

exams

kyu 3

gakka

kyu 3

1. So Doshin's motivation and purpose for founding Shorinji Kempo
2. the meaning of Bu and the essence of Budo
3. the essence of shorinji kempo
4. ken zen ichiniyo (unity of ken and zen)

techniques

basic

1. *kogi* – furiko zuki, keri age, zenshin jun zuki, gyaku zuki, jo chu ni ren zuki, sashi komi ashi keri age, sashi kae ashi keri age
2. *bogi* – uwa uke, uchi uke, shita uke
3. *umpo ho* – mae chidori ashi, ushiro chidori ashi, kani ashi, juji ashi, kumo ashi
4. *ukemi* – dai sha rin, mae ukemi, ushiro ukemi, oten oki agari
5. *tan en* – tenchi ken 1 (left & right)

kata

1. tenchi ken dai 3 (tan en)
2. tenchi ken dai 4 (tan en)
3. giwa ken dai 2 (tan en)
4. giwa ken dai 1 (sotai)

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. ryusui geri
2. uwa uke geri
3. kote nuki
4. gyaku gote
5. uchi uke zuki
6. shita uke geri
7. uwa uke zuki
8. katate yori nuki
9. ryote maki nuki
10. katate okuri gote

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

kyu 2

gakka

kyu 2

1. how to learn shorinji kempo
2. the three teachings of Ken
3. defense is primary, offense is secondary
4. shorinji kempo must not hurt people, but develop them

techniques

basic

1. *kogi* – zenshin jun zuki, gyaku zuki, jo chu ni ren zuki, jo chu keri san ren ko, sashi komi mawashi geri, sashi kae soku to geri
2. *bogi* – dan uke (uwa uke & uchi uke, uchi age uke & uchi otoshi uke), ren uke, harai uke, juji uke
3. *umpo ho* – mae chidori ashi, ushiro chidori ashi, kani ashi, juji ashi, kumo ashi
4. *ukemi* – dai sha rin, mae ukemi, ushiro ukemi, oten oki agari

5. *tan en* – tenchi ken 1, tenchi ken 2; giwa ken 1

kata

1. tenchi ken dai 2 (sotai)

random

- 5 goho & 5 juho

kumi embu

kyu 2

1. tsubame gaeshi
2. uchi uke geri
3. juji nuki (katate)
4. juji gote (katate)
5. han tenshin geri
6. juji uke geri
7. kiri kaeshi nuki (katate)
8. kiri gote (katate)
9. shita uke jun geri
10. tsuki ten 1

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

kyu 1

gakka

kyu 1

1. on timing and distance during offense and defense
2. the five elements of atemi
3. go ju itai (unity of go and ju)
4. kumite shutai (emphasizing practice in pairs)
5. the true meaning of hokei

techniques

basic

1. *tai gamae* & *umpo ho*:
 [tai gamae] – chudan gamae, ichiji gamae, hasso gamae, taiki gamae
 [umpo ho] – mae chidori ashi, ushiro chidori ashi, kani ashi, juji ashi, kumo ashi

2. *tai sabaki & ukemi*:

[tai sabaki] – hiraki sagari, han tenshin, gyaku tenshin, han tenkan, zen tenkan
 [ukemi] – dai sharin, mae ukemi, ushiro ukemi, oten yori okiagari

3. *tan en* – tenchi ken 1, tenchi ken 2; tenchi ken 3, tenchi ken 4, ryuo ken 1
4. *so tai* – tenchi ken 1, giwa ken 1

kata

1. tenchi ken dai 5 (tan en)
2. tenchi ken dai 6 (tan en)
3. byakuren ken dai 1 (tan en)

random

- 5 goho & 5 juho

kumi embu*kyu 1*

1. uchi uke zuki – ren hanko
2. soto uke zuki – ren hanko
3. sode nuki
4. sode dori
5. kusshin zuki – ren hanko
6. soto oshi uke zuki – ren hanko
7. kata muna otoshi
8. eri juji
9. ude maki
10. chidori gaeshi – ren hanko

application

1. *goho* – free randori
2. *juho* – offense: grab wrist, sleeve or lapel; defense: nuki waza or gyaku waza

dan 1**gakka***dan 1*

1. shorinji kempo is a discipline that develops individuals
2. six distinguishing characteristics of shorinji kempo
3. key attitudes towards training
4. the five elements of atemi
5. systems of training

6. kisei and kiai
7. timing and distance during offenses and defences
8. discuss about true strength

essay

1. what is true strength?
2. your motives for starting shorinji kempo and your present state of mind

techniques

basic: dan 1

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 1

- 5 goho & 5 juho

kumi embu

dan 1

1. harai uke geri & tsuki ten san
2. gyaku geri hiza uke name gaeshi & tsuki ten ichi
3. morote kiri gote (attack: ude ushiro neji age)
4. morote oshi nuki (attack: gyaku tembin)
5. chidori gaeshi kari ashi
6. kote maki gaeshi (continue: kannuki gatame)

application

1. *goho* – free randori
2. *juho* – offense: grab wrist, sleeve or lapel; defense: nuki waza or gyaku waza

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

dan 3

gakka

dan 3

- home work:
 1. describe the six distinguishing characteristics of shorinji kempo
 2. describe the history and founding of shorinji kempo
- basic subjects:
 1. the history and founding of shorinji kempo
- from tokuhon
 1. on sen (initiative)
 2. ma'ai and opportunities for offense and defense
 3. shorinji kempo symbols and activities
- questions:
 1. pressure points of the head, face and neck (22 points)
 2. pressure points of the arm and hand (15 points)
 3. pressure points of the leg and foot (21 points)
 4. pressure points of the chest and stomach (12 points)

essay

1. describe the six distinguishing characteristics of shorinji kempo

techniques

basic: dan 3

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 - 6, giwa ken dai 1 & 2, byakuren ken 1, ko manji ken (2: ryo ken dai 1, 4: ryu no kata)
7. *so tai* – tenchi ken 1, tenchi ken 2, giwa ken dai 1

random: dan 3

- 5 goho & 5 juho

kumi embu

dan 3

1. kusshin geri ten kai ren geri
2. mikazuki gaeshi kari ashi
3. morote kiri kaeshi nage – (offense) ude ushiro neji nage
4. ryote katate nage → kannuki gatamae
5. keriten 1 sukui nage
6. sode maki gaeshi → kannuki gatamae – (offense) ashi barai

application

1. *goho* – free randori
2. *juho* – offense: grab wrist, sleeve or collar; defense: ryuo ken, ryuka ken, rakan ken

dan 4

gakka

dan 4

- home work:

1. describe the motive and purpose of founding shorinji kempo and its organization
2. describe what you have gained in training shorinji kempo

essay

1. describe the purpose of founding shorinji kempo based on the founder's experience
2. describe the goals of shorinji kempo and its training method
3. describe the pain of living and the way to resolve that pain
4. describe the spirituality of humans

techniques

basic: dan 4

1. *tai gamae, tai sabaki* :
 [tai gamae] – chudan gamae, hasso gamae, ichiji gamae gedan gamae, hasso gamae, taiki gamae, midare gamae
 [tai sabaki] – zen tenkan, han tenkan, jun sagari, hiraki sagari
 [umpo ho] – chidori ashi, kani ashi, juji ashi, kumo ashi
byakuren hachijin, giwa kyujin
2. *tan en* – tenchi ken 1 - 6, giwa ken dai 1 & 2, byakuren ken 1, ko manji ken (2: ryo ken dai 1, 4: ryo no kata)
3. *so tai* – tenchi ken 1, tenchi ken 2, giwa ken dai 1

random: dan 4

- 5 goho & 5 juho
 1. sango ken or ten'o ken
 2. byakuren ken
 3. kakaritsu ken or chio ken
 4. ryuo ken
 5. ryaku ken

kumi embu

dan 4

1. gedan gaeshi → tobi ren geri
2. chudan gaeshi → uchi uke zuki
3. kubi jime shuho juji nage
4. maki komi gote
5. oshi uke maki nage
6. hangetsu gaeshi sukui kubi nage, fukko chi ni

application

1. *goho* – free randori
2. *juho* – offense: grab wrist, sleeve or collar; defense: ryuo ken, ryuka ken, rakan ken and counterattack