

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 – practice

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