

dan 2

gakka

dan 2

- home work:
 1. describe shorinji kempo as a discipline (gyo) that develops
 2. the symbols and activities of shorinji kempo individuals
- basic subjects:
 1. the six distinguishing characteristics of shorinji kempo
 2. motivation and goals for the founding of shorinji kempo
- from tokuhon
 1. the three techniques of ken
 2. the three essentials of ken
 3. the technical principles of shorinji kempo practice
- questions:
 1. the practice of chinkon
 2. the classification system of shorinji kempo techniques
 3. mind, ki and strength

essay

1. describe shorinji kempo as a discipline (gyo) that develops individuals

techniques

basic: dan 2

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*: dai sharin, mae ukemi, ushiro ukemi, oten yori okiagari
3. *basic offense techniques*: (kaisoku dachi) furiko zuki, shuto uchi, kumade zuke, keri age; (right and left sides) jo chu niren zuki, jo chu mawashi geri, ren geri, sashi kae sokuto geri
4. *basic defense techniques*: uwa uke (tsuki), uchi uke (tsuki), shita uke (keri), soto uke (tsuki), uchi age uke (keri), uchi harai uke (keri)
5. *offenses and defenses while moving*: zenshin tsuki keri (jo chu niren zuki, jo chi mawashi geri), hiraki sagari and ren uke

6. *tan en* – tenchi ken 1, tenchi ken 2; tenchi ken 3, tenchi ken 4, tenchi ken 5, tenchi ken 6, byakuren ken 1
7. *so tai* – tenchi ken 1, tenchi ken 2, giwa ken dai 1, ryuo ken dai 1

random: dan 2

- 5 goho & 5 juho

kumi embu

dan 2

1. tai ten 1 & keri ten san – (defense) 3 ren ko: jodan, chudan zuki, mawashi geri
2. jun geri chi 3 & tsuki ten 2 – (defense) 2 tsuki to jodan
3. ryu nage → ryu gatamae
4. morote gyaku gote – (offense) ippon se nage
5. shita uke geri kote nage → tembin gatamae (ura)
6. uwa uke nage → kannuki gatamae

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

hokei

dan 2

- *nio ken* :
 - [*kyu* 6] – ryusui geri (ushiro), uwa uke zuki (omote, ura), uchi uke zuki (ura), tenshin geri
 - [*kyu* 5] – ryusui geri (mae), uwa uke geri (omote, ura)
 - [*kyu* 4] – uchi age zuki (ura, omote), uchi age geri (ura, omote), soto uke zuki (ura, omote), soto uke geri (ura, omote)
 - [*kyu* 3] – uchi uke geri (ura, omote), soto oshi uke zuki, uchi oshi uke zuki
 - [*kyu* 2] – uchi uke zuki (omote), kusshin zuki, kusshin geri, kusshin zuki geri, soto oshi uke geri, uchioshi uke geri
 - [*dan* 2] – hangetsu geri, kaishin zuki
- *sango ken* :
 - [*kyu* 5] – shita uke geri, shita uke jun geri
 - [*kyu* 3] – juji uke geri
 - [*kyu* 2] – han tenshin geri, yoko tenshin geri
 - [*kyu* 1] – harai uke geri
 - [*dan* 2] – gyaku tenshin geri?

- **tenno ken** :
 [kyu 3] – tsuki ten 1
 [kyu 2] – konten 1
 [kyu 1] – furi ten 2, tsuki ten 2, keri ten 3, tsuki ten 3
 [dan 2] – gyaku ten 1, tai ten 1
- **byakuren ken** :
 [kyu 1] – tsubame gaeshi, chidori gaeshi
 [dan 2] – harai uke dan zuki
- **chio ken** :
 [dan 2] – jun geri chi 1, gyaku geri chi 1, harai uke chi 2, jun geri chi 3, gyaku geri chi 3
- **kakuritsu ken** :
 [dan 1] – kinteki geri hiza uke, gyaku geri hiza uke, mawashi geri sambo uke
 [dan 2] – sokuto geri hiki ashi nami gaeshi, mawashi geri sambo uke nami gaeshi, dan geri sambo uke dan geri gaeshi
- **ryuo ken** :
 [kyu 6] – kote nuki
 [kyu 5] – katate yori nuki, maki nuki (katate)
 [kyu 4] – tsuki nuki (soto, uchi), kiri nuki (soto, uchi)
 [kyu 3] – ryote yori nuki, tsuki nuki (ryote), maki nuki (ryote), juji nuki (katate), nidan nuki, hiji nuki yori mae tembin
 [kyu 2] – kiri kaeshi nuki (katate & morote), sankaku nuki juji nuki (ryote), gassho nuki, johaku nuki (katate, ryote), oshi kiri nuki
 [kyu 1] – morote tsuki nuki, katate oshi nuki, morote juji nuki, morote hiji nuki, eri nuki, sode nuki
 [dan 1]? – nidan nuki, oshi nuki (katate), hiki nuki (morote), juji nuki (morote)
 [dan 2] – uchi nuki (katate & ryote)
- **ryuka ken** :
 [kyu 5] – gyaku gote
 [kyu 4] – okuri gote (katate), okuri maki tembin
 [kyu 3] – gyaku gote yori ura gaeshi nage, juji gote (katate)
 [kyu 2] – okuri gote (ryote), okuri dori, okuri yoko tembin, juji gote (ryote), ryaku juji gote, maki juji gote, kiri gote (katate & morote)
 [kyu 1] – maki gote (katate, morote), morote juji gote
 [dan 1]? – oshi gote (katate & ryote), kote maki gaeshi, maki gote (katate & morote), juji gote (morote)
 [dan 2] – gyaku gote (morote), gyakute nage, shita uke geri kote nage, ryu nage, soto maki tembin, nuki uchi oshi gote, morote okuri gote tsuri otoshi, okuri hiji zeme, nuki uchi oshi gote, kiri kaeshi maki tembin, kiri kaeshi tembin
- **goka ken** :
 [dan 2] – uwa uke nage, uwa uke gyakute nage, hiki tembin, gyaku hiki tembin
 [dan 5] – kannuki katate nage, katate kannuki nage, ryote kannuki nage, kammuki nai tembin, osae

kannuki nage soto, bukkotsu nage, harai bukkotsu nage, ushiro bukkotsu nage

- **kongo ken** :
 [kyu 6] – ude juji gatame
 [kyu 5] – mae jubi gatame
 [kyu 4] – okuri gatame
 [kyu 3] – ura gatame, jui gatame, tate gassho gatame
 [kyu 2] – okuri yubi dori
 [kyu 1] – mae tembin gatame, tembin gatame (ura)
 [dan 2] – okuri tembin dori, tate ichiji gatame, sekoshi ichiji gatame, tsuri age dori, tsuri age ura gatame, kumo garami, ura gassho gatame, ura hiza gatame, ryu gatame
- **rakan ken** :
 [kyu 2] – johaku dori (katate, ryote)
 [kyu 1] – sode maki, sode dori, sode maki tembin, hiki otoshi, kata muna otoshi, ude maki, eri juji
 [dan 2] – hiki muna otoshi, ryo muna otoshi, maki otoshi, soto maki otoshi,

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*

terminology

orientation

- **irimi** – forward, inside
- **omote** – exterior
- **mae** – front
- **uchi** – inside
- **ushiro** – back
- **soto** – outside
- **uwa** – upwards
- **yoko** – side