

## dan 3

### gakka

dan 3

1. history and founding of shorinji kempo
2. on sen (initiative)
3. ma'ai and opportunity for offense and defense
4. shorinji kempo symbols and activities
5. pressure points of the head, face and neck (22 points)
6. pressure points of the arm and hands (15 points)
7. pressure points of the leg and foot (21 points)
8. pressure points of the chest and stomach (12 points)
9. the six distinguishing characteristics of shorinji kempo

essay

1. the six distinguishing characteristics of shorinji kempo
2. history and founding of shorinji kempo

### 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