

dan 5

gakka

dan 5

- home work:
 1. describe shorinji kempo as a discipline for the purpose of developing individuals
 2. describe what you would relay to your juniors by training in shorinji kempo

essay

1. describe shorinji kempo as a discipline (gyo) that develops individuals
2. describe the role and significance of leaders in shorinji kempo
3. describe the origin of the martial technique (bujutsu) and the significance of martial arts (budo) in today's world
4. describe the need for strength in life, and the right way to employ strength

techniques

basic

1. ...

random

- 5 goho & 5 juho

kumi embu

dan 5

1. kote nage – (offense) sashi komi mawashi geri & jo chu 2 ren zuki
2. keri ten 3 → tora daoshi
3. katate nage kiri kaeshi
4. furisute omote nage
5. uwa uke tembin nage
6. kaishin zuki → osae kannuki nage soto

application

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

attack and defence

1. ...