyu 3*] – uwa uke zuki
[*kyu 2*] – tenshin geri, uchi uke geri
[*kyu 1*] – soto uke zuki, soto uke geri, soto oshi uke zuki, kushshin zuki, kushshin geri

- **sango ken** :
[kyu 3] – shita uke geri, shita uke jun geri
[kyu 2] – yoko tenshin geri, han tenshin geri, juji uke geri
- **tenno ken** :
[kyu 3] – tsuki ten 1
- **byakuren ken** :
[kyu 2] – tsubame gaeshi, chidori gaeshi
- **kongo ken** :
[kyu 4] – ude juji gatame
- **ryuo ken** :
[kyu 4] – kote nuki, yori nuki (katate & ryote)
[kyu 3] – maki nuki (katate & ryote)
[kyu 2] – kiri nuki (uchi & soto), juji nuki (katate & ryote), gassho nuki, kiri kaeshi nuki (katate & morote), sankaku nuki
[kyu 1] – johaku nuki (katate & ryote), oshi kiri nuki, sode nuki, eri nuki
- **ryuka ken** :
[kyu 4] – gyaku gote (mae yubi gatame)
[kyu 3] – okuri gote (katate), okuri maki tembin
[kyu 2] – juji gote (katate & ryote), ryaku juji gote, okuri gote (ryote), kiri gote (katate & morote)
[kyu 1] – gyaku gote ura gaeshi nage
- **rakan ken** :
[kyu 1] – johaku dori (katate & ryote), johaku maki (katate), sode dori, sode maki, sode maki tembin, ude maki, kata muna otoshi, 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. So Doshin's motivation and purpose for founding Shorinji Kempo
2. the essence of shorinji kempo
3. the meaning and aspiration of Kongo Zen
4. the meaning of Bu and the essence of Budo
5. how to learn shorinji kempo
6. the three teachings of Ken
7. on Sen (initiative)
8. on timing and distance during offense and defense
9. the five elements of atemi
10. the unity of ken and zen (ken zen ichinyo)
11. the unity of strength and love (riki ai fu ni)
12. defence is primary, offence is secondary

essay

1. the advocacy and hope of Kongo Zen
2. your motives for starting shorinji kempo and your present state of mind

techniques

basic

1. *tai gamae & umpo ho*:
[tai gamae] – chudan gamae, ichiji gamae, gedan gamae, hasso gamae, taiki gamae, midare 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, tenchi ken 5, tenchi ken 6, byakuren ken 1
4. *so tai* – tenchi ken 1, tenchi ken 2

random

- 5 goho & 5 juho

kumi embu

dan 1

1. harai uke geri – ren hanko
2. kote maki gaeshi
3. tsubame gaeshi – ren hanko
4. maki gote (morote)
5. mawashi geri sambo uke nami gaeshi – ren hanko
6. okuri gote (ryote)

7. furi ten 2 – ren hanko
8. ude maki
9. keri ten 3 – ren hanko
10. oshi gote (ryote)

application

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

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 4] – ryusui geri, uchi uke zuki, uwa uke geri
[kyu 3] – uwa uke zuki
[kyu 2] – tenshin geri, uchi uke geri
[kyu 1] – soto uke zuki, soto uke geri, soto oshi uke zuki, kusshin zuki, kusshin geri
- *sango ken* :
[kyu 3] – shita uke geri, shita uke jun geri
[kyu 2] – yoko tenshin geri, han tenshin geri, juji uke geri
[dan 1] – harai uke geri

- **tenno ken** :
[kyu 3] – tsuki ten 1
[dan 1] – furi ten 2, keri ten 3, tsuki ten 3
- **byakuren ken** :
[kyu 2] – tsubame gaeshi, chidori gaeshi
- **kakuritsu ken** :
[dan 1] – kinteki geri hiza uke, gyaku geri hiza uke, mawashi geri sambo uke
- **kongo ken** :
[kyu 4] – ude juji gatame
- **ryuo ken** :
[kyu 4] – kote nuki, yori nuki (katate & ryote)
[kyu 3] – maki nuki (katate & ryote)
[kyu 2] – kiri nuki (uchi & soto), juji nuki (katate & ryote), gassho nuki, kiri kaeshi nuki (katate & morote), sankaku nuki
[kyu 1] – johaku nuki (katate & ryote), oshi kiri nuki, sode nuki, eri nuki
[dan 1] – nidan nuki, oshi nuki (katate), hiki nuki (morote), juji nuki (morote)
- **ryuka ken** :
[kyu 4] – gyaku gote (mae yubi gatame)
[kyu 3] – okuri gote (katate), okuri maki tembin
[kyu 2] – juji gote (katate & ryote), ryaku juji gote, okuri gote (ryote), kiri gote (katate & morote)
[kyu 1] – gyaku gote ura gaeshi nage
[dan 1] – oshi gote (katate & ryote), kote maki gaeshi, maki gote (katate & morote), juji gote (morote)
- **rakan ken** :
[kyu 1] – johaku dori (katate & ryote), johaku maki (katate), sode dori, sode maki, sode maki tembin, ude maki, kata muna otoshi, eri juji

kata

tenchi ken 3

- **hidari ichiji gamae**
- **ichi, ni, san:** hidari mae chidori ashi, jodan yoko furi zuki, chudan gyaku zuki (30%) mawashi geri (60%)
- **shi, go:** mae chidori ashi (*right*), shuto giri (*right*), chudan gyaku zuki (*left*)
- **roku, shichi:** jun sagari (*left*), shita uke (*right*), keri age (*right*)
- **hachi:** yoko kagi ashi (*right*), zen tenkan, hidari ichiji gamae, zanshin
- **ku:** mae yose ashi (*right*), [kesshu dachi]

tenchi ken 4

- **hidari ichiji gamae**
- **ichi, ni, san, shi:** gyaku geri (*right*), tobi geri (*left*), tobi niren geri, shuto giri (*left*), chudan gyaku zuki (*right*)

- **go, roku:** jun sagari (*right*), shita uke (*left*), keri age (*left*)
- **shichi:** migi han tenkan, migi ichiji gamae, zanshin
- **hachi:** mae yose ashi (*right*), [kesshu dachi]

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

1. the history of shorinji kempo (the process of its revival in post-war Japan)
2. how shorinji kempo was established, and the history of naming shorinji kempo
3. budo and the way it should be
4. the true meaning of hokei
5. the principles used in shorinji kempo
6. the three elements of Ken
7. the sixth sense
8. shin ki ryoku – on the unity of mind, spirit and strength
9. hei jo shin – peaceful unmoved state of mind
10. randori when armed with protectors
11. san tei san po niyu go kei – 3 parts, 3 systems, 25 branches of techniques
12. kisei and kiai

...
essay

1. the purpose of seeking michi (the way) and the value of training
2. your personal view on true strength

techniques

basic

1. *tan en* – tenchi ken 1, tenchi ken 2; tenchi ken 3, tenchi ken 4, tenchi ken 5, tenchi ken 6, ko manji ken
2. *so tai* – ryuo ken 1, tenchi ken 2

random

- 5 goho & 5 juho

kumi embu

dan 2

1. tsuki ten 1 – ren hanko
2. tai ten 1 – ren hanko
3. idori gyaku gote or gyakute nage
4. uwa uke nage or uwa uke gyakute nage
5. kinteki geri hiza uke nami gaeshi – ren hanko
6. jun geri chi 1 – ren hanko
7. maki otoshi or soto maki otoshi
8. okuri hiji zeme
9. shita uke geri kote nage
10. keri ten 1, sukui kubi nage

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

kamoku

dan 2 (goho)

1. uchi oshi uke zuki
2. soto oshi uke zuki
3. shita uke jun geri
4. kaishin zuki
5. gedan gaeshi
6. harai uke dan zuki
7. soto uke dan zuki
8. uchi age dan zuki
9. chio ken 1 (jun, gyaku)
10. tsuki ten 2
11. kon ten 1
12. kakaritsu ken 1 (kinteki, hiza uke nami gaeshi)
13. kakaritsu ken 2 (gyaku geri, hiza uke, nami gaeshi)
14. byakuren ken 1 (tsubame gaeshi)
15. byakuren ken 2 (chidori gaeshi)

dan 2 (juho)

1. ryo muna otoshi
2. hiki muna otoshi
3. idori gyaku gote (oshi yubi gatame or gyakute gatame)
4. idori okuri gote
5. idori oshi gote
6. idori uwa sode dore (uwa sode maki)
7. morote gyaku gote (tate ichiji gatame, sekoshi ichiji gatame, kumo-garami)
8. tsuri otoshi
9. okuri dori
10. tsuri-age dori
11. kote maki gaeshi
12. sode maki gaeshi
13. sode-guchi dori, sode-guchi maki
14. maki juji-gote
15. maki otoshi
16. soto maki-otoshi
17. hiki-otoshi
18. shita-uke geri, kote nage
19. ninin-nuki (two man draw)
20. ude juji, ura gassho gatame

hokei

dan 2

- **nio ken :**

[*kyu 4*] – ryusui geri, uchi uke zuki, uwa uke geri

[*kyu 3*] – uwa uke zuki

[*kyu 2*] – tenshin geri, uchi uke geri

[*kyu 1*] – soto uke zuki, soto uke geri, soto oshi uke zuki, kushshin zuki, kushshin geri

[*dan 2*] – uchi age zuki, kaishin zuki, tanto tsuki komi shita uke zuki, tanto furi age ryusui geri

- **sango ken :**

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

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

[*dan 1*] – harai uke geri

[*dan 2*] – gyaku tenshin geri

- **tenno ken :**

[*kyu 3*] – tsuki ten 1

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

[*dan 2*] – tsuki ten 2, kon ten 1, tai ten 1, keri ten 1 (sukui kubi nage), gyaku ten 1

- **byakuren ken :**

[*kyu 2*] – tsubame gaeshi, chidori gaeshi

- **kakuritsu ken :**

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

- **chio ken :**

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

- **kongo ken :**

[*kyu 4*] – ude juji gatame

[*dan 2*] – okuri tembin dori, tsuri age dori

- **ryuo ken :**

[*kyu 4*] – kote nuki, yori nuki (katate & ryote)

[*kyu 3*] – maki nuki (katate & ryote)

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

[*kyu 1*] – johaku nuki (katate & ryote), oshi kiri nuki, sode nuki, eri nuki

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

[*dan 2*] – tsuki nuki (uchi & soto), tsuki nuki (ryote & morote), age nuki, hiji nuki mae tembin, uchi nuki (katate & ryote), oshi nuki (morote), morote wa nuki (ippon se nage), morote maki nuki (ippon se nage)

- **ryuka ken :**

[*kyu 4*] – gyaku gote (mae yubi gatame)

[*kyu 3*] – okuri gote (katate), okuri maki tembin

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

[*kyu 1*] – gyaku gote ura gaeshi nage

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

[*dan 2*] – gyakute nage, ryu nage, soto maki tembin, nuki uchi oshi gote, morote okuri gote baku ho (ichi, ippon se nage), okuri hiji zeme, tsuri otoshi, okuri dori, kiri kaeshi tembin, kiri kaeshi maki tembin, gyaku gote (morote), idori gyaku gote, idori oshi gote

- **rakan ken :**

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

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

- **goka ken :**

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

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*

ryuo ken 1

- kote nuki tan en: *migi chudan gamae*

- **ichi, ni:** sashi kae ashi (*left*), kagi te shuho (*right*), ura te uchi (*left, from chudan gamae*)

- **san, shi:** mae yose ashi (*right*), ko-te nuki (*right*), ura ken (*to sango and yongo*)

- **go:** kani ashi (*right*), hidari chudan choku zuki

- **roku, shichi:** fumikomi ashi (*left*), yoko furimi (*left*), migi jodan choku zuki, [migi ichiji gamae], yoko kagi ashi (*left*), migi mawashi geri, juji ashi sagari

- **hachi:** migi hiraki sagari, hidari shita uke, [hidari ichiji gamae, zanshin]

- **ku:** mae yose ashi (*right*), [kesshu dachi]

dan 3

gakka

- dan 3 (new)
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

essay

1. shorinji kempo as a "gyo" or method of spiritual development and how budo (martial arts) should really be
2. how to live the teachings of Kongo Zen in your everyday life

techniques

basic

1. *tan en* – tenchi ken 1, tenchi ken 2; tenchi ken 3, tenchi ken 4, tenchi ken 5, tenchi ken 6 (all from right side) ryu no kata
2. *so tai* – ryuo ken 1 (defence from left), tenchi ken 2 (defence from left)

random

- 5 goho & 5 juho

kumi embu

dan 3

1. gedan gaeshi – ren hanko
2. chudan gaeshi – ren hanko
3. konoha okuri
4. ryo nage or soto maki tembin
5. mikazuki gaeshi or suigetsu gaeshi
6. sokuto geri hiki ashi nami gaeshi
7. sode maki or sode maki gaeshi
8. okuri tsuki taoshi or koshi kujiki
9. hangetsu gaeshi sukui kubi nage
10. kiri kaeshi gote or kiri kaeshi nage

application

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

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

kamoku

dan 3 (goho)

1. kusshin geri, ten kai ren geri
2. tanto furi age, ryusui geri (knife)
3. tanto tsuki komi, shita uke geri (knife)
4. tanto tsuki komi, kote nage (knife)
5. suigetsu gaeshi
6. mika zuki gaeshi, kari ashi
7. shita uke danzuki
8. keriten 1, sukui kubi nage
9. chio ken 2 (uchi, soto)
10. kakuritsu ken 3
11. kakuritsu ken 4
12. yoko tenshin geri (sango ken)
13. han tenshin geri (sango ken)
14. gyaku tenshin geri (sango ken)

dan 3 (juho)

1. ryo nage
2. gyakute nage
3. soto maki tembin
4. gassho okuri dori
5. okuri shishi dori
6. okuri tembin dori
7. okuri maki tembin, ushiro ude gatame
8. okuri tsuki-taoshi
9. koshi-kudaki
10. okuri hiji zeme
11. uwa-uke nage
12. shikake katate-nage
13. gassho katate-nage
14. gyaku katate-nage
15. ushiro sode-dori (sode-maki)
16. ushiro eri-dori
17. yahazu nage
18. sode-juji
19. kumade gaeshi (katate, morote)
20. okuri-gassho (two types)

21. kiri-kaeshi tembin
22. kiri-kaeshi maki-tembin
23. hiki-tembin
24. shita-uke kote-nage
25. kubi jime, juji nage
26. okuri eri-dori

hokei

dan 3

- **nio ken :**

- [*kyu 4*] – ryusui geri, uchi uke zuki, uwa uke geri
- [*kyu 3*] – uwa uke zuki
- [*kyu 2*] – tenshin geri, uchi uke geri
- [*kyu 1*] – soto uke zuki, soto uke geri, soto oshi uke zuki, kushshin zuki, kushshin geri
- [*dan 2*] – uchi age zuki, kaishin zuki, tanto tsuki komi shita uke zuki, tanto furi age ryusui geri
- [*dan 3*] – soto uke dan zuki, uchi age dan zuki, shita uke zuki, shita uke dan zuki

- **sango ken :**

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

- **tenno ken :**

- [*kyu 3*] – tsuki ten 1
- [*dan 1*] – furi ten 2, keri ten 3, tsuki ten 3
- [*dan 2*] – tsuki ten 2, kon ten 1, tai ten 1, keri ten 1 (sukui kubi nage), gyaku ten 1

- **byakuren ken :**

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

- **akuritsu ken :**

- [*dan 1*] – kinteki geri hiza uke, gyaku geri hiza uke, mawashi geri sambo uke
- [*dan 3*] – sokuto geri hiki ashi, dan geri sambo uke

- **chio ken :**

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

- **kongo ken :**

- [*kyu 4*] – ude juji gatame
- [*dan 2*] – okuri tembin dori, tsuri age dori

- **ryuo ken :**

- [*kyu 4*] – kote nuki, yori nuki (katate & ryote)
- [*kyu 3*] – maki nuki (katate & ryote)
- [*kyu 2*] – kiri nuki (uchi & soto), juji nuki (katate & ryote), gassho nuki, kiri kaeshi nuki (katate & morote), sankaku nuki

[*kyu 1*] – johaku nuki (katate & ryote), oshi kiri nuki, sode nuki, eri nuki

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

[*dan 2*] – tsuki nuki (uchi & soto), tsuki nuki (ryote & morote), age nuki, hiji nuki mae tembin, uchi nuki (katate & ryote), oshi nuki (morote), morote wa nuki (ippon se nage), morote maki nuki (ippon se nage)

- **ryuka ken :**

- [*kyu 4*] – gyaku gote (mae yubi gatame)
- [*kyu 3*] – okuri gote (katate), okuri maki tembin
- [*kyu 2*] – juji gote (katate & ryote), ryaku juji gote, okuri gote (ryote), kiri gote (katate & morote)
- [*kyu 1*] – gyaku gote ura gaeshi nage
- [*dan 1*] – oshi gote (katate & ryote), kote maki gaeshi, maki gote (katate & morote), juji gote (morote)
- [*dan 2*] – gyakute nage, ryu nage, soto maki tembin, nuki uchi oshi gote, morote okuri gote baku ho (ichi, ippon se nage), okuri hiji zeme, tsuri otoshi, okuri dori, kiri kaeshi tembin, kiri kaeshi maki tembin, gyaku gote (morote), idori gyaku gote, idori oshi gote
- [*dan 3*] – kiri kaeshi gote, kiri kaeshi nage, morote kiri kaeshi nage, konoha okuri, konoha gaeshi, okuri yubi gaeshi, nigiri kaeshi, okuri shi shi dori, furisute omote nage, morote okuri kote nage, okuri tsuki taoshi (ippon se nage), koshi kujiki (ippon se nage)

- **rakan ken :**

- [*kyu 1*] – johaku dori (katate & ryote), johaku maki (katate), sode dori, sode maki, sode maki tembin, ude maki, kata muna otoshi, eri juji
- [*dan 2*] – maki otoshi, soto maki otoshi, hiki muna otoshi, ryo muna otoshi, hiki otoshi
- [*dan 3*] – sode maki gaeshi, sode guchi dori, sode guchi maki

- **goka ken :**

- [*dan 2*] – uwa uke nage, uwa uke gyakute nage, gyaku tembin
- [*dan 3*] – katate nage, gyaku katate nage, gassho katate nage, okuri katate nage, ryote katate nage, morote katate nage, hiki tembin, gyaku hiki tembin, gassho hiki tembin

kata

ryu no kata

- gyaku gote form of ryuo ken 1

ryuo ken 1

- kote nuki tan en: *migi chudan gamae*
- **ichi, ni:** sashi kae ashi (*left*), kagi te shuho (*right*), ura te uchi (*left, from chudan gamae*)
- **san, shi:** mae yose ashi (*right*), ko-te nuki (*right*), ura ken (*to sango and yongo*)
- **go:** kani ashi (*right*), hidari chudan choku zuki
- **roku, shichi:** fumikomi ashi (*left*), yoko furimi (*left*), migi jodan choku zuki, [migi ichiji gamae], yoko kagi ashi (*left*), migi mawashi geri, juji ashi sagari

- ***hachi***: migi hiraki sagari, hidari shita uke, [hidari ichiji gamae, zanshin]
- ***ku***: mae yose ashi (*right*), [kesshu dachi]

dan 4

gakka

dan 4

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
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

dan 4 (goho)

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

dan 4 (juho)

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