

kyu 3

gakka

kyu 3

1. shorinji kempo is a discipline that develops individuals
2. distinguishing characteristics of shorinji kempo (*ken zen ichi nio, riki ai fu ni*)
3. the five elements of atemi
4. kinds of kihon in 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, keru 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
6. *tan en* – tenchi ken 1-4 (right & left), ryo ken 1 (right & left), giwa ken 2
7. *so tai* – tenchi ken 2, giwa ken 1

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. tenchi ken dai ikkei (paired form)
2. ryusui geri (ushiro)
3. ryote yori nuki
4. ryuo ken dai ikkei (paired form)
5. uwa uke zuki (omote)
6. gyaku gote → mae yubi gatamae

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

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 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

• **sango ken :**

[kyu 5] – shita uke geri, shita uke jun geri

[kyu 3] – juji uke geri

• **tenno ken :**

[kyu 3] – tsuki ten 1

• **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

• **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)

• **goka ken :**

[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

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 keru age
- **hachi:** migi hiraki sagari, hidari shita uke, hidari ichiji gamae; zanshin
- **ku:** migi mae yose ashi, [kesshu dachi]

giwa ken 2

- *hidari chudan gamae*
- **ichi, ni, san:** mae chidori ashi (*left*), uchi uke (*left*), yoko furimi, chudan gyaku zuki (*right*), gyaku geri (*right*)
- **shi, go:** jun sagari, shita uke (*left*), keru age (*left*), [hidari ichiji gamae, zanshin]
- **roku, shichi:** han tenkan (*right*), chudan gamae
- *repeat until original facing*

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