

kyu 2

gakka

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1. distinguishing characteristics of shorinji kempo (*shu shu ko ju, fusatsu katsu nin*)
2. in chinkon practice
3. on mind, ki and strength
4. history and foundation of shorinji kempo

techniques

basic

1. *tai gamae, tai sabaki & umpo ho*:
 [tai gamae] – chudan gamae, hasso gamae, ichiji gamae
 [tai sabaki] – zen tenkan, han tenkan, jun sagari, hiraki sagari
 [umpo ho] – chidori ashi, kani ashi, juji ashi, kumo ashi
2. *ukemi*: mae ukemi, ushiro ukemi, dai sharin, oten yori okiagari
3. *offence*:
 (kaisoku dachi) furiko zuki, shuto uchi, kumade zuki, keri age
 (right & left) jo chu niren zuki, jo chu mawashi geri, ren geri, sashi kae sokuto geri
4. *defense*:
 uwa uke (tsuki), uchi uke (tsuki), shita uke (geri), soto uke (tsuki), uchi age (keri),
 uchi harai uke (keri)
5. *moving*:
 zenshin zuki (jun, gyaku), zenshin geri (jun, gyaku), hiraki sagari & jun geri,
 chudan zuki & shita uke, jo chu niren zuki & ren uke (paired form)
6. *tan en* – tenchi ken 1-4 (right & left), ryo ken 1 (right & left), giwa ken 1-2
7. *so tai* – tenchi ken 2, ryuo ken 1

kata

1. tenchi ken dai 2 (sotai)

random

- 5 goho & 5 juho

kumi embu

kyu 2

1. tsuki ten ichi ren hanko
2. han tenshin geri ren hanko
3. katate okuri gote, okuri yoko tembin, ura gatame
4. kiri gote (katate)
5. tenchi ken dai niki (paired form)
6. johaku dori (ryote)

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