

**OODA** :: **howa** / model(s) / **system(s) of training** / reference(s)

1. 基本 (kihon) -- foundational body movements
2. 法形 (**hokei**) -- mastering the true significance
3. 乱捕り (randori) -- responding to opponent's attack
4. 演武 (embu) -- learning how to apply hokei

terminology / **principle(s) in shorinji kempo**

1. 経脈の理/keimyaku no ri -- kyusho (急所)
2. 鉤手の理/kagite no ri -- protection method(s)
3. 槌子の理/teko no ri -- lever(s)
4. 車の理/kuruma no ri -- rotational motion(s)
5. 弾みの理/hazumi no ri -- ... momentum ...

**当身/atemi: opponent: kyo/虚, attacker: jitsu/実**

1. 急所の位置 -- kyusho/points: striking accurately
2. 当身の間合 -- ma'ai: appropriate distance
3. 当身の角度 -- kakudo/angle: striking effectively
4. 当身の速度 -- sokudo/speed: with great effect
5. 当身の虚実 -- kyojitsu: proper moment

**techniques** -- goho:剛法 / juho:柔法

- 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 – 鶴立拳 -- 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

This document was created with Win2PDF available at <http://www.win2pdf.com>.  
The unregistered version of Win2PDF is for evaluation or non-commercial use only.  
This page will not be added after purchasing Win2PDF.