

kyu 1

gakka

kyu 1

1. distinguishing characteristics of shorinji kempo (*go ju ittai, kumite shutai*)
2. the three teachings of ken (*shu, ha, ri*)
3. kisei & kiai
4. shorinji kempo related organizations

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, keri 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 tsuki geri (jo chu niren zuji, jo chi mawashi geri), hiraki sagari & ren uke
6. *tan en* – tenchi ken 1-6 (right & left), giwa ken 1-2, byakuren 1
7. *so tai* – tenchi ken 2, 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. tsubami gaeshi, ren hanko
2. soto oshi uke zuki, ren hanko
3. eri juji
4. sode maki

2

5. tsuki ten san ren hanko
6. maki gote (morote) → tembin gatame (ura)

application

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